

Uneven Bar Composition

Level 8, 9, & 10

Level 10

Releases not up to competitive level 🖐️ 0 . 2 0

Expected NO Deduction	Release Elements
	D D Min. 2 different D or E releases
0.05	D + C Directly Connected
0.10	D C Isolated *not connected
	C + C Directly Connected
0.15	D B Isolated *not connected
	C C Isolated *not connected
0.20	C B or less

Level 9 & 10

Choice of elements 🖐️ 0 . 2 0

Failure to perform 2 of the following 3 choice:	
1.) FWD circle or release element, min. B *not in Dismount	
2.) Group 3 / 6 / 7 element, min. B	
3.) "C" element with min. 180° LA turn, with or without flight	
Expected No Deduction	Element choices performed
0.10	2 out of the three choices
0.10	1 out of the three choices
0.20	0 None of the three choices performed

Level 10

Dismount not up to competitive level 🖐️ 0 . 1 0

Expected = NO Deduction	D/E	D + C Directly Connected
0.05	C+C+C Directly Connected	D+C+C Directly Connected
0.10	C + C "C" or less connected to "C" or less Dmt	

Level 8 & 9

Dismount not up to competitive level 🖐️ 0 . 1 0

	Level 8	Level 9
Expected = NO Deduction	B or B + A	C
0.05		C + B
0.10	A or A + A	B + B

<u>0.10</u>	Uncharacteristic Element *each time Squat-on LB 1/2 turn Climbing onto LB w/in exercise Swing fwd from HB place feet on LB w/wo 1/2 turn
<u>0.10</u>	3/4 giant fwd. w/ or w/out grip change *each time Not horizontal also 🖐️ 0.10 Breaks Connection
<u>0.10</u>	Facing same direction throughout exercise Not in mount / dismount 1/1 turn will NOT fulfill *lvl 9 & 10 only*
<u>0.10</u>	More than 1 squat / stoop on LB lvl 10 only w/ or w/out sole circle, jump to HB After fall included
<u>0.20</u>	Lack of 2 bar changes lvl 10 only
<u>0.20</u>	Lack of elements that achieve vertical or pass through vertical lvl 8 only

Uneven Bar Requirements Level 8, 9, & 10

Level 10 Special Requirements	
#1	Flight element, minimum "C" (exclude dismount)
#2	Second (diff.) flight element, minimum "B" (exclude dismount)
#3	Element w/ LA turn, minimum "C" (exclude mount & dismount)
#4	Salto dismount, minimum "C"

lvl 10 SV & Bonus	
9.5 SV	
Max +0.40 CV	Max +0.40 DV

lvl 10 Allowed
All A, B, C, D & E's

lvl 10 VP's	
A = .10	3
B = .30	3
C = .50	2
D = +.10	
E = +.20	

lvl 10 Additional "E" Bonus
Must have 10.0 SV
Total Bonus = +0.60 (or more) : Min +0.10 CV & Min +0.10 DV
Min of 1 "E" element (completed)
Does not show in start value
Must flash +0.10 for coaches

Level 9 Special Requirements	
#1	Minimum two bar changes
#2	One flight element, minimum "B" (exclude dismount)
#3	Second (diff.) flight element, minimum "C" OR One element w/ LA turn min. 180*, minimum "B" (exclude mount & dismount)
#4	Salto dismount, minimum "B"

lvl 9 SV & Bonus
9.70 SV
Max +0.30 CV
No DV Bonus Allowed

lvl 9 VP's	
A = .10	3
B = .30	4
C = .50	1

lvl 9 Allowed
All A, B, & C's
All D/E Dance Elements
Max one (1) other D/E from any Group
All allowable D/E considered C - VP & CV

Level 8 Special Requirements	
#1	Minimum one bar change
#2	One "B" element w/ flight OR "B" element w/ min. 180* LA turn (exclude mount & dismount)
#3	One 360* circling element from Groups 3 / 6 / 7 (excluding dismount)
#4	Salto dismount, minimum "A"

lvl 8 Start Value & Bonus	
10.0 SV	Not eligible for bonus

lvl 8 VP's	
A = .10	4
B = .30	4
C = .50	0

lvl 8 Allowed
All A, B's
All C LA Turns
B Over shoot & Straddle back
Max one (1) other C from any Group
All allowable C considered B - VP & CV

Deduct 0.50 for each missing Special Requirement

Deduct 0.50 for each unallowable element

Level 8 Balance Beam Requirements & Composition

Start Value & Bonus
10.0 SV
Not eligible for Bonus

Value Parts	
A = .10	4
B = .30	4
C = .50	0

Allowed
All A, B's
All C Dance Elements
Max one (1) other C
All allowable C considered B - VP & CV

Deduct 0.50 for each unallowable element

No other C, D/E elements allowed

Special Requirements	
#1	One (1) acro series w/ min. two (2) elements one (1) w/ flight excluding mount & dismount
#2	One (1) leap/jump requiring 180* cross/ side split
#3	Minimum 360* turn on one (1) foot (group 3)
#4	Aerial/salto dismount minimum A

Deduct 0.50 for each missing Special Requirement

<u>0.10</u>	Failure to perform Acros in 2 diff. directions (BWD & FWD/SWD)
<u>0.05</u>	Dismount is the only BWD or FWD/SWD
<u>0.10</u>	Overuse of Dance w/ same shape More than 2 ea: Tuck/Wolf or Straddle
<u>0.10</u>	More than 2 Pivot turns
<u>0.20</u>	Lack of Dance Series (min. 2 dance elements)
👉 0.10	Insufficient level change throughout exercise
👉 0.10	Spatial Use: Entire length of Beam
👉 0.10	Directional Use: Choreography BWD, FWD, & SWD Movements in Non-VP

Acro not up to competitive level 👉 0 . 2 0

	Flight Series	Additional Acro	Additional Acro
Expect NO Ded	B + B 2 flight	C Salto or Aerial	A
0.05	B + B 2 flight	A	A
	B + B 2 flight	B	
0.10	B + B 2 flight	A	
	A + B B flight	B	
0.15	A + B B flight	A	
	B + B 2 flight		
0.20	A + B or. no series	No other acro	

Dance not up to competitive level 👉 0 . 2 0

Expected = NO Deduction	B B A
0.05	B B
0.10	B A A
0.15	B A
0.20	Only A dance

Dismount not up to competitive level 👉 0 . 1 0

	Dismount	Acro Connect
Expect No Ded	B	B + A B-acro + A Dmt
0.05		A + A A-acro + A Dmt
0.10	A isolated	Any Non VP Dismount

Level 8 Floor Exercise Requirements & Composition

Start Value & Bonus	
10.0 SV	Not eligible for bonus

Value Parts	
A = .10	4
B = .30	4
C = .50	0

Allowed
All A, B's
All C Dance Elements
Max one (1) other C
All allowable C considered B - VP & CV

Special Requirements	
#1	One acro series w/ two saltos or two directly connected saltos (same or different)
#2	Three diff. saltos (not aerials) w/in the exercise
#3	Dance passage w/ min two diff. grp. 1 elements one is a leap w/ 180* side/cross split
#4	Salto performed as last isolated or w/in connection must be min. A

Deduct 0.50 for each unallowable element

Deduct 0.50 for each missing Special Requirement

Acro not up to competitive level 🙌 0 . 2 0
3 - pass routines

Dance not up to competitive level 🙌 0 . 2 0

Expected = NO Deduction	B B A 2 B - dance & 1 A dance
0.05	B B
0.10	B A A
0.15	B A
0.20	Only A Dance

	Pass (1)	Pass (2)	Pass (3)
Expected NO Deduction	B	B	B
	B	B	A + A Direct
0.05	B	B	A - - A Indirect
0.10	B	B	A
	B	A + A Direct	A
0.15	B	A	A
0.20	No B Saltos		

Salto value in last pass or last isolated salto 🙌 0 . 1 0

Expected No Deduction	B	
0.05	A - - A Indirect	A + A Direct
0.10	A Isolated	No Salto Acro Flight

2 - pass routines

	Pass (1)	Pass (2)
Expected NO Deduction	B + B Direct	B + B Direct
0.5	B + A Direct or Indirect	B + A Direct or Indirect
0.10	B - - A Indirect	B - - A Indirect
	B - - B Indirect	A + A Direct
0.15	B	A or A - - A Indirect
0.20	No C saltos	

🙌 0.10	Insufficient use of the FX area spatially - FX pattern
<u>0.10</u>	Failure to perform saltos / aerials in 2 diff. directions *BWD & FWD/SWD
<u>0.10</u>	Overuse of Dance w/ same shape More than 2 ea: Tuck/Wolf or Straddle
<u>0.20</u>	Lack of a turn on one foot, min. B
<u>0.30</u>	Lack of 3 A saltos

Level 9 Balance Beam Requirements & Composition

Start Value & Bonus	
9.70 SV	
Max +0.30 Connective Bonus	

Value Parts	
A = .10	3
B = .30	4
C = .50	1

Allowed
All A, B, & C's
All D/E Dance Elements
Max one (1) other D/E
All allowable D/E considered C - VP & CV

Deduct 0.50 for each unallowable element

Special Requirements	
#1	One (1) acro series w/ min two (2) flight elements excluding mount & dismount
#2	One (1) leap/jump requiring 180* cross/side split
#3	Minimum 360* turn on one (1) foot (group 3)
#4	Aerial/salto dismount minimum B

Deduct 0.50 for each missing Special Requirement

0.10	Failure to perform Acros in 2 diff. directions (BWD & FWD/SWD)
0.05	Dismount is the only BWD or FWD/SWD
0.10	Overuse of Dance w/ same shape More than 2 ea: Tuck/Wolf or Straddle
0.10	More than 2 Pivot turns
0.20	Lack of Dance Series (min. 2 dance elements)
👉 0.10	Insufficient level change throughout exercise
👉 0.10	Spatial Use: Entire length of Beam
👉 0.10	Directional Use: Choreography BWD, FWD, & SWD Movements in Non-VP

Acro not up to competitive level 👉 0 . 2 0

	Flight Series	Additional Acro
Expected = NO Deduction If series has a salto/aerial the additional acro can be C w/ hand support	B + C 2 flight	C Salto or Aerial
	B + C 2 flight	D/E hand support
0.05	B + C 2 flight	C w/ hand support
0.10	B + C 2 flight	B or more B flight
0.15	B + B 1-2 B flight	C Salto or aerial
0.20	B + B 1-2 B flight	No other B Acro
	Broken Series No Series	No other B acro

Dance not up to competitive level 👉 0 . 2 0

Expected = NO Deduction	C C 2 C-dance or greater
0.05	C B
0.10	C
0.15	B B
0.20	B

Dismount not up to competitive level 👉 0 . 1 0

	Dismount	Acro Connect	Dance Connect
Expect No Ded	C	B + B B-acro + B Dmt	C + B C-Dance + B Dmt
0.05		A + B A-acro + B Dmt	B + B B-dance + B Dmt
0.10	B isolated	A any A dmt	

Level 9 Floor Exercise Requirements & Composition

Start Value & Bonus	
9.70 SV	Max +0.30 Connective Bonus

Special Requirements	
#1	One (1) acro series w/ two (2) saltos or two (2) directly connected saltos (same or different)
#2	Three (3) different saltos (not aerials) w/ in the exercise
#3	Dance passage w/ min two (2) diff. grp. 1 elements one (1) is a leap w/ 180* side/cross split
#4	Salto performed as last isolated or w/in connection must be min. B

Dance not up to competitive level 🙅 0 . 2 0

Expected = NO Deduction	C C 2 C-dance or greater
0.05	C B
0.10	C
0.15	B B
0.20	B

Salto value in last pass or last isolated salto 🙅 0 . 1 0

Expected No Deduction	C	B + B Direct
0.05	B - - B Indirect	B + A Direct
0.10	B - - A Indirect	B or A Isolated

🙅 0.10	Insufficient use of the FX area spatially - FX pattern
<u>0.10</u>	Failure to perform saltos / aerials in 2 diff. directions *BWD & FWD/SWD
<u>0.10</u>	Overuse of Dance w/ same shape More than 2 ea: Tuck/Wolf or Straddle
<u>0.20</u>	Lack of a turn on one foot, min. B
<u>0.30</u>	Lack of a B-salto (in addition to lack of SR)

Value Parts	
A = .10	3
B = .30	4
C = .50	1

Deduct 0.50 for each unallowable element

Deduct 0.50 for each missing Special Requirement

Allowed
All A, B, & C's
All D/E Dance Elements
Max one (1) other D/E
All allowable D/E considered C - VP & CV

Acro not up to competitive level 🙅 0 . 2 0 -
3 - pass routines

	Pass (1)	Pass (2)	Pass (3)
Expected NO Deduction	C	C	C
	C	C	B + B Bonus
0.05	B	B	A + A Indirect
0.10	C	C	B or A - B indirect
	C	B + B Bonus	B + B Bonus
0.15	C	B + B Bonus	B
0.20	No C Saltos		

2 - pass routines

	Pass (1)	Pass (2)
Expected NO Deduction	C + A Bonus	C + A Bonus
0.05	C	C + A Bonus
0.10	C	C - - B Indirect
0.15	C	C - - A Indirect
0.20	No C saltos	

Balance Beam Level 10 Composition

Acro not up to competitive level 🙌 0 . 2 0

Expected = NO Deduction	Flight Series	Additional Acro	Additional C Salto
	B + C 1 C-Salto	D/E Aerial/Salto/Support	C or D/E Acro Flight
	B + B + C Salto or Support OK	D/E Aerial/Salto/Support	C or D/E Acro Flight
	C + C 2 C-Saltos (also BCC)	D/E Aerial/Salto/Support	
	B + D "D" or "E" Flight	D/E Aerial/Salto/Support	

0.05	B + C 1 C-Salto	D/E Aerial/Salto/Support	
	B + D "D" or "E" Flight		C Salto

0.10	B + C 1 C-Salto		C Salto
	B + C Support - NO Salto	D/E Aerial/Salto/Support	C Salto
	B + D "D" or "E" Flight	B or C Flight w/ Support	

0.15	B + C 1 C-Salto		
	B + C Support - NO Salto	D/E Aerial/Salto/Support	
	B + D "D" or "E" Flight		
	No Series	D/E Aerial/Salto/Support	

0.20	NO Series		C Salto
	Broken Series		C Salto
	B + C Support or BB		

Dance not up to competitive level 🙌 0 . 2 0

Expected = NO Deduction	C C C or D/E D/E 3 C-dance or 2 D/E-dance	
0.05	C C B	D/E C
0.10	C C	D/E B
0.15	C B	D or E
0.20	C	B B or less

Dismount not up to competitive level 🙌 0 . 1 0

	Dismount	Acro Connect	Dance Connect
Expect No Ded	D/E	B + C B-acro + C Dmt	C + C C-Dance + C Dmt
0.05		A + C A-acro + C Dmt	B + C B-dance + C Dmt
		B + C + B series C to B Dmt	
		D + B D-acro flight + B Dmt	
0.10	C	C + B C-acro + B Dmt	C + B C-dance + B Dmt

0.10	Failure to perform Acros in 2 diff. directions (BWD & FWD/SWD)
0.05	Dismount is the only BWD or FWD/SWD
0.10	Overuse of Dance w/ same shape More than 2 ea: Tuck/Wolf or Straddle
0.10	More than 2 Pivot turns
0.20	Lack of Dance Series (min. 2 dance elements)
🙌 0.10	Insufficient level change throughout exercise
🙌 0.10	Spatial Use: Entire length of Beam
🙌 0.10	Directional Use: Choreography BWD, FWD, & SWD Movements in Non-VP

Balance Beam

Level 10 Requirements & Bonus

Special Requirements	
#1	One (1) acro series w/ min two (2) flight elements, one (1) “C” w/ or w/out hand support. “A” non-flight directly connected to “E” acro flight element, excluding mount & dismount
#2	One (1) leap/jump requiring 180* cross/side split
#3	Minimum 360* turn on one (1) foot (group 3)
#4	Aerial/salto dismount minimum C B dismount direct connect to acro series w/ min “C” acro OR min “c” acro flight/dance

Deduct 0.50 for each missing Special Requirement

Start Value & Bonus	
9.5 SV	
Max +0.40 CV	Max +0.40 DV

No Restricted Skills

Fall Time = 45 seconds

Additional “E” Bonus
Must have 10.0 SV
Total Bonus = +0.60 (or more) : Min +0.10 CV & Min +0.10 DV
Minimum of 1 “E” acro element (completed)
Does not show in start value
Must flash +0.10 for coaches

Value Parts	
A = .10	3
B = .30	3
C = .50	2
D = +.10	
E = +.20	

Triple Series Acro Connection Bonus	
(3) Acro flight w/ min. “C” Salto OR “D/E” w/or w/out hands	
Must land on top of beam	+.10 bonus

Time
Warm up = 2:00 min.
Routine = 1 min. 30 sec.

3 - pass routines

Floor Exercise Level 10 Composition

Dance not up to competitive level 🙌 0 . 2 0

Expected = NO Deduction	C C C or D/E D/E 3 C-dance or 2 D/E-dance	
0.05	C C B	D C or E C
0.10	C C	D B or E B
0.15	C B	D or E
0.20	C	B B or less

	Pass (1)	Pass (2)	Pass (3)
Expected NO Deduction	D "D/E"	D "D/E"	D/E "D/E"
	D "D/E"	D "D/E"	C + B Bonus
0.05	D	D	C + A Bonus
	D	D	C, B, or A
0.10	D	C + B Bonus	C + B or C + A Bonus
0.15	D	C + B Bonus	C, B, or A
	D	C + B or C + A Bonus	C - - B Indirect
0.20	No D/E Saltos		

Salto value in last pass

or last isolated salto 🙌 0 . 1 0

Expected No Deduction	D "D/E"	C + B Direct
0.05	C - - B Indirect	C + A Direct
0.10	C - - A Indirect	C, B, or A Isolated

2 - pass routines

	Pass (1)	Pass (2)
Expected NO Deduction	E	E
	E	D + A Direct
0.5	D + A Direct / Indirect	D + A Direct / Indirect
	E	D - - A Indirect
0.10	D	D + A Direct / Indirect
	E	C + A, B, or C Bonus
	D	C + C or C + B Bonus
0.15	D + A Direct / Indirect	C
	E	1-2 Saltos BB or less
0.20	No D/E saltos	
	D	2 Saltos NO Bonus

🙌 0.10	Insufficient use of the FX area spatially - FX pattern
0.10	Failure to perform saltos / aerials in 2 diff. directions *BWD & FWD/SWD
0.10	Overuse of Dance w/ same shape More than 2 ea: Tuck/Wolf or Straddle
0.20	Lack of a turn on one foot, min. B
0.30	Lack of a C-salto (in addition to lack of SR)

Floor Exercise

Level 10 Requirements & Bonus

Special Requirements	
#1	One acro series w/ two saltos OR two directly connected saltos (same or different)
#2	Three different saltos (not aerials) w/in exercise
#3	Dance passage w/ min. two different Group 1 elements (directly/indirectly connected) one leap requiring 180* cross or side split
#4	Salto performed as last isolated salto or within last salto connection must be min. "C"

Deduct 0.50 for each missing Special Requirement

Start Value & Bonus	
9.5 SV	
Max +0.40 CV	Max +0.40 DV

Value Parts	
A = .10	3
B = .30	3
C = .50	2
D = +.10	
E = +.20	

Additional "E" Bonus
Must have 10.0 SV
Total Bonus = +0.60 (or more) : Min +0.10 CV & Min +0.10 DV
Minimum of 1 "E" acro element (completed)
Does not show in start value
Must flash +0.10 for coaches

No Restricted Skills

Time
Warm up = 2:00 min.
Routine = 1 min. 30 sec.