

Level 8 Uneven Bars

Special Requirements

1 Bar Change (minimum)

1 B Flight Element

or

**1 B LA turn minimum 180°
(exclude mount & dismount)**

1 B 3/6/7 (exclude dismount)

A Salto Dismount

COMPOSITION

Lack of Elements that	↑.2
Uncharacteristic Element	.1ea
More than 1 Squat on	.1ea
3/4 Backward giant	.1ea

Difficulty Restrictions:

Only A/B and selected C elements are allowed. In addition one restricted C will receive Value Part credit. Selected Cs and 1 restricted C receive B VP

If gymnast performs more than one Restricted C: Consider in chronological order. Only the first of these elements may be used. The first will be awarded B Value Part and Special Requirement if applicable.

Any additional restricted C or any D/E element deduct .5 from SV + NO credit for:
Value Part or Special Requirement

All appropriate amplitude and execution deductions applied to all elements performed whether Value Part is awarded or not.

EXECUTION

Insufficient angle of arrival Flight to HS on LB	.05
Flexed sickled feet during VP	.05ea
Swing fwd or bkwd under horizontal	↑.1ea
Under-rotation of release/flight	↑.1
Precision of HS positions throughout	↑.1
Insufficient extension of glide/swing into kip	↑.1
Poor rhythm in elements/connect	↑.1
Hesitation in jump to HS	↑.1
Touch/brush mat/apparatus with foot/feet	↑.1
Legs/knees crossed	↑.1
Insufficient amplitude of elements	↑.2ea
Insuff. dynamics (swing, energetic, effortless) throughout	↑.2
Legs /knees separated	↑.2
Insufficient exactness of body shape N/V/ /	↑.2
Incomplete Turn/Twist	↑.2
Hit foot/feet apparatus	.2
Insufficient height of casts	↑.3
Insufficient angle of turn completion	↑.3
Bent arms in support or bent legs	↑.3
Hit foot/feet on mat	.3
Grasp apparatus to avoid fall	.3
Intermediate swing (max .6 per element)	.3
Insufficient amplitude of clear hip circle	↑.4
Full support of feet on mat during routine	.5
Insufficient height of salto dismount	↑.3
Fail to join feet on landing	.05
Slight hop, adjustment, staggered feet	↑.1
Deviation from straight direction on landing	↑.1
Arm swing to maintain balance on landing	↑.1
Steps (max 4)	↑.1
Incorrect body posture on landing landing elem/dismounts	↑.2
Trunk movement to maintain balance on landing	↑.2
Large step	.2
Deep squat	↑.3
Pike down of stretched body position	↑.2
Insuff. extension of tuck/pike prior to landing dismount	↑.3
Fall or support of hand(s) on apparatus or mat	.5
Fail to land bottoms of feet first no VP/SR	.5

Level 8 Balance Beam

Special Requirements

1 Acro Series

with minimum 2 Elements one with flight

1 180° Leap or Jump

1 360 ° Turn on one foot

A Dismount

Composition

Lack Dance Series	<u>.2</u>
Insufficient level changes	↑.1
Insufficient use of Entire Length of Beam (spatially)	↑.1
Direction of Acro Fwd/Swd and Bkwd (dismount only - .05)	.1
Direction of Choreography/Movement Forward/Backward /Sideward	↑.1
More than 2 Pivot Turns (straight leg ½ turn)	<u>.1</u>
More than 2 Same Shape (tuck/wolf or Straddle)	<u>.1</u>

Difficulty Restrictions:

Only A/B and C dance elements are allowed. In addition, 1 C acro will receive Value Part credit. C dance and 1 C acro element receive B Value Part

If gymnast performs more than one C acro: Consider in chronological order: Only the first of these elements may be used. The first will be awarded B Value Part and may be used for Special Requirement if applicable.

Any additional C acro or any D/E element deduct .5 from SV, also, NO credit for: Value Part or Special Requirement

All appropriate amplitude and execution deductions applied to all elements performed whether Value Part is awarded or not.

Artistry

Quality of Expression	↑.1
Originality/Creativity of Choreography	↑.1
Quality of movement reflects personal style	↑.1

Execution

Flexed sickled feet during VP	ea	<u>.05</u>
Feet apart on side position landing		↑.1
Hesitation in jump/press/swing to HS		↑.1
Incorrect body posture/alignment in dance		↑.1
Lack precision in dance elements		↑.1
Turns performed not in high relevé		↑.1
Concentration pause 2 seconds		<u>.1</u>
Concentration pause more than 2 seconds		<u>.2</u>
Rhythm of connections dance/mixed/acro fwd/side <i>not bk</i>		↑.2
Insufficient split		↑.2
Legs not parallel to beam in split or straddle pike		↑.2
Insuff. height of leaps/hops/jumps acro flt/saltos/aerials		↑.2
Incorrect body posture on landing VP		↑.2
Insufficient dynamics		↑.2
Insufficient sureness of performance throughout		↑.2
Insufficient variation in tempo and rhythm throughout		↑.2
Relaxed/incorrect footwork in non VPs throughout		↑.2
Legs/knees crossed		↑.1
Legs /knees separated		↑.2
Insufficient exactness of body shape N/V/ /		↑.2
Incomplete turn/twist		↑.2
Failure to maintain stretched body position (pike down)		↑.2
Support of one leg against side of beam		<u>.2</u>
Additional movement to maintain balance on beam		↑.3
Insufficient height of salto dismount		↑.3
Insuff. exten. of tuck/pike prior to land acro elem/dismt.		↑.2
Bent arms in support / bent legs		↑.3
Direction of gainer dismount off end of beam		↑.3
Relaxed/incorrect leg/body/flexibility in VPs throughout		↑.5
Grasp apparatus to avoid fall or Use supplemental support		<u>.3</u>
Fail to join feet on landing		<u>.05</u>
Slight hop, adjustment , staggered feet		↑.1
Deviation from straight direction		↑.1
Arm swing to maintain balance		↑.1
Steps (max 4)		↑.1 ea
Landing too close to beam on dismount		<u>.1</u>
Feet more than hip width apart feet never join (hip width or closer)		<u>.1</u> <u>.05</u>
Trunk movement to maintain balance		↑.2
Large step		<u>.2</u>
Squat upon landing		↑.3
Fall or support of hands in landing (touch/brush ↑.3) fail to land on bottoms of feet first no VP & SR		<u>.5</u> <u>.5</u>

Level 8 Floor Exercise

Special Requirements

2 Salto Series or 2 direct saltos

3 Different Saltos

Dance Passage with 180° leap

A Last Salto isolated or in a connection

Composition

Insufficient use of Floor Area (spatially/floor pattern)	↑.1
Lack Variety in Choice of Acro: Fail to perform acro in 2 different directions Fwd/Swd and Bkwd	.1
Lack Variety in Choice of Dance: Lacking B Turn on one foot	<u>.2</u>
Lack Variety in Choice of Dance: More than 2 same shape; tuck/wolf or straddle	<u>.1</u>
Lack minimum 3 A saltos in Exercise	<u>.3</u>

Difficulty Restrictions:

Only A/B and C dance elements are allowed. In addition, 1 C acro will receive Value Part credit. C dance and 1 C acro will receive B Value Part

If gymnast performs more than one C acro: Consider in chronological order: Only the first of these elements may be used. The first will be awarded B Value Part and may be used for Special Requirement if applicable.

Any additional C acro or any D/E element deduct .5 from SV, also NO credit for: Value Part or Special Requirement

All appropriate amplitude and execution deductions applied to all elements performed whether Value Part is awarded or not.

Artistry

Quality of Expression	↑.1
Originality/Creativity of Choreography	↑.1
Quality of movement reflects personal style	↑.1

Execution

Flexed sickled feet during VP	.05
Feet apart on landing of leaps/jumps	↑.1
Incorrect body posture/alignment in dance	↑.1
Lack precision in dance elements	↑.1
Fail to performed turns in high relevé	↑.1
Incorrect rhythm during execution direct connections	↑.1
Concentration pause (2 seconds)	<u>.1</u>
Insufficient Split	↑.2
Legs not parallel to floor in split position	↑.2
Legs/knees crossed	↑.2
Legs /knees separated	↑.2
Insufficient height of leaps/hops/jumps	↑.2
Insuff. height of acro flight w/hand support & aerials	↑.2
Insufficient dynamics	↑.2
Insufficient variation in tempo and rhythm throughout	↑.2
Relaxed/incorrect footwork in non VPs throughout	↑.2
Poor relationship between movement & music t/o	↑.2
Insufficient exactness of body shape N/V/ /	↑.2
Incomplete turn/twist	↑.2
Pike down stretched body position	↑.2
Insufficient height of salto	↑.3
Insuff. Exten. of tuck/pike prior to land acro elements	↑.3
Insufficient angle of turn completion	↑.3
Bent arms in support / bent legs	↑.3
Relaxed/incorrect leg/body/flexibility in VPs t/out	↑.3
Missing Synchronization of movement & 🎵 beat each time	↑.3 .05
Exercise not ended with music	<u>.1</u>
Music with words or Absence of music CJ	<u>1.0</u>
Fall or support of hands in landing (touch/brush ↑.3)	<u>.5</u>
Fail to land bottoms of feet first no VP/SR	<u>.5</u>
Fail to join feet on landing	<u>.05</u>
Incorrect body posture on landing elements and dismounts	↑.2
Slight hop, adjustment, staggered feet	↑.1
Deviation from straight direction	↑.1
Arm swing to maintain balance	↑.1
Steps (max 4)	<u>.1ea</u>
Feet more than hip width apart	<u>.1</u>
Trunk movement to maintain balance	↑.2
Large step	<u>.2</u>
Squat upon landing	↑.3