

LEVEL 6 BARS

Warm Up 1:30

Courtesy Score 1.00

SPECIAL REQUIREMENTS
1. Cast Minimum of 45° above Horizontal NO Deduction for angle higher than 46° above horizontal
2. 1 Bar Change
3. 1 360° Clear Circling Element from 3/6/7
4. "A" Dismount

DIFFICULTY RESTRICTIONS
A & B Elements Only: Except <ul style="list-style-type: none"> • Clear Hip Circle to HS • Back Stalder Circle to HS • Pike Sole Circle Bed to HS
NO COMPOSITIONAL DEDUCTIONS

VALUE PART CREDIT
5 "A" @ 0.10 ea 1 "B" @ 0.30 ea 0 "C"
START VALUE 10.00

RANGE
9.50-10.00 = 0.20
9.00-9.475 = 0.50
9.00-8.975 = 0.70
Below 8.00 = 1.00

Routine Less than 5 Value Parts -2.00 (CJ).

Fall Time 45 Sec to Remount

LEVEL 7 BARS

Warm Up 1:30

Courtesy Score 1.00

SPECIAL REQUIREMENTS
1. Cast Minimum to Handstand
2.& 3. "2" 360° Clear Circling Element (Same or Different) <ul style="list-style-type: none"> * One "B" Clear Circle * One from Gr 3/6/7
4. "A" Salto Dismount
START VALUE 10.00

DIFFICULTY RESTRICTIONS
A & B Elements Only: Except <ul style="list-style-type: none"> • Clear Hip Circle to HS • Back Stalder Circle to HS • Pike Sole Circle to HS
NO COMPOSITIONAL DEDUCTIONS

VALUE PARTS CREDIT
5 "A" @ 0.10 ea 2 "B" @ 0.30 ea 0 "C"
Updated 10/26/2018

DED	DISMOUNT (UP TO LEVEL)
0.00	B (or C awarded B) OR 1(or more) B Element Connected to "A" Salto Dismount
0.05	
0.10	1 "A" Element (or non VP) connected to any "A" Dismount

SPECIAL REQUIREMENTS:
1. 1 Bar Change 2. & 3. "2" B Elements (Same or Different) *B Flight (no Dismt) OR B Turn (No Mt/Dismt) *B 360° Clear Circling (Gr 3/6/7) (No Dismt) 4. A Salto Dismount

Uncharacteristic Elements *Squat/Stoop on LB, stand with 1/2 turn to grasp HB *Swing Forward on HB, place feet on LB to stand (with or without a 1/2 turn) *Climbing/Crawling onto LB (within the exercise)	<u>0.10</u>
3/4 Giant Forward with or without a grip change *Not considered an Element *Will break a Connection *Refer to Execution/Amplitude Deductions - Small Faults for additional insufficient amplitude of backward swing deduction	<u>0.10</u>
Lack of Elements that Achieve Vertical (or pass through)	^0.20

4 "A" @ 0.10 4 "B" @ 0.30 0 "C" EXCEPTIONS: Cast to HS 1/2 Clear Hip to HS, also 1/2 Back Stalder to HS, also 1/2 Pike Sole Circle to HS, also 1/2 ALLOWED 1 RESTRICTED C												
Range: <table style="margin-left: 20px;"> <tr> <td>9.5 - 10.0</td> <td>=</td> <td>0.20</td> </tr> <tr> <td>9.0 - 9.475</td> <td>=</td> <td>0.50</td> </tr> <tr> <td>8.0 - 8.975</td> <td>=</td> <td>0.70</td> </tr> <tr> <td>Below 8.00</td> <td>=</td> <td>1.00</td> </tr> </table>	9.5 - 10.0	=	0.20	9.0 - 9.475	=	0.50	8.0 - 8.975	=	0.70	Below 8.00	=	1.00
9.5 - 10.0	=	0.20										
9.0 - 9.475	=	0.50										
8.0 - 8.975	=	0.70										
Below 8.00	=	1.00										
Warm Up 2:00												
6/19/18												

UP TO COMPETITIVE LEVEL DISMOUNTS	
0.00	"C" (or "D/E" awarded "C")
0.05	"C" or greater + "B" (or less difficult)
0.10	"B" or less + "B" or less

SPECIAL REQUIREMENTS
1. 2 Bar Change
2. & 3. B Flight (No Dismount 2nd Different C Flight (No Dismount) OR B LA Turn 180° or greater (No Mt or Dmt)
4. "B" Salto Dismount

COMPOSITION	DED
Uncharacteristic Elements -Squat/Stoop on LB, 1/2 turn to Grasp HB -Swing Fwd on HB, feet on LB to Stand -Climbing/Crawling onto LB	<u>0.10</u>
Choice of Elements (Fwd Circle/3,6,7/Pirouette 2 of 3 = 0.00 1 of 3 = 0.10 0 of 3 = 0.20	[^] 0.20
3/4 Giant Fwd (not an ele, breaks conn)	Ea <u>0.10</u>
Change of Direction (360° will not count) No Mount & Dismount	<u>0.10</u>
Warm Up Time 2:30 (includes bar setting) 6/20/18	

DED	BONUS
0.10	C + C 1 or both elements without Turn or Flight If no turn or flight in either VP, must be different
0.20	C + C (Same or Different) Both elements with Turn or Flight Dismount OK
VALUE PARTS	RANGE
3 "A" @ 0.10 4 "B" @ 0.30 1 "C" @ 0.50 +0.30 CV +1 Restricted D/E VP	9.50 - 10.00 = 0.20 9.00 - 9.475 = 0.50 8.00 - 8.975 = 0.70 Below 8.00 = 1.00
Any "B" or "C" Root Elements with a full pirouette (D's) are allowed	

Fall Time :45 Sec to Remount

LEVEL 10 BARS

Less than 5 VP -2.00 (CJ)

UP TO LEVEL OF COMPETITION

Minimum Score 1.00

DED	RELEASES
0.00	2 Different D/E
0.05	D + C
0.10	D C
0.15	C + C OR D B
0.20	C C OR B C or <
BONUS	
0.10	C + C both must have turn or flight
	C + C (2 different 3/6/7 VP)
	C + D (C doesn't have to turn or fly)
0.20	D + D

DISMOUNT
D/E OR D/E + C
C + C + C OR D + C + C
C + C or <

SPECIAL REQUIREMENTS
C Flight
B Flight
C Turn
C Dismount

VALUE PARTS
3 A, 3 B, 2 C, + CV OR DV BONUS
WARM UP TIME 2:30 INCLUDING BAR CHANGES
STATE VALUE 9.50

RANGE
9.50 - 10.00 = 0.20
9.00 - 9.475 = 0.50
8.00 - 8.975 = 0.70
Below 8.00 = 1.00

COMPOSITION	DED
Change of Direction (360° won't count)	0.10
2 Bar Changes	0.20
Choice of Elements (Fwd Circle/3,6,7/ Pirouette 2 of 3 = 0.00 1 of 3 = 0.10 0 of 3 = 0.20	^ .20

3/4 Giant Forward -not an element Breaks connection	Ea 0.10
> 1 Squat on	Ea 0.10
Uncharacteristic Elements -Squat/Stoop on LG, 1/2 turn to grasp HB -Swing Fwd on HB, Feet on LB to stand -Climbing/Crawling onto LB (after VP Performed)	0.10

Less than 30 Sec -2.00 (CJ)

LEVEL 6 BEAM

Exercise Time 1:15
Warning Time 1:05

SPECIAL REQUIREMENTS
1. Acro Element Must Achieve (go through) Vertical (Gr 5 HS 2 sec hold)(Gr 6 Rolls) (Gr 7 Walkovers/Wheels, Hand Springs)
2. 1 Leap/Jump 180° Split (NO Stag)
3. 1 360° Turn on one foot
4. “A” Dismount (w/wo hand support)

DIFFICULTY RESTRICIONS
A & B Value Parts Only
NO COMPOSITIONAL DEDUCTIONS
START VALUE 10.00

VALUE PARTS
5 “A” @ 0.10 ea 1 “B” @ 0.30 ea 0 “C” Exception:1 C Dance Ok (no mt/dmt)
RANGE 9.50 - 10.00 = 0.20 9.475 - 9.00 = 0.50 8.975 - 8.00 = 0.70 Below 8.00 = 1.00

Less than 30 Sec -2.00 (CJ)

LEVEL 7 BEAM

Exercise Time 1:20
Warning Time 1:10

SPECIAL REQUIREMENTS
1. Acro Series with min of 2 A or B elements w/wo Flight
2. Leap/Jump 180° Split
3. 360° Turn on one foot
4. Aerial or Salto Dismount Minimum “A”

DIFFICULTY RESTRICTIONS
A & B Value Parts
Allowed 1 Restricted C Dance Element
NO COMPOSITIONAL DEDUCTIONS
START VALUE 10.00

VALUE PARTS
5 “A” @ 0.10 ea 2 “B” @ 0.30 ea 0 “C” Exception 1 C Dance allowed
RANGE 9.50 - 10.00 = 0.20 9.475 - 9.00 = 0.50 8.975 - 8.00 = 0.70 Below 8.00 = 1.00

UP TO COMPETITIVE LEVEL		LEVEL 8 BEAM		
DED	B ACRO SERIES C's RECEIVE B CREDIT	DANCE	DISMOUNT	VALUE PARTS
0.00	1) 2 elem w/2 B Flight 2) 2 Add'l Acro, one a B	2B 1A	B OR B Acro+A Dismount	4 "A" @ 0.10 4 "B" @ 0.30 0 "C" Any C Dance 1 Acro C
0.05	1) 2 elem w/2 B Flight 2) 2 Add'l A Acro OR 1 Add'l B Acro	2B	A Acro + A Dismount	COURTESY SCORE 1:00
0.10	1) 2 elem w/ 2 B Flight 1 Add'l A Acro OR 2) 2 elem w/1 B Flight 1 Add'l B Acro	1B 2A	Isolated A or Non VP Dismount	Less than 30 Seconds -2.00 (CJ)
0.15	1) 2 elem w/B Flight 1 Add'l A acro	1B 1A		
0.20	1) 2 elem w/ B Flight or less OR No Acro Flight Series 2) No other Acro	Only A's 6/18/19	Exercise Time: 1:20 Warning 1:30 Time	RANGE. 9.50-10.00 = 0.20 9.00-9.475 = 0.50 8:00-8.975 = 0.70 Below 8.00 =1.00

SPECIAL REQUIREMENTS	COMPOSITION	DED
1. Acro Series w/2 elements, 1 Flight ele (NO Mt/Dismt)	Acro Direction - bwd and fwd/swd If only in Dmt. 0.50	0.10
2. Leap/Jump 180° Cross/Side Split	Same Dance Shape (>2 wolk/tuck Or >straddle)	0.10
3. 360° Turn on 1 foot (Gr 3)	> 2 Pivot Turns (straight legs)	0.10
4. "A" Aerial/Salto Dismount	No Dance Series	0.20
	Level Changes	^0.10
FALL TIME 30 Seconds	Spatial	^0.10
WARM UP TIME 2:00 (CJ)	Choreography Direction - bwd/fwd/swd	^0.10

Less than 30 Sec -2.00 (CJ)

LEVEL 9 BEAM

Time: 1:30 Warning 1:20

UP TO THE LEVEL OF COMPETITION

DED	ACRO ELEMENTS
0.00	1) 2 elem w/2 flight, one a C 2) 1 Salto/Aerial OR 1 D/E Flight w/hand <i>*If Acro series include a Salto or Aerial, then the additional Acro Flight can be minimum of "C" w/wo hand support</i>
0.05	1) 2 elem w/2 flight, 1 a C 2) 1 Add'l C Flight w/hand support
0.10	1). 2 elem w/2 flight, 1 a C 2). 1 or more B Fight
0.15	1). 2 elem w/1 or 2 B Flight 2) 1 C Salto/Aerial
0.20	1) 2 elem w/1 or 2 B Flight OR No Flight Series 2) No other B or more Difficult Acro

DANCE
2C OR 1C & 1D/ E
1C+1B
1C
2B
1B

DISMOUNT
B Acro OR C Dance+B Dmt OR C
A Acro/B Dance+B
B Isolated OR Any A Dismount
WARM UP 2:00

SPECIAL REQUIREMENTS
1. Acro Series min 2 flight VP No Mt/Dmt Dive Roll OK
2. Leap.Jump 180° No Stag Isolated or in Series
3. 360° Turn on 1 foot. Isolated or in Series
4. B Salto/Aerial Dismount
START VALUE 9.70

COMPOSITION	DED
Acro Direction - bwd and fwd/swd. If only in Dismt. 0.05	<u>0.10</u>
Same Dance Shape (> 2 wolf/tuck. Or > Straddle)	Ea 0.10
> 2 Pivot Turns (straight legs)	<u>0.10</u>
Level Changes	^0.10
Spatial	^0.10
Choreography Direction - bwd/fwd/swd	^0.10
Lack of Dance Series	<u>0.20</u>

BONUS	2 Flight	3 Flight	Dance/Mixed	Turns
0.10	B+C Salto No Mt/Dmt	B+B+C	B+C No Dmt	A+C Or Reverse
0.20	C+C No Dmt	B+C+C	C+C No Dmt	
		VALUE PARTS	Fall Time 30 Sec	RANGE
		3 "A" @ 0.10	9.7 START VALUE	9.50 - 10.00 = 0.20
		4 "B" @ 0.30	Warm Up Time 2.00	9.00 - 9.475 = 0.50
		1 "C" @ 0.50	D/E Dance VPs OK	8.00 - 8.975 = 0.70
		+0.30 CV	1 Acro D/E VP Allowed	Below 8.00 = 1.00

Exercise Time: Warning 1:20 - Time 1:30

LEVEL 10 BEAM

Less than 30 Sec -2.00 (CJ)

UP TO LEVEL OF COMPEITION		Minimum Score 1.00				
	C ACRO SERIES	D ACRO SERIES	DANCE	DISMOUNT		
0.00	1) 2 elem w/ C salto OR 3 elem w/ C fli (hnd or no hnd) 2) D fli (hnd or no hnd) 3) Add'l C salto OR D/E acro (hnd or no hnd) *If the Acro Flight Series includes 2 C-Saltos, 1 may count for the additional C-Salto	D/E fli series	D/E fli	C C C OR C C D/E	D/E OR B fli/C dnc + C	
0.05	2 elem w/ C salto	D/E fli (hnd or no hnd)	D/E fli series	C salto	C C B OR C D/E	A acro/B dnc + C OR C acro series + B OR D/E fli + B
0.10	2 elem w/ C salto add'l C salto fli series w/out C salto OR C salto (NOT in series) D/E flight	D/E fli series	B/C w hands	C C OR B D/E	C or < OR C fli/dnc + B	
0.15	1) 2 elem series w/ C salto OR 2 elem w/out C Salto D/E Acro Flight	D/E fli series	No add'l Acro fli OR D/E fli	C B OR D/E	Warm Up 2:00 Fall Time :30	
0.20	1) No fli series OR fli series w/out Salto/Aerial 2) No add'l C/D/E salto/aerial OR only isolated "C" or < salto			C OR B B	START VALUE 9.50	

BONUS

SPECIAL REQUIREMENTS		2 Flight	3 Flight	Dance/Mixed	Turns
1. Acro Series w/ "C" flight (hds/no hds) OR "A" non flight to "E" Acro Flight	+0.10	B + C Salto(No mt/dmt)	B + B + C	A + D B + C	A + C *No turn to leap
2. Leap/Jump - 180° 3. 360° Turn on 1 foot 4. "C" Aerial/Salto dismount OR Acro Series w/ "C" Acro + "B" dsmt OR "C" Acro Fli/Dance + "B" Dsmt	+ 0.20	B + D/E C + C C/D + D *None of these may be in the dismount	B + B + D/E B + C + C B + C + D/E	B + D C + C C + D	6/27/18

COMPOSITION

			VALUE PARTS	RANGE
Level changes	^0.10	>2 Pivots (straight legs)	0.10	
Spatial	^0.10	No Dance Series	0.20	3 "A" @ 0.10 = 9.50-10.00 = 0.20
Direction - Bwd and Fwd/Swd If only in Dismount .05	0.10	Choreography Direction - Bwd/Fwd/Swd	^0.10	3 "B" @ 0.30 = 9.00-9.475 =0.50 2 "C" @ 0.50 = 8.00-8.975 =0.70
Same dance shape: > 2 wolf/tuck or > 2 straddle	0.10	6/18/19	+1 CV & 1DV	Below 8.00 = 1.00

Less than 30 Sec -2.00 (CJ)

LEVEL 6 FLOOR

Exercise Time: 1:15

SPECIAL REQUIREMENTS
1. Acro Series 3+ directly conn acro elements, w/wo hand support. Acro may be flight or non flight
2. "1" Salto or Aerial Acro Element
3. Dance Passage min of 2 Different Gr 1 elements, directly/indirectly. One a leap (1 foot takeoff) 180° split
4. 360° Turn on one foot

DIFFICULTY RESTRICTIONS
A & B Value Parts Only
Routines less than 5 VP 2.00 (CJ)
NO COMPOSITIONAL DEDUCTIONS
START VALUE 10.00

VALUE PARTS
5 "A" @ 0.10 1 :B: @ 0.30 0 "C"
RANGE 9.50 - 10.00 = 0.20 9.00 - 9.745 = 0.50 8.975 - 8.00 = 0.70 Below 8.00 = 1.00

Less than 30 Sec - 2.00 (CJ)

LEVEL 7 FLOOR

Exercise Time: 1:30

SPECIAL REQUIREMENTS
1. Acro Series Minimum 3 directly connected flight (Includes Back Layout to 2 feet)
2. "2" Forward Acro Flight VP Directly connected ONE a Salto Or Aerial
3. Dance Passage w/2 Different Gr 1 VP (Includes a leap - 1 foot takeoff - 180° Split
4. 360° Turn on 1 Foot

DIFFICULTY RESTRICTIONS
A & B Vaule Parts
Allowed 1 Restricted C Dance VP
NO COMPOSITIONAL DEDUCTIONS
START VALUE 10.00

VALUE PARTS
5 "A" @ 0.10 2 "B" @ 0.30 0 "C" Exception 1 restricted C Dance
RANGE: 9.50 - 10.00 = 0.20 9.00 - 9.745 = 0.50 8.975 - 8.00 = 0.70 Below 8.00 = 1.00

UP TO COMPETITIVE LEVEL

LEVEL 8 FLOOR

DED	3 ELEMENT ACRO PASS Cs RECEIVE B CREDIT	2 ELEMENT ACRO PASS	DANCE	LAST SALTO	VALUE PARTS
0.05	B B B OR B A+A	2 Dir Conn Saltos (1 a B) In both passes	2B 1A	B Salto OR B + A DMT	4 "A" @ 0.10 4 "B" @ 0.30 0 "C" Any C Dance 1 Acro C
0.05	B + B A+A Indirect	B 2 Salto Pass w/1B	2B	A+A	WARM UP 2:00
0.10	B A+A B OR B B A	B A+A Dir OR B+ B Dir/Indir A+A Indir	1B 2A	A Salto Iso OR Non VP Dmt	RANGE 9.50-10.00 = 0.20 9.00-9.475 = 0.50 8.00-8.975 = 0.70 Below 8.00 = 1.00
0.15	B A A	B A+A Indir (or <)	1B 1A		TIME - 1:30
0.20	No B Saltos	No B Saltos	Only As	COURTESY SCORE 1:00	-2.00 (CJ) LESS THAN 30 SECOND START VALUE 10.00

SPECIAL REQUIREMENTS 0.50

1. 1 Acro Series with 2 Saltos (same/Different) (Dir or Indir)
2. 3 Different Saltos (NOT Aerials)
3. Dance Passage - 2 different elements - ONE 180° Leap
4. A Salto Dismount (last isolated or w/in last connection)

COMPOSITION

	DED
Direction of 2 Saltos/Aerials - bwd/ and fwd/swd Arabian Salto considered fwd Salto	<u>0.10</u>
Same Dance Shape. >2 Wolf/Tuck or > 2 straddle	<u>0.10 ea</u>
Spatial - Use of Floor Exercise Area	<u>^0.10</u>
No B Turn on 1 Foot	<u>0.20</u>
Lack of 3 A Saltos in exercise	<u>0.30</u>

UP TO LEVEL OF COMPETITION															
DED	3 ELEMENT ACRO PASSES			2 ELEMENT ACRO PASSES		DANCE	DISMOUNT								
0.00	C	C	C	OR	C	C	B+B Bonus	C Acro Bonus	C Acro Bonus	2Cs	OR	C+D/E	C	OR	B+B Direct
0.05	C		C				B+A Direct	C	C Acro Bonus	C + B			B+B Indirect	OR	B+A Direct
0.10	C	B+B Direct			B+B Direct	OR		C	C+B Indirect	C			B+A Indirect(or <)	OR	Iso B Salto(or <)
	C	C			B (or B + A Indirect)										
0.15	C	B+B			B			C	C+A Indirect	2Bs					
0.20	No "C" Saltos							No "C" Saltos		1B					

SPECIAL REQUIREMENTS	BONUS	ACRO INDIRECT	ACRO DIRECT	DANCE SERIES	VALUE PARTS
1. Acro Series w/2 Saltos OR 2 directly connected Saltos (Same OR Different)	0.10	A/B+A/B+C C+C	A+C B+B A+A+C	C+C (Same/Different Turn on 1 foot to jump 2 feet takeoff will NOT receive bonus. Turn to hop OK)	3 "A", 4 "B", 1 "C" +0.30 CV D/E Dance VPs Allowed 1 Acro D/E VP Allowed
2. 3 Different Saltos	0.20		B+C C+C	START VALUE 9.70	RANGE 9.5 - 10.00 = 0.20 9.0 - 9.475 = 0.50 8.00 - 8.975 = 0.70 Below 8:00 = 1.00
3. Dance Passage 2 different Gr 1, one a leap 180° Split				Courtesy Score 1:00	Warm Up Time 2:00
4. B Salto Dismount - Last isolated or within last salto connection					

COMPOSITION	DED		
Direction of Saltos/Aerials - Bwd/fwd/swd	0.10		Spatial ^0.10
Same Dance Shape: >2 wolf/tuck or straddle	Ea 0.10		No B Turn 0.20
			No C Salto 0.30

Exercise Time 1:30

LEVEL 10 FLOOR

Less than 30 Sec -2.00 (CJ)

UP TO LEVEL OF COMPETITION

Minimum Score 1:00

DED	3 ELEMENT ACRO PASSES			2 ELEMENT ACRO PASSES		DANCE	LAST SALTO
0.00	D	D	D	E	E	C C C	D/E
	D	D	B + C bonus	E	2 dir conn saltos (1 a D)	C C D/E	C + B direct (or > difficult)
0.05	D	D	C + A bonus	D w/ 2 saltos (dir/indir)	D w/ 2 saltos (dir/indir)	C C B	C + B indirect
				E	2 indir saltos (1 a D)	C D/E	C + A direct
0.10	D	C + A/B bonus	C + B bonus	2 Salto pass (1 a D)	D	C C	C + A indirect or < difficult
	D	D	C or <	E	2 salto pass (1 a C w/ bonus conn)	B D/E	Isolated C or < difficult
0.15	D	C + A/B bonus	C + B Indirect	D	2 salto pass (C + C or C + B bonus)	C B	RANGE. 9.50- 10.00 = 0.20 9.00 - 9.475 = 0.50 8.975 - 8.00 = 0.70 Below 8.00 = 1.00
	D	C + B bonus	C or <	2 Salto pass (1 a D)	C	D/E	
				E	1 or 2 Saltos (B + B or <)		
0.20	No D/E Saltos			No D		C	Warm Up Time. 2:00 Fall Time to Remount :30
				D Salto		B B	

BONUS

SPECIAL REQUIREMENTS		Acro Indirect	Acro Direct	Dance/Mixed
1) One Acro series w/ 2 Saltos OR 2 directly connected Saltos (same or diff) 2) 3 Different Saltos (NOT aerials) 3) Dance Passage - minimum 2 different elements, one a 180° Leap 4) "C" Salto Dismount (last isolated or within last salto connection)	+0.10	A/B + A/B + C A/B + A/B + D/ E A + D/E B + D/E C + C	A + C B + B A + A + C	C + C. B + D/E D/E salto + A jump (this order only) ** Turn on 1 foot to Jump - NO bonus ** Turn on 1 foot to Hop - OK
VALUE PARTS: 3 A @ 0.10 3 B @ 0.30 2 C @ 0.50 1 CV + 1 DV	+0.20	C + D/E	B + C A/B + D/E A + A + D/E C + C or ^	C + D or ^

COMPOSITION

Same dance shape: >2 wolf/tuck or >2 straddle	0.10	No B Turn	0.20
Spatial - Use of FX	^0.10	No C Salto	0.30
Direction of Saltos/Aerials - Bwd and Fwd/Swd	0.10	START VALUE 9.50	

6/29/18