

LEVEL 10 BARS COMPOSITION (UP TO THE LEVEL)

Deduction - Each Category	0	0.05	0.1	0.15	0.2
Releases ^0.20	D/E D/E (2 different releases, isolated or in combination)	D + C (any D + C or C + D combination)	D C (Isolated Releases)	C + C Combination • Straddle Back to ! + <i>Toe Up</i> or D B (Isolated Releases)	C C (Isolated Releases)
2 of 3* ^0.20	2 of 3 Requirements	• <i>Schaposchnikova</i> + Bail or • Cast Hop in ! + <i>Jaeger</i>	1 of 3 Requirements	• Pak Salto • Bail	• Cast Hop in ! • Straddle Back to !
Dismount ^0.10	D/E • Layout Double Flyaway or D/E + C • Giant Full + Tuck Double Flyaway	C + C + C • <i>Stalder!</i> + <i>Clear Hip !</i> + Tuck Double Flyaway or D + C + C • Giant Full + <i>Clear Hip !</i> + Double Flyaway	B/C + C • <i>Clear Hip !</i> + Tuck Double Flyaway		0 of 3 Requirements No forward, 3/6/7, or Pirouette

* *Italicized* elements are Choice of Elements. Must perform 2 (min. "B") skills of the 3 Requirements below:

- Forward element (Circle or release, excluding dismount)
- Group 3/6/7
- Pirouette (Thru handstand, min 180°)

Special Requirements: 0.5 each

1. Flight Element minimum of "C"; excluding Dismount
2. Second, Different Flight Element, Minimum of "B", excluding Dismount
3. Element with Long Axis (LA) turn, minimum of "C", excluding Mount and Dismount
4. Salto Dismount, minimum of "C"

! Indicates Handstand

Additional Compositional Deductions

Faces same direction throughout (not mount/dismount) .10
 Uncharacteristic Elements .1 ea.
 3/4 Front Giant .1 ea.
 More than one squat, w/wo sole circle .1 ea.
 Lack of two bar changes (must perform VP on both bars) .20

Additional +0.1 Bonus (not included in SV)

- a. Must have a 10.0 SV
 - b. Total Bonus = +0.60 or more
 - c. Minimum of one (1) "E" element (no fall/spot)
- Judges add bonus to their score & visibly indicate it by placard/signage.**

Athlete's Name _____

LEVEL 10 BARS COMPOSITION (UP TO THE LEVEL)

Deduction - Each Category	0	0.05	0.1	0.15	0.2
Releases ^0.20	D/E D/E (2 different releases, Isolated or in combination)	D + C (any D+C or C+D combination)	D C (Isolated releases)	C + C (must be connected) or D + B (can be isolated)	C C or less (Isolated Releases)
2 of 3* ^0.20	2 of 3 Requirements		1 of 3 Requirements		0 of 3 Requirements
Dismount ^0.10	D/E + C or D/E	C + C + C or D + C + C	B/C + C		

Choice of elements. Must perform 2 (minimum "B") skills of the three requirements below:

- Forward element (Circle or release, excluding dismount)
- Group 3/6/7
- Pirouette (thru handstand, min 180°)

Special Requirements: 0.5 each

1. Flight Element minimum of "C"; excluding Dismount
2. Second, Different Flight Element, Minimum of "B", excluding Dismount
3. Element with Long Axis (LA) turn, minimum of "C", excluding Mount and Dismount
4. Salto Dismount, minimum of "C"

Additional Compositional Deductions

- Faces same direction throughout (not mount/dismount) .10
- Uncharacteristic elements .1 ea.
- 3/4 Front giant .1 ea.
- More than one squat .1 ea.
- Lack of two bar changes (must perform VP on both bars) .20

Value Parts

3 A's	3 B's	2 C's
1 _____	1 _____	1 _____
2 _____	2 _____	2 _____
3 _____	3 _____	

Up to .4		Up to .4	
D/E Bonus Element	Value	Combination	Value
1 _____	_____	1 _____	_____
2 _____	_____	2 _____	_____
3 _____	_____	3 _____	_____
4 _____	_____	4 _____	_____

Additional +0.1 Bonus (not included in SV)

- Must have a 10.0 SV
- Total Bonus = +0.60 or more
- Minimum of one (1) "E" element (no fall/spot)

Judges add bonus to their score & visibly indicate it by placard/signage.

LEVEL 10 BEAM COMPOSITION (UP TO THE LEVEL)

Deduction - Each Category	0	0.05	0.1	0.15	0.2
ACRO - 2 elem C Flight Series ^0.20	B/C + C Salto D/E Flt C Salto or More	B/C + C Salto D/E Flt	B/C + C Salto C Salto	B/C + C Salto	B + C Nonsalto/Aerial or NO Acro Series No Additional C Salto or Only Isolated C Salto or Less (0.2 If ALL criteria apply)
OR					
ACRO-3 elem C Flight Series ^0.20	B/C + B/C + C D/E Flt C Salto			Flic Flac + Layout or B/C + C Nonsalto D/E Flt	Flic Flac + 1 Arm Flic Flac or Back Tuck/Back Tuck (Broken Series =-0.5 SR)
OR					
ACRO - D/E Flight Series ^0.20	B/C/D/E + D/E Flt D/E Flt	B/C/D/E + D/E Flt C Salto	B/C/D/E + D/E Flt B/C w/Hand Support	B/C/D/E + D/E No Add. Acro Flic Flac + 1/1 Twisting Flic Flac or Isolated D/E Flt No Series	Standing full (No Acro Series SR = -0.5 for this isolated skill)
DANCE ^0.20	C C C/D/E	C C B	C C	C B	C
	•Switch Leap + Switch Leap •Wolf 1 ½ in Tuck Stand	•Switch Leap + Switch Leap •Wolf 1/1 in Tuck Stand or C D/E •Switch Leap + Sissone •Wolf 2/1 in Tuck Stand	•Switch Leap + Switch Leap or B D/E •Split Leap + Switch ¼ Leap (No Full Turn SR = -0.5)	•Switch Leap + Split Leap or D/E •Straddle Pike Jump ½ (No Full Turn SR = -0.5)	•Switch Leap (isolated) or B B •Split Leap + Straddle Jump (No Full Turn SR = -0.5 in both ex.) (No Dance Series + - 0.2 in isolated C Example)
DISMOUNT ^0.10	Any D/E Dmt or ** B Acro Flt / C Dance + C Dmt	** A Acro /B Dance + C Dmt or C Acro Series + B Dmt, or D/E Acro Flight + B Dmt	** Isolated C or Less Dmt or C + B or Less Dmt		
	•Round Off + Double Full	•Cartwheel + Double Full	•Gainer 1/1 stretched to side		

** Indicates the randomly chosen option in each category; either option can be chosen.

In above "Dance Composition" examples, the 'dance series' composition requirement is fulfilled in most scenarios but the 'full turn (360°)' Special Requirement is NOT fulfilled in the 0.1 / 0.15 / 0.2 boxes.

Special Requirements: 0.5 each

1. Acro Series: Min. 2 Flight elements, one a "C" with or w/o hand support (No Mt/Dsmt) or "E" flight + "A" Non Flight
2. One leap/jump requiring 180° split (isolated or in series; must start and finish on BB)
3. Minimum Full Turn (360°) on one foot (Isolated or in Series)
4. "C" Aerial/Salto Dismount

OR "B" Dismount directly connected to Acro Series with min. "C" acro or "C" Flt/Dance

Additional +0.1 Bonus (not included in SV -judges add bonus to their score & visibly indicate it by placard/signage)

a. Must have a 10.0 SV

b. Total Bonus = +0.60 or more

c. Minimum of one (1) "E" acro element (no fall/spot)

Additional Compositional Deductions

Acro Fwd/Side & Bwd .1 (if only dismount .05)

More than two straight leg pivot turns .1

More than two dance of same shape .1 ea. type

Insufficient level changes ^.1

Fwd/Side/Back Choreography ^1

Insufficient use of beam ^.1

Lack of dance series .2

Athlete's Name _____

LEVEL 10 BEAM COMPOSITION (UP TO THE LEVEL)

Deduction-Each Category	0	0.05	0.1	0.15	0.2
ACRO - 2 elem C Flight Series ^0.20	B/C + C Salto D/E Flt C Salto/Ariel or B/C + C Salto D/E Flt D/E Flt	B/C + C Salto D/E Flt	B/C + C Salto C Salto	B/C + C Salto	B + C Nonsalto/aerial or NO Acro Series No additional C salto or Only Isolated C salto (If all criteria apply = -0.2)
OR					
ACRO-3 elem C Flight Series ^0.20	B+C Salto + C Salto D/E Flt or B/C + B/C + C Nonsalto D/E Flt C		B + C Nonsalto C Salto D/E Flt	B/C + C Nonsalto D/E Flt	
OR					
ACRO - D/E Flight Series ^0.20	B/C/D/E + D/E Flt D/E Flt	B/C/D/E + D/E Flt C Salto	B/C/D/E + D/E Flt B/C Flt w/ hand support	B/C/D/E + D/E (No Add Acro) or Isolated D Flt (No Series)	
DANCE ^0.20	C C C/D/E	C C B or C D/E	C C or B D/E	C B or D/E	C or B B
DISMOUNT ^0.10	Any D/E Dmt or B Acro Flt / C Dance + C Dmt	A Acro / B Dance + C Dmt or C Acro Series + B Dmt or D/E Acro Flight + B Dismount	Isolated C or Less smt or C + B or Less Dmt		

Special Requirements:

1. Acro Series: Min. 2 Flight elements, one "C" with or w/o hand support (No Mt/Dmt) or "E" flight + "A" Non Flight
2. One leap/jump requiring 180° split (Isolated or in Series)
3. Minimum Full Turn on one foot (Isolated or in Series)
4. Salto Dismount, minimum of "C" OR "B" Dismount directly connected to Acro Series with min "C" Acro or "C" Flight/Dance

Additional Compositional Deductions

- Acro Fwd/Side & Bwd .1 (if only dismount .05)
- More than two straight leg pivot turns .1
- More than two dance of same shape .1 ea. type
- Insufficient level changes .1
- Fwd/Side/Back Choreography .1
- Inufficient use of beam .1
- Lack of dance series .2

Value Parts

3 A's	3 B's	2 C's
1 _____	1 _____	1 _____
2 _____	2 _____	2 _____
3 _____	3 _____	

Difficulty Value (DV) Up to .4		Connective Value (CV) Up to .4	
D/E Bonus Element	Value	Combination	Value
1 _____	_____	_____	_____
2 _____	_____	_____	_____
3 _____	_____	_____	_____
4 _____	_____	_____	_____

Additional +0.1 Bonus (not included in SV)

- Must have a 10.0 SV
- Total Bonus = +0.60 or more
- Minimum of one (1) "E" acro element (no fall/spot)

Judges add bonus to their score & visibly indicate it by placard/signage.

LEVEL 10 FLOOR COMPOSITION (UP TO THE LEVEL)

Deduction - Each Category	0.0	0.05	0.1	0.15	0.2
Acro 3 Pass Routine ^0.20 <div style="border: 1px solid red; padding: 2px; display: inline-block; margin: 5px auto;">OR</div>	D/E D/E D/E or ** D/E D/E B + C Bonus •Double Back •Rudi •Back Layout 1 ½ + Front Layout	D D C + A Bonus •Double Back •Rudi •Back Layout 1 ½ + Front Tuck	** D C + A/B Bonus C + B Bonus or D D C or Less •Double Back •Back Layout 1 ½ + Front Tuck •Front Layout + Front Full	D C + A/B Bonus C + B Indirect or ** D C + B Bonus C or less •Double Back •Front Layout + Front Full •Back Layout Double Full	No D or E Saltos •Front Layout + Front Pike •Front Layout + Front Full •Back Layout Double Full
Acro 2 Pass Routine ^0.20	E E or ** E D + A/B/C (Direct) •Full In •Back Layout 2 ½ + Front Tuck	** 2 Salto w/D 2 Salto w/D or E A/B/C + D (Indirect) •Front Tuck thru to Double Back •Rudi + Back Layout Step-Out	D 2-Salto w/D or ** E C + A/B Bonus •Front Layout Double Full •Back Layout 1 ½ + Front Pike	D C + C/B or ** 2 Salto w/D C or E B + B or Less •Front Tuck + Front Handspring + Rudi •Back Layout Double Full	D 2 Saltos w/o bonus •Rudi •Front Tuck R/off Flic Flac Back Layout Double Full
Dance ^0.20	** C C C or C C D/E •Tourjete ½ + Popa •1 ½ in Tuck Stand	** C C B or C D/E •Switch Side + Popa •Tuck Stand Full Turn	C C or ** D/E B •Switch Full + Sissone •1 ½ Turn	** C B or D/E •Wolf Full + Sissone •1 ½ Turn	C or ** B B •Switch Leap + Split Leap •1 ½ Turn
Dismount ^0.10	D or E Salto or ** C + B Direct or More •Back layout 1 ½ + Front Layout	C + B Indirect or ** C + A Direct •Back Layout 1 ½ + Front Tuck ••No dmt ded for acro 2 Pass series performed as listed above.	C + A Indirect or Less or ** Isolated C or Less •Back Layout Double Full ••No dmt deduction for acro performed as listed above.	••0.10 deduction for acro performed as listed above.	••0.10 deduction for acro performed as listed above.

**Indicates the randomly chosen option in each category; either option can be chosen.

In above "Dance Composition" examples, the "A's included with the composition requirements fulfill the Dance Passage Special Requirement and the "B" turn Additional Composition Requirement.

Special Requirements: 0.5 each

- 1 One (1) Acro Series with two (2) Saltos OR Two (2) Directly connected Saltos (same or different)
- 2 Three (3) Different Saltos (not Aerials) within the exercise
- 3 Dance Passage - minimum two (2) Different Group 1 elements (directly or indirectly connected) with One (1) Leap requiring a 180° Cross / Side split position
- 4 Salto performed as last isolated Salto or within Last Salto connection must be: "C" or better

Additional +0.1 Bonus (not included in SV -judges add bonus to their score & visibly indicate it by placard/signage)

- a. Must have a 10.0 SV
- b. Total Bonus = +0.60 or more
- c. Minimum of one (1) "E" acro element (no fall/spot)

Compiled by Marilyn Blilie, Laurie Skelton, Lani Yosten; reviewed by Carole Bunge 10/7/18

Additional Compositional Deductions

- Spatially (Floor Pattern) ^.1
 Saltos/Aerials 2 different directions .1
 Dance elements same shape .1 ea. type
 Lack of minimum "B" turn on one foot .2
 Lack of minimum "C" Salto .3

Athlete's Name _____

LEVEL 10 FLOOR COMPOSITION (UP TO THE LEVEL)

Deduction - Each Category	0.0	0.05	0.1	0.15	0.2
Acro 3 Pass Routine ^0.20	D/E D/E D/E or D/E D/E B + C Bonus	D D C + A Bonus	D C + A/B Bonus C + B Bonus or D D C or Less	D C + A/B Bonus C + B Indirect or D C + B Bonus C or less	No D or E Saltos
OR					
Acro 2 Pass Routine ^0.20	E E or E 2 Salto w/D (Direct)	2 Salto w/D 2 Salto w/D or E 2 Salto w/D (Indirect)	D 2-Salto w/D or E 2 Salto w/C Bonus	D C + C/B or 2 Salto w/D C or E B + B or Less	D 2 Saltos w/o bonus
Dance ^0.20	C C C or C C D/E	C C B or C D/E	C C or B D/E	C B or D/E	C or B B
Dismount ^0.10	D or E Salto OR C + B Direct or more	C + B Indirect or C + A Direct	C + A Indirect or Less or Isolated C or Less		

Special Requirements: 0.5 each

1. One (1) Acro Series with two (2) Saltos OR Two (2) Directly connected Saltos (same or different)
2. Three (3) Different Saltos (not Aerials) within the exercise
3. Dance Passage - minimum two (2) Different Group 1 elements (directly or indirectly connected) with One (1) Leap requiring a 180° Cross / Side split position
4. Salto performed as last isolated salto or within last salto connection must be: "C" or better

Additional Compositional Deductions

- Spatially (Floor Pattern) ^ .1
 Saltos/Aerials 2 different directions .1
 Dance elements same shape .1 ea. type
 Lack of minimum "B" turn on one foot .2
 Lack of minimum "C" Salto .3

Value Parts

3 A's	3 B's	2 C's
1 _____	1 _____	1 _____
2 _____	2 _____	2 _____
3 _____	3 _____	

D/E Difficulty Value (DV) Up to .4		Connective Value (CV) Up to .4	
Element	Value	Combination	Value
1 _____	_____	_____	_____
2 _____	_____	_____	_____
3 _____	_____	_____	_____
4 _____	_____	_____	_____

Additional +0.1 Bonus (not included in SV)
a. Must have a 10.0 SV
b. Total Bonus = +0.60 or more
c. Minimum of one (1) "E" acro element (no fall/spot)
Judges add bonus to their score & visibly indicate it by placard/signage.