

	6	7	8	9	10
Value Parts	<b>5A 1B</b> one allowed C = B other C = 0.5, no VP no rel HB↔LB	<b>5A 2B</b> allowed C = B other C = 0.5, no VP	<b>4A 4B</b> allowed C = B one Rst C = B other C = 0.5, no VP	<b>3A 4B 1C</b> Full pir B/C root allowed one Rst D/E = C other D/E = -0.5, no VP	<b>3A 3B 2 C</b>
Special Reqmts 0.5 each	one cast horiz + one bar change one Gp 3/6/7 360 clear cir A dismt	one cast (45° +) Two clear circles: =one Gp 3/6/7 =B circle elem (same or diff) A salto/hecht dismt	one bar change B circle (3/6/7) B elem flt or LA turn A salto/hecht dismt	2 bar change B flight elem C elem flight (diff) -OR- B elem LA turn (not mt/dsmt) B salto/hecht dismt	C flight element min B flight elem (diff) C LA turn (not mt/dsmt) C salto/hecht dismt
No VP = no SR					
Bonus	none no composition	none no composition	none	max 0.3 CV allowed D/E = C	max 0.4 CV/DV +0.1 D +0.2 E
SV Deduct=	10.0 C, VP, SR, no dismt	10.0 C, VP, SR, no dismt	10.0 Rst C, VP, SR, no dismt	9.7 (+0.3 bonus) Rst D/E, VP, SR, no dismt	9.5 (+0.5 bonus) VP, SR, no dismt

**GENERAL COMPOSITION**

Choice of Elements		
variety of elem/connections	up to 0.1	var
circles/releases forward and backward	.05	reldir
L9/10:Bal betw LA and flight elements	up to 0.1	bal
L10- choice of release elem up to level comp	up to 0.2	UTL
<b>L10- lack of 2<sup>nd</sup> bar change</b>	<b>0.2</b>	<b>bchg</b>
L10- connection off feet 2nd time to HB	each 0.1	<b>N</b>
L9/10 insuf chg of dir (not mt/dmt) =>2 turns, 1-180° =0		dir
1-180° or 1-2 elem 360° = .05, no turns	0.1	
L 8 Lack elements achieve vertical	up to 0.2	vert
Insuf distribution	up to 0.1	db
Uncharacteristic elem (and breaks series)	ea 0.1	
-fwd on HB feet on LB, stand, w/w/o 1/2 turn; climb/crawl onto LB;		
squat on LB, 1/2 turn on feet to HB		

**Connection Value (CV)**

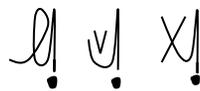
		(includes mt/dsmt)
L10	C + C = 0.1 Both elem must have LA or flight However, if both Gp 3/6/7, no LA/fit needed, but must be different elem	C + D = 0.1 D + D = 0.2
L 9	C + C = 0.1 If one/both elem w/o LA/fit. If none have LA/fit, must be different	C + C = 0.2 If both elem have LA/flight

Range (avg decides)

9.5 - 10.0	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
below 8.0	1.0

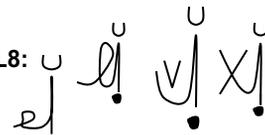
**Exceptions:**

**B for L6,**



**L 7, L8:**

**B for L7, L8:**



L7,8 no cast deduction before--

**APPARATUS DEDUCTIONS**

precision of hdst positions	up to 0.1	hdst
<b>dynamics</b> (energy, swingful, effortless)	<b>up to 0.2</b>	<b>dy</b>
extra swing/cast (max 0.6 for 1 elem)	ea 0.3	
swing fwd/bwd under horiz	ea 0.1	
amplitude of bar elements	up to 0.2	
amplitude of salto dismounts	up to 0.3	
under rotation of release/flight elem	up to 0.1	
incomplete turn/twist	up to 0.2	
rhythm in element/conn	up to 0.1	
hesitation in hdst or jump to HB	up to 0.1	
bent arms in support or legs	up to 0.3	
insuf extension of glides/sw to kip	up to 0.1	
insuf exact stretch (w arch or pike)	up to 0.2	
more than one element before mt.	0.2	
third run approach	0.5	
landing too close to bars on dismt	0.1	
failure to maintain stretched body in dismt (pikes down)	up to 0.2	
insuf extension (open) of N/V prior to land	up to 0.3	
no dismount of value (from SV)	0.3	
brush foot on apparatus/mat	up to 0.1	
hit foot on apparatus-----	0.2 on mat-----	0.3
grasp to avoid fall ----	0.3	
add'l trunk movements on landing	up to 0.2	
failure to remove bd/spot block	0.3 CJ	
exercise fewer than 5 VP elem	2.0 CJ	

**Averages trick**

if **both w/.05** - drop .05 from high, add to low score...then avg the score  
if **one w/.05** - drop .05 out, avg score..then add .025 to average

