

J.O. - Optional Floor Exercise

	6	7	8	9	10
Value Parts	5A 1B any C = -0.5, no VP	5A 2B one dance C = B Rst C = -0.5, no VP	4A 4B dance C = B one acro C = B Rst C = -0.5, no VP	3A 4B 1C dance D/E = C one acro D/E = C Rst D/E = -0.5, no VP	3A 3B 2C
Special Reqmts 0.5 each	Acro series (3 elem, 2 w/flight, no rolls) one salto/aerial (iso, or in separate series)	layout acro series (3) fwd acro series (2 flt, dir conn, one elem salto/aerial)	Series with 2 saltos (2 elem or more) 3 different saltos	Series with 2 saltos (2 elem or more) 3 different saltos	Series with 2 saltos (2 elem or more) 3 different saltos
No VP = no SR	Dance passage (2 diff Gp 1 elem, one 180° leap) 360° turn	Dance passage (2 diff Gp 1 elem, one 180° leap) 360° turn	Dance passage (2 diff Gp 1 elem, one 180° leap) A last salto	Dance passage (2 diff Gp 1 elem, one 180° leap) B last salto	Dance passage (2 diff Gp 1 elem, one 180° leap) C last salto
Bonus	none no composition	none no composition	none	max 0.3 CV Allowed D/E = C	max 0.4 CV/DV +0.1 D +0.2 E
SV	10.0	10.0	10.0	9.7 (+0.3 bonus)	9.5 (+0.5 bonus)
Deduct=	Rstr C, VP, SR	Rstr C, VP, SR	Rstr C, VP, SR, no last salto (0.3)	Rst D/E, VP, SR, no last salto (0.3)	VP, SR, no last salto (0.3)

Conn Value (CV)	Indirect Acro	Direct Acro	Dance/mixed (no turn to jump)
+ 0.1	C + C A/B + D A/B + A/B + C A/B + A/B + D	A + C A + A + C B + B	B + D C + C D salto + A jump
+ 0.2	C + D	B + C A/B + D C + C A + A + D	C + D

Dance passage: look for root skills

Range (avg decides)	
9.5 - 10.0	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
below 8.0	1.0

ADDITIONAL BONUS: +0.1 must have 10 SV, 0.6+ bonus, 1 E elem (no fall/spot). Not in SV- add to score and visibly indicate

→bonus: possible to connect L-H-J to 1 foot => turn or turn => hop

GENERAL COMPOSITION (L8-10)			
overuse of dance of same shape \wedge or \vee or \cap	ea	0.1	shp
one side acro F/S & B		0.1	acrodire
lack min 3A salto (L8) /B salto (L9) /C salto (L10)		0.3	-sal
lack of B turn, one foot		0.2	Bo
choice of acro up to level of competition	up to	0.2	UTL
choice of dance up to level of comp	up to	0.2	UTLd
choice of last salto (dismt) up to level of comp	up to	0.1	UTL→
fail to perform last salto of value (from SV)		0.3	last s

Up To Level of Competition – for no deduction:
L10: UTL 3 acro passes: D/E in each –or- D/E D/E B+C-CV
 2 acro passes: E E or E and D-CV
 UTLd C C C or C C D/E
 UTL→ D/E dismt or C + B direct conn
L9: UTL 3 acro passes: C C C or C C B+B-CV
 2 acro passes: C with CV in each pass
 UTLd C C or C D/E
 UTL→ C or B+B direct conn
L8: UTL 3 acro passes: B B B or B B A+A direct conn
 2 acro passes: B + A/B direct conn in each
 UTLd B B A
 UTL→ B

APPARATUS DEDUCTIONS		
relaxed body/leg posture, flex throughout	up to 0.3	B/L
relax/incorrect footwork on non-VP	up to 0.2	ft
rhythm and tempo (whole exercise)	up to 0.2	R
dynamic performance (energy, effortless)	up to 0.2	dy
artistry of presentation		art
• quality of expression	up to 0.1	ex
• originality of choreography	up to 0.1	ch
• quality of movement	up to 0.1	mv
rhythm during direct connection	ea up to 0.1	
Insuf height – dance, acro w/hands, aerials	ea up to 0.2	
salto (not apply to accel fwd elem)	up to 0.3	
legs not parallel to the floor in split/straddle	up to 0.2	
turns not in high relevé	ea up to 0.1	
incomplete turn/twist	ea up to 0.2	
failure to land feet together in L/J	ea up to 0.1	
incorrect body posture in VP dance	ea up to 0.1	
lack of precision in VP dance	ea up to 0.1	
add'l trunk movements on landing of acro (avoid step)	up to 0.2	
Insuf opening prior to landing (saltos)	up to 0.3	
not in sync with music-- parts	ea 0.05	
throughout exercise ----up to 0.3 not ended with music ---	0.1	
poor relationship of music and movement	up to 0.2	
absence of music (not technical failure)	1.0 CJ	
concentration pauses (2+ sec)	ea 0.1	
Lands acro in solid/loose foam pit – 0.3 plus 0.1 out of bounds (CJ)		

Overtime deduction
0.1 CJ
 L7- 10 1:30 L6 1:15
 Exercise less than 30 sec – 2.0 CJ

Averages trick

if **both w/.05** - drop .05 from high, add to low score...then avg the score

if **one w/.05** - drop .05 out, avg score...then add .025 to average

Failure to mark boundary on mat – 0.1 CJ
 Unauthorized matting 0.3 CJ
 Coach on Floor – 0.5 CJ (one time)
 Coach/teammate touch/push to prevent run/fall out of bounds = -.5 spot, -.1 out of bounds (CJ), no bonus