

LEVEL 8 BARS COMPOSITION (UP TO THE LEVEL)

Deduction-Each Category	0	0.05	0.1	0.15	0.2
Dismount [^] 0.10	B (or C awarded B) Dismount •Flyaway Full or B + A Dismount •Giant + Tuck Flyaway		A (VP or Non VP) + A Dismount •Horizontal Cast + Tuck Flyaway		

Special Requirements: 0.5 each

1. One (1) Bar Change
- 2/3. Two (2) "B" elem, same or diff:
 - a. One (1) with flight (no dmt) OR one w/LA turn (no mt/dmt)
 - b. One (1) 360° clear circling element from groups 3/6/7, excluding dismount
4. "A" Salto Dismount

Additional Compositional Deductions

Uncharacteristic Elements .1 ea.
 3/4 front Giant Circle .1 ea.
 Lack of element achieve (pass thru) vertical [^].2

Example 10.0 Routine: glide kip; cast handstand ½ pirouette; glide kip; cast squat on; long hang kip; cast handstand; clear hip handstand; giant; flyaway stretched dismount.

Athlete's Name _____

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Deduction-Each Category	0	0.05	0.1
Dismount ^0.10	B (or C awarded B) Dismount or B + A Salto Dismount		A (VP or Non VP) + A Dismt

Special Requirements: 0.5 each

- 1. One (1) Bar Change
- 2. Two (2) "B" elem, same or diff
One (1) with flight (no dmt) OR 1 w/LA turn (no mt/dmt)
- 3. One (1) 360° clear circling element from groups 3/6/7, excluding dismount
- 4. Minimum "A" Salto Dismount

Additional Compositional Deductions

- Uncharacteristic elements .1 ea.
- 3/4 Front giant circle .1 ea.
- Lack of element achieve (pass thru) vertical .2

Value Parts

4 A's

4 B's

1 _____

2 _____

3 _____

4 _____

1 _____

2 _____

3 _____

4 _____

LEVEL 8 BEAM COMPOSITION (UP TO THE LEVEL)

Deduction-Each Category	0.00	0.05	0.1	0.15	0.2
ACRO ^0.20	B Flt + B Flt A/B B	** B Flt + B Flt A A or B Flt + B Flt B	** B Flt + B Flt A or A+B Flt B	A + B Flt A	Acro Series w/ 1 B Flt or Less or No Acro Flt Series AND No Other Acro (0.2 If all criteria apply) •Flic Flac stop BWO
DANCE ^0.20	B B A	B B	B A A	B A	Only A's
DISMOUNT ^0.10	** B Acro + A Dismount or B Dismount	A Acro + A Dismount	Isolated A or Non VP Dmt	•Split Leap •Full turn (No Dance Series Composition=-0.2)	•Sissone + Straight Jump •Full Turn
	•Flic Flac + Flic Flac •Cartwheel •(Round Off before dismount)	•Flic Flac + Flic Flac •Forward Roll •(Cartwheel before dismount)	•Flic Flac + Flic Flac •Cartwheel	•BWO + Flic Flac •Cartwheel	
	•Split Leap + Pike Jump •Full Turn	•Split Leap + Straddle Jump (No Full Turn SR=-0.5)	•Split Leap + Straight Jump •Full Turn		
	•Round-off + BackTuck	•Cartwheel + Back Tuck	•Tuck Front		

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

Special Requirements: Each 0.5

1. Acro Series: minimum 2 elements, 1 w/flight
2. One leap/jump requiring 180° cross or side split (Isolated or in Series)
3. Minimum 360° Turn on one foot (Isolated or in Series)
4. Aerial/Salto Dismount, minimum of "A"

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

Additional Compositional Deductions

Acro Fwd/Side & Bwd .1 (dismount only .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 movement/choreography. .1
 Insufficient use of entire length of beam .1
 Lack of dance series .2

Athlete's Name _____

LEVEL 8 BEAM COMPOSITION (UP TO THE LEVEL)

Deduction-Each Category	0.00	0.05	0.1	0.15	0.2
ACRO ^0.2	B Flt + B Flt A/B B	B Flt + B Flt A A or B Flt + B Flt B	B Flt + B Flt A or A+B Flt B	A+B Flt A	Acro Series w/ 1 B Flt or Less or No Acro Flt Series AND No Other Acro (If all criteria apply = -0.2)
DANCE ^0.2	B B A	B B	B A A	B A	Only A's
DISMOUNT ^0.10	B Acro + A Dismount or B Dismount	A Acro + A Dismount	Isolated A or Non VP Dismount		

Special Requirements: 0.5 each

- 1. Acro Series: Minimum 2 element, 1 w/flight
- 2. One leap/jump requiring 180° cross or side split (Isolated or in Series)
- 3. Minimum 360° Turn on one foot (Isolated or in Series)
- 4. Aerial/Salto Dismount, minimum of "A"

Additional Compositional Deductions
Acro Fwd/Side & Bwd <u>.1</u> (dismount only .05)
More than two straight leg pivot turns <u>.1</u>
More than two dance of same shape <u>.1</u> ea. Type
Insufficient level changes <u>.1</u>
Fwd/Side/Back movement/choregraphy. <u>.1</u>
Insufficient use of entire length of beam <u>.1</u>
Lack of dance series <u>.2</u>

Value Parts

4 A's

- 1 _____
- 2 _____
- 3 _____
- 4 _____

4 B's

- 1 _____
- 2 _____
- 3 _____
- 4 _____

Athlete's Name _____

LEVEL 8 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	B B B or B B A+A Direct	B B A+A Indirect	B A+A Direct A or B B A	B A A	No "B" Saltos
<div style="border: 1px solid red; padding: 2px; display: inline-block;">OR</div>					
Acro 2 Pass Routine ^0.20	B + A/B Direct B + A/B Direct	B B + A/B Direct or Indirect	B A+A Direct or B+B Dir/Indir A+A Indir	B A+A Indirect or Less Difficult	No "B" Saltos
Dance ^0.20	B B A	B B	B A A	B A	ONLY A's
Dismount ^0.10	B Salto	A+A Direct or Indirect	Isolated A Salto or Non-Salto Acro Flight		

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: "A" 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 3 "A" saltos .3

Value Parts

4 A's

4 B's

1 _____

2 _____

3 _____

4 _____

1 _____

2 _____

3 _____

4 _____

LEVEL 8 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; width: fit-content; margin: 0 auto;">OR</div>	B B B or ** B B A + A Direct	B B A + A Indirect	** B A + A Direct A or B B A	B A A	No "B" Saltos
Acro 2 Pass Routine ^0.20	B + A/B Direct B + A/B Direct	B B + A/B Direct/Indirect	** B A + A Direct or B+B Dir/Indir A+A Indir	B A + A Indirect or Less Difficult	No "B" Saltos
Dance ^0.20	B B A	B B	B A A	B A	ONLY A's
Dismount ^0.10	B Salto •Front Layout or •Front Tuck + Front Pike	A + A Direct or Indirect •Front Tuck R/off FF Back Layout ••0.0 dmt deduction if 2-pass series is performed as listed above	** Isolated A Salto or Non-Salto Acro Flight •Back Layout ••0.05 dmt deduction if 2-pass series is performed as listed above	•Switch Leap + Wolf Jump (No "B" Turn = -.2)	•Split Leap + Wolf Jump (No "B" Turn = -.2)

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

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: "A" or better

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 3 "A" Saltos .3