

## LEVEL 9 BARS COMPOSITION (UP TO THE LEVEL)

Deduction-Each Category	0	0.05	0.1	0.15	0.2
<b>2 of 3*</b> <b>^0.20</b>	<b>2 of 3 Requirements</b>  • <i>Clear Hip ! (3/6/7)</i>  • <i>Handstand ½ (Pirouette)</i>		<b>1 of 3 Requirements</b>  • <i>Front Giant</i>		<b>0 of 3 Requirements</b>  No Forward or 3/6/7, or Pirouette = 0.2 ded.
<b>Dismount</b> <b>^0.20</b>	<b>Any C (or D/E awarded C) Dmt</b>  • Tuck Double Flyaway	<b>C or more connected to B Dmt</b>  • <i>Clear Hip ! + Flyaway Full</i>	<b>B or less + B or Less Dmt</b>  • Back Giant + Flyaway Full		

\* *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. 2 Bar Changes
2. 1 flight, minimum of "B" (excludes dismount)
3. 2nd "C" flight (excludes dismount) OR "B" element with LA turn (excludes mt/dmt)
4. Salto Dismount, minimum "B"

EX. 10.0 SV: Glide kip; cast,squat on; long hang kip; cast handsatnd ½ pirouette; bail; glide kip; cast squat on; long hang kip; cast handstand; back giant; clear hip to hand; double back dmt.

### Additional Compositional Deductions

Faces same direction throughout (not mount/dismount) .10  
 Uncharacteristic elements .1 ea.  
 3/4 Front Giant w/wo grip change .1 ea.  
 (Choice of Release applies ONLY to level 10)

**! Indicates Handstand**

Athlete's Name \_\_\_\_\_

LEVEL 9 BARS COMPOSITION (UP TO THE LEVEL)

Deduction-Each Category	0	0.05	0.1	0.15	0.2
2 of 3* ^0.20	2 of 3 Requirements		1 of 3 Requirements		0 of 3 Requirements
Dismount ^0.10	Any C (or D/E awarded C) Dmt	C or more connected to B Dmt	B or Less + B or Less Dmt		No Forward, 3/6/7, or Pirouette =- 0.2 ded.

\* 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. 2 Bar Changes
2. 1 flight, minimum of B (excludes dismount)
3. 2nd "C" flight (excludes dismount) OR "B" Element with LA turn (excludes mt/dmt)
4. Salto Dismount, minimum "B"

Additional Compositional Deductions
Faces same direction throughout (not mount/dismount) <u>.10</u>
Uncharacteristic elements <u>.1 ea.</u>
3/4 Front giant <u>.1 ea.</u>
(Choice of release applies ONLY to Level 10)

3 A's	Value Parts 4 B's	1 C
1 _____	1 _____	1 _____
2 _____	2 _____	
3 _____	3 _____	
	4 _____	

Connective Value (CV) Up to .3	
Combination	Value
1 _____	_____
2 _____	_____
3 _____	_____

## LEVEL 9 BEAM COMPOSITION (UP TO THE LEVEL)

Deduction-Each Category	0.00	0.05	0.1	0.15	0.2
<b>2 Elem "C" Flight Series ACRO ^0.2</b>	<b>B Flt + C Flt Salto/Aerial or D/E Flt</b> •Flic flac + One Arm Flic Flac •Back Tuck Salto or <b>B Flt + C Salto C with or w/o hand</b> •Flic flac + Back layout •One Arm Flic Flac	<b>B Flt+C Flt C Flt w/hand support</b>  •Flic Flac + Chen Flic •One Arm Flic Flac	<b>B Flt + C Flt B Flt</b>  •Flic Flac + Chen Flic •Round Off	<b>B Flt + B Flt C Salto/Aerial</b>  •Flic Flac + Flic Flac •Back Tuck Salto	<b>B Flt +B Flt Acro OR Less or NO ACRO Flight Series AND No other B or more acro (0.2 If all criteria apply)</b>  •Flic Flac + Flic Flac
<b>DANCE ^0.2</b>	<b>C C</b> •Switch Leap + Switch Leap or <b>C D/E</b> •Switch Leap + Switch ¼ Leap	<b>C B</b>  •Switch Leap+ Split Leap  (No Full Turn SR = -0.5)	<b>C</b>  •Switch Leap + Tuck Jump  (No Full Turn SR = -0.5)	<b>B B</b>  •Split Leap + Pike Jump  (No Full Turn SR = -0.5)	<b>B</b>  •Split Leap + Wolf Jump  (No Full Turn SR = -0.5)
<b>DISMOUNT ^0.1</b>	<b>B Flt or C Dance + B Dmt</b> •Round Off + Back Full  or <b>Any C Dismount</b> •Front Tuck with 1/1 Twist	<b>A Acro or B Dance + B Dmt</b>  •Split Leap + Front Layout  or •Cartwheel +Back Full	<b>Isolated B</b> •Front Layout  or <b>A Dismount</b> •Front Tuck		

In above "Dance" composition examples, the 'dance series' composition requirement is fulfilled but the 'full turn (360°)' Special Requirement is NOT fulfilled

### Special Requirements: 0.5 each

1. Acro Series: Min. 2 flight elements (Excludes mount/dismount)
2. One leap/jump requiring 180° cross or side split (isolated or in series; must start & finish on BB)
3. Minimum 360° Turn on one foot (Isolated or in Series)
4. Aerial/Salto Dismount, minimum of "B"

### 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 9 BEAM COMPOSITION (UP TO THE LEVEL)**

Deduction-Each Category	0.00	0.05	0.1	0.15	0.2
2 Elem C Flight Series ACRO ^0.2	B + C Salto/Aerial or D/E or B+C Salto C w or w/o hand	B + C C Flt w/hand support	B + C B Flight	B + B Flight C Salto/Aerial	B Flt + B Flt Acro or Less or NO ACRO Flight Series AND No other B or more acro (if all criteria apply =-0.2)
DANCE ^0.2	C C OR C D/E	C B	C	B B	B
DISMOUNT ^0.1	B Flt or C Dance + B Dmt or Any C Dismount	A Acro or B Dance + B Dmt	Isolated B or A Dmt		

**Special Requirements: Each 0.5**

- 1. Acro Series: Min. 2 Flight elements (Excludes mount/dismount)
- 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 "B"

**Additional Compositional Deductions**

- Acro Fwd/Side & Bwd .1 (dismount only 0.05)
- 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/choregraphy. .1
- Insufficient use of entire length of beam .1
- Lack of dance series .2

**Value Parts**

<b>3 A's</b>	<b>4 B's</b>	<b>1 C</b>
1 _____	1 _____	1 _____
2 _____	2 _____	
3 _____	3 _____	
	4 _____	

Connective Value (CV)	Up to .3
1. _____	_____
2. _____	_____
3. _____	_____

## LEVEL 9 FLOOR COMPOSITION (UP TO THE LEVEL)

Deduction - Each Category	0.0	0.05	0.1	0.15	0.2
<b>Acro 3 Pass Routine</b> ^0.20	C C C or ** C C B + B Direct	C C B + A Direct	** C B + B Direct B + B Direct or C C B (or B + A indirect)	C B + B Direct B	No C Saltos
<div style="border: 1px solid red; padding: 2px; width: fit-content; margin: 0 auto;">OR</div>					
<b>Acro 2 Pass Routine</b> ^0.2	C Acro Bonus Conn C Acro Bonus Conn	C C Acro Bonus Conn	C C + B Indirect	C C + A Indirect	No C Saltos
	<ul style="list-style-type: none"> <li>• Front Full</li> <li>• Front Layout + Front Pike</li> <li>• Back Layout Double Full</li> </ul>	<ul style="list-style-type: none"> <li>• Back Layout Double Full</li> <li>• Front Full</li> <li>• Front Lay + Front Tuck</li> </ul>	<ul style="list-style-type: none"> <li>• Back Layout Double Full</li> <li>• Front Lay + Front Pike</li> <li>• Whip Back Salto ½ + Front Lay</li> </ul>	<ul style="list-style-type: none"> <li>• Front Full</li> <li>• Front Lay + Front Pike</li> <li>• Back Layout Full</li> </ul>	<ul style="list-style-type: none"> <li>• Back Layout Full</li> <li>• Front Layout + Front Pike</li> <li>• Back Layout</li> </ul>
<b>Dance</b> ^0.20	** C C or C D/E	C B	C	B B	B
	<ul style="list-style-type: none"> <li>• Switch Side + Popa</li> <li>• Full Turn in Tuck Stand</li> </ul>	<ul style="list-style-type: none"> <li>• Switch Leap + Popa</li> <li>• 1 ½ Turn</li> </ul>	<ul style="list-style-type: none"> <li>• 1 ½ Turn in Tuck Stand</li> <li>• Split Leap + Tuck Jump</li> </ul>	<ul style="list-style-type: none"> <li>• Switch Leap + Tuck Jump</li> <li>• 1 ½ Turn</li> </ul>	<ul style="list-style-type: none"> <li>• Split Leap + Sissone</li> <li>• 1 ½ Turn</li> </ul>
<b>Dismount</b> ^0.10	C Salto • Back Layout Double Full or • Back Layout 1 ½ + Front Tuck or B+B Direct or More • Front Lay + Front Pike	B + B Indirect or ** B + A Direct • Front Lay + Front Tuck ••0.0 Dmt Ded. for 2 pass series performed as listed above.	B + A Indirect (or less) or ** Isolated B or Less • Back Layout Full ••0.0 Dmt Ded. for above 2 or 3 pass series performed as listed above.	<ul style="list-style-type: none"> <li>••0.10 Dmt Ded. for 3 acro pass performed as listed above.</li> <li>••0.0 Dmt Ded. for 2 acro pass performed as listed above.</li> </ul>	<ul style="list-style-type: none"> <li>••0.10 Dmt Ded. for 3 acro pass performed as listed above.</li> <li>••0.0 Dmt Ded. for 2 acro pass performed as listed above.</li> </ul>

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

In above "Dance Composition" examples, the "A/B'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: "B" 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 "B" Salto .3

Athlete's Name \_\_\_\_\_

LEVEL 9 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	C C C or C C B+B Direct	C C B + A Direct	C B + B Direct B + B Direct or C C B (or B + A Indirect)	C B + B Direct B	No C Saltos
OR					
Acro 2 Pass Routine ^0.20	C C (acro bonus in each pass)	C C Acro Bonus Conn	C C + B Indirect	C C + A Indirect	No C Saltos
Dance ^0.20	C C or C D/E	C B	C	B B	B
Dismount ^0.10	C Salto or B + B Direct or More	B + B Indirect or B+A Direct	B + A Indirect (or less) or Isolated B 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: "B" 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 "B" Salto .3

**Value Parts**

3 A's	4 B's	1 C
1 _____	1 _____	1 _____
2 _____	2 _____	
3 _____	3 _____	
	4 _____	

Connective Value (CV) Up to .3	
Combination	Value
1 _____	_____
2 _____	_____
3 _____	_____