

Gymnast #	Handspring	Handspring
	Tsukahara	Tsukahara
	Roundoff	Roundoff
FIRST FLIGHT PHASE		
> 0.1 Foot Form (flexed, sickled)	_____	_____
> 0.1 Legs - Crossed	_____	_____
> 0.2 Legs - Separated	_____	_____
> 0.3 Knees - Bent	_____	_____
> 0.2 Hips - Angle Poor	_____	_____
> 0.2 Body - Excessive Arch	_____	_____
> 0.1 Neutral Head Position	_____	_____
REPULSION PHASE		
> 0.1 Hands - Staggered / Alt. except Tsuk.	_____	_____
> 0.2 Shoulder - Angle Poor	_____	_____
> 0.2 Body - Excessive Arch	_____	_____
> 0.1 Neutral Head Position	_____	_____
> 0.2 Hands - Alternate Repulsion, except Tsuk	_____	_____
> 0.2 Legs - Bent	_____	_____
> 0.3 Hands - Alt. Placements (0.1 each)	_____	_____
> 0.5 Arms - Bent	_____	_____
> 0.5 Support - Too Long	_____	_____
ANGLE OF REPULSION		
> 0.5 Past Vertical 1o - 45o	_____	_____
> 0.3 Failure to Pass Through Vertical	_____	_____
> 1.0 Past Vertical 46o - Horizontal	_____	_____
2.0 Head contact in Support (inc. arms)	_____	_____
VOID - No Hand Contact	_____	_____
SECOND FLIGHT PHASE		
0.0 Arm Position leaving Table = no deduction		
> 0.1 Neutral Head Position	_____	_____
> 0.1 Foot Form (flexed, sickled)	_____	_____
> 0.1 Legs - Crossed	_____	_____
> 0.2 Legs - Separated (one foot landing)	_____	_____
> 0.3 Knees - Bent	_____	_____
> 0.2 Touch - Brush / Hit Table	_____	_____
> 0.3 Failure to Create Rotation	_____	_____
> 0.2 Length (center of mass on contact)	_____	_____
> 0.3 Maintain Body Position	_____	_____
> 0.5 Height	_____	_____
LANDING PHASE		
> 0.5 Body - Incorrect Body Posture	_____	_____
> 0.2 Alternate Foot Placement	_____	_____
0.5 Fall (to support, against table)	_____	_____
> 0.1 Slight Hop / Adjustment toward Table	_____	_____
ea 0.1 Steps toward Table (0.4 max)	_____	_____
ea 0.2 Large Step toward Table, (0.4 max)	_____	_____
GENERAL		
> 0.3 Direction	_____	_____
> 0.3 Dynamics	_____	_____
0.5 Spot Landing	_____	_____
0.5 Coach - Between Board-Table	_____	_____
1.0 Failure to Land of Top of the Mat Stack	_____	_____
START VALUE	10.0	10.0
DEDUCTIONS	_____	_____
JUDGE #1	_____	_____
JUDGE #2	_____	_____
CJ:	_____	_____
Chalk on Runway, Tape on Table = 0.2	_____	_____
Unauthorized Matting = 0.3	1st Vault	2nd Vault
Vault with No Signal = 0.5		
Touch with Only 1-Arm = 1.0		

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> 0.1 Foot Form (flexed, sickled)	_____	_____
> 0.1 Legs - Crossed	_____	_____
> 0.2 Legs - Separated	_____	_____
> 0.3 Knees - Bent	_____	_____
> 0.2 Hips - Angle Poor	_____	_____
> 0.2 Body - Excessive Arch	_____	_____
> 0.1 Neutral Head Position	_____	_____
REPULSION PHASE		
> 0.1 Hands - Staggered / Alt. except Tsuk.	_____	_____
> 0.2 Shoulder - Angle Poor	_____	_____
> 0.2 Body - Excessive Arch	_____	_____
> 0.1 Neutral Head Position	_____	_____
> 0.2 Hands - Alternate Repulsion, except Tsuk	_____	_____
> 0.2 Legs - Bent	_____	_____
> 0.3 Hands - Alt. Placements (0.1 each)	_____	_____
> 0.5 Arms - Bent	_____	_____
> 0.5 Support - Too Long	_____	_____
ANGLE OF REPULSION		
> 0.5 Past Vertical 1o - 45o	_____	_____
> 0.3 Failure to Pass Through Vertical	_____	_____
> 1.0 Past Vertical 46o - Horizontal	_____	_____
2.0 Head contact in Support (inc. arms)	_____	_____
VOID - No Hand Contact	_____	_____
SECOND FLIGHT PHASE		
0.0 Arm Position leaving Table = no deduction		
> 0.1 Neutral Head Position	_____	_____
> 0.1 Foot Form (flexed, sickled)	_____	_____
> 0.1 Legs - Crossed	_____	_____
> 0.2 Legs - Separated (one foot landing)	_____	_____
> 0.3 Knees - Bent	_____	_____
> 0.2 Touch - Brush / Hit Table	_____	_____
> 0.3 Failure to Create Rotation	_____	_____
> 0.2 Length (center of mass on contact)	_____	_____
> 0.3 Maintain Body Position	_____	_____
> 0.5 Height	_____	_____
LANDING PHASE		
> 0.5 Body - Incorrect Body Posture	_____	_____
> 0.2 Alternate Foot Placement	_____	_____
0.5 Fall (to support, against table)	_____	_____
> 0.1 Slight Hop / Adjustment toward Table	_____	_____
ea 0.1 Steps toward Table (0.4 max)	_____	_____
ea 0.2 Large Step toward Table, (0.4 max)	_____	_____
GENERAL		
> 0.3 Direction	_____	_____
> 0.3 Dynamics	_____	_____
0.5 Spot Landing	_____	_____
0.5 Coach - Between Board-Table	_____	_____
1.0 Failure to Land of Top of the Mat Stack	_____	_____
START VALUE	10.0	10.0
DEDUCTIONS	_____	_____
JUDGE #1	_____	_____
JUDGE #2	_____	_____
CJ:	_____	_____
Chalk on Runway, Tape on Table = 0.2	_____	_____
Unauthorized Matting = 0.3	1st Vault	2nd Vault
Vault with No Signal = 0.5		
Touch with Only 1-Arm = 1.0		

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> 0.2 Legs - Separated	_____	_____
> 0.3 Knees - Bent	_____	_____
> 0.2 Hips - Angle Poor	_____	_____
> 0.2 Body - Excessive Arch	_____	_____
> 0.1 Neutral Head Position	_____	_____
REPULSION PHASE		
> 0.1 Hands - Staggered / Alt. except Tsuk.	_____	_____
> 0.2 Shoulder - Angle Poor	_____	_____
> 0.2 Body - Excessive Arch	_____	_____
> 0.1 Neutral Head Position	_____	_____
> 0.2 Hands - Alternate Repulsion, except Tsuk	_____	_____
> 0.2 Legs - Bent	_____	_____
> 0.3 Hands - Alt. Placements (0.1 each)	_____	_____
> 0.5 Arms - Bent	_____	_____
> 0.5 Support - Too Long	_____	_____
ANGLE OF REPULSION		
> 0.5 Past Vertical 1o - 45o	_____	_____
> 0.3 Failure to Pass Through Vertical	_____	_____
> 1.0 Past Vertical 46o - Horizontal	_____	_____
2.0 Head contact in Support (inc. arms)	_____	_____
VOID - No Hand Contact	_____	_____
SECOND FLIGHT PHASE		
0.0 Arm Position leaving Table = no deduction		
> 0.1 Neutral Head Position	_____	_____
> 0.1 Foot Form (flexed, sickled)	_____	_____
> 0.1 Legs - Crossed	_____	_____
> 0.2 Legs - Separated (one foot landing)	_____	_____
> 0.3 Knees - Bent	_____	_____
> 0.2 Touch - Brush / Hit Table	_____	_____
> 0.3 Failure to Create Rotation	_____	_____
> 0.2 Length (center of mass on contact)	_____	_____
> 0.3 Maintain Body Position	_____	_____
> 0.5 Height	_____	_____
LANDING PHASE		
> 0.5 Body - Incorrect Body Posture	_____	_____
> 0.2 Alternate Foot Placement	_____	_____
0.5 Fall (to support, against table)	_____	_____
> 0.1 Slight Hop / Adjustment toward Table	_____	_____
ea 0.1 Steps toward Table (0.4 max)	_____	_____
ea 0.2 Large Step toward Table, (0.4 max)	_____	_____
GENERAL		
> 0.3 Direction	_____	_____
> 0.3 Dynamics	_____	_____
0.5 Spot Landing	_____	_____
0.5 Coach - Between Board-Table	_____	_____
1.0 Failure to Land of Top of the Mat Stack	_____	_____
START VALUE	10.0	10.0
DEDUCTIONS	_____	_____
JUDGE #1	_____	_____
JUDGE #2	_____	_____
CJ:	_____	_____
Chalk on Runway, Tape on Table = 0.2	_____	_____
Unauthorized Matting = 0.3	1st Vault	2nd Vault
Vault with No Signal = 0.5		
Touch with Only 1-Arm = 1.0		

Gymnast #	Vault #	Vault #
	Symbol	Symbol
FIRST FLIGHT PHASE		
> 0.1 Foot Form (flexed, sickled)		
> 0.1 Legs - Crossed		
> 0.2 Legs - Separated		
> 0.3 Knees - Bent		
> 0.2 Hips - Angle Poor		
> 0.2 Body - Arched		
> 0.3 Turn - Incomplete		
REPULSION PHASE		
> 0.1 Hands - Staggered / Alternate		
> 0.2 Hands - Alternate Repulsion		
> 0.3 Hands - Steps / Hops		
> 0.2 Legs - Bent (Salto Vaults)		
> 0.5 Arms - Bent		
2.0 Head contact in Support (inc. arms)		
> 0.2 Shoulder - Angle Poor		
> 0.2 Body - Arched		
> 0.3 Turn - Begun Too Early		
> 0.3 Failure to Pass through Vertical		
> 0.5 Support - Too Long (Non-Salto)		
> 1.0 Vertical Angle (Non-Salto)		
SECOND FLIGHT PHASE		
> 0.1 Foot Form (flexed, sickled)		
0.1 Legs - Crossed		
0.2 Legs - Separated		
> 0.3 Legs Bent or Early Tuck (Salto Vaults)		
> 0.2 Touch - Brush / Hit vault table		
> 0.1 Turn - Insufficient Exactness		
> 0.3 Turn - Late Completion (non-saltos)		
> 0.5 Turn - Begun Too Late		
0.1 Salto - Under Rotation of Salto Vault		
> 0.3 Body - Insufficient Tuck / Pike		
> 0.3 Body - Insufficient Stretch (arch/pike)		
> 0.3 Maintain Stretch (pike down)		
> 0.3 Insufficient Opening (tuck/pike)		
> 0.5 Height		
> 0.3 Length		
LANDING / GENERAL		
> 0.1 Arms - Extra Swings		
> 0.2 Body - Incorrect Body Posture		
> 0.2 Trunk - Additional Movements		
> 0.3 Turn - Incomplete		
> 0.3 Squat on Landing		
0.1 Land - Feet more than hip-width apart		
> 0.4 Steps (0.1 each) Large (0.2) Max (0.4)		
> 0.3 Direction (mat contact)		
> 0.3 Dynamics		
> 0.3 Brush / Touch Mat (no support)		
0.5 Fall (to support, against table)		
0.5 Coach - Between Board-Table		
0.5 Spot Landing or Level 8 = 1.0		
Level 10 - Bonus + 0.1 (no fall)		
START VALUE	<input type="text"/>	<input type="text"/>
DEDUCTIONS		
JUDGE #1	<input type="text"/>	<input type="text"/>
JUDGE #2	<input type="text"/>	<input type="text"/>
CJ:	<input type="text"/>	<input type="text"/>
Chalk on Runway, Tape on Table = 0.2 Unauthorized Matting = 0.3 Vault with No Signal = 0.5 Touch with Only 1-Arm = 1.0	1st Vault	2nd Vault

Gymnast #	Vault #	Vault #
	Symbol	Symbol
FIRST FLIGHT PHASE		
> 0.1 Foot Form (flexed, sickled)		
> 0.1 Legs - Crossed		
> 0.2 Legs - Separated		
> 0.3 Knees - Bent		
> 0.2 Hips - Angle Poor		
> 0.2 Body - Arched		
> 0.3 Turn - Incomplete		
REPULSION PHASE		
> 0.1 Hands - Staggered / Alternate		
> 0.2 Hands - Alternate Repulsion		
> 0.3 Hands - Steps / Hops		
> 0.2 Legs - Bent (Salto Vaults)		
> 0.5 Arms - Bent		
2.0 Head contact in Support (inc. arms)		
> 0.2 Shoulder - Angle Poor		
> 0.2 Body - Arched		
> 0.3 Turn - Begun Too Early		
> 0.3 Failure to Pass through Vertical		
> 0.5 Support - Too Long (Non-Salto)		
> 1.0 Vertical Angle (Non-Salto)		
SECOND FLIGHT PHASE		
> 0.1 Foot Form (flexed, sickled)		
0.1 Legs - Crossed		
0.2 Legs - Separated		
> 0.3 Legs Bent or Early Tuck (Salto Vaults)		
> 0.2 Touch - Brush / Hit vault table		
> 0.1 Turn - Insufficient Exactness		
> 0.3 Turn - Late Completion (non-saltos)		
> 0.5 Turn - Begun Too Late		
0.1 Salto - Under Rotation of Salto Vault		
> 0.3 Body - Insufficient Tuck / Pike		
> 0.3 Body - Insufficient Stretch (arch/pike)		
> 0.3 Maintain Stretch (pike down)		
> 0.3 Insufficient Opening (tuck/pike)		
> 0.5 Height		
> 0.3 Length		
LANDING / GENERAL		
> 0.1 Arms - Extra Swings		
> 0.2 Body - Incorrect Body Posture		
> 0.2 Trunk - Additional Movements		
> 0.3 Turn - Incomplete		
> 0.3 Squat on Landing		
0.1 Land - Feet more than hip-width apart		
> 0.4 Steps (0.1 each) Large (0.2) Max (0.4)		
> 0.3 Direction (mat contact)		
> 0.3 Dynamics		
> 0.3 Brush / Touch Mat (no support)		
0.5 Fall (to support, against table)		
0.5 Coach - Between Board-Table		
0.5 Spot Landing or Level 8 = 1.0		
Level 10 - Bonus + 0.1 (no fall)		
START VALUE	<input type="text"/>	<input type="text"/>
DEDUCTIONS		
JUDGE #1	<input type="text"/>	<input type="text"/>
JUDGE #2	<input type="text"/>	<input type="text"/>
CJ:	<input type="text"/>	<input type="text"/>
Chalk on Runway, Tape on Table = 0.2 Unauthorized Matting = 0.3 Vault with No Signal = 0.5 Touch with Only 1-Arm = 1.0	1st Vault	2nd Vault

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> 0.2 Body - Arched		
> 0.3 Turn - Incomplete		
REPULSION PHASE		
> 0.1 Hands - Staggered / Alternate		
> 0.2 Hands - Alternate Repulsion		
> 0.3 Hands - Steps / Hops		
> 0.2 Legs - Bent (Salto Vaults)		
> 0.5 Arms - Bent		
2.0 Head contact in Support (inc. arms)		
> 0.2 Shoulder - Angle Poor		
> 0.2 Body - Arched		
> 0.3 Turn - Begun Too Early		
> 0.3 Failure to Pass through Vertical		
> 0.5 Support - Too Long (Non-Salto)		
> 1.0 Vertical Angle (Non-Salto)		
SECOND FLIGHT PHASE		
> 0.1 Foot Form (flexed, sickled)		
0.1 Legs - Crossed		
0.2 Legs - Separated		
> 0.3 Legs Bent or Early Tuck (Salto Vaults)		
> 0.2 Touch - Brush / Hit vault table		
> 0.1 Turn - Insufficient Exactness		
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> 0.3 Body - Insufficient Stretch (arch/pike)		
> 0.3 Maintain Stretch (pike down)		
> 0.3 Insufficient Opening (tuck/pike)		
> 0.5 Height		
> 0.3 Length		
LANDING / GENERAL		
> 0.1 Arms - Extra Swings		
> 0.2 Body - Incorrect Body Posture		
> 0.2 Trunk - Additional Movements		
> 0.3 Turn - Incomplete		
> 0.3 Squat on Landing		
0.1 Land - Feet more than hip-width apart		
> 0.4 Steps (0.1 each) Large (0.2) Max (0.4)		
> 0.3 Direction (mat contact)		
> 0.3 Dynamics		
> 0.3 Brush / Touch Mat (no support)		
0.5 Fall (to support, against table)		
0.5 Coach - Between Board-Table		
0.5 Spot Landing or Level 8 = 1.0		
Level 10 - Bonus + 0.1 (no fall)		
START VALUE	<input type="text"/>	<input type="text"/>
DEDUCTIONS		
JUDGE #1	<input type="text"/>	<input type="text"/>
JUDGE #2	<input type="text"/>	<input type="text"/>
CJ:	<input type="text"/>	<input type="text"/>
Chalk on Runway, Tape on Table = 0.2 Unauthorized Matting = 0.3 Vault with No Signal = 0.5 Touch with Only 1-Arm = 1.0	1st Vault	2nd Vault

Level 6 - Bars	Level 7 - Bars	Level 8 - Bars	Level 6 - Beam	Level 7 - Beam	Level 8 - Beam	Level 6 - Floor	Level 7 - Floor	Level 8 - Floor			L6	L7	L8
One Cast Above <i>Horizontal - 45o</i>	One Cast <i>45o - Vertical</i>	One Bar Change <i>1-LB, 1-HB skill</i>	Acro Series (w/o Ft.) <i>or (1) Acro Flight</i>	Acro Series (w/wo ft.) <i>+ 1 Acro Flight</i>	Acro Series <i>with 1 Acro Flight</i>	Acro Series (3 elem.) <i>(2) with Flight</i>	Acro Series (3 elem.) <i>with Back Layout-2 ft.</i>	2 Salto Series <i>Direct or Indirect</i>	A = 0.1	A	5	5	4
One Bar Change <i>1-LB, 1-HB skill</i>	360o Clear Circle <i>one "B" Circle</i>	"B" Element <i>Flight or Turn</i>	One Leap / Jump <i>180o Split</i>	One Leap / Jump <i>180o Split</i>	One Leap / Jump <i>180o Split</i>	1 Salto / Aerial <i>Single or 2nd Series</i>	Front Acro Series <i>(2) Direct, (1) Aerial/Salto</i>	3 Different Saltos	B = 0.3	B	1	2	4
360o Clear Circle <i>one Group 3,6,7</i>	360o Clear Circle <i>one Group 3,6,7</i>	"B" Circle <i>Group 3,6,7</i>	Full Turn <i>Single or Series</i>	Full Turn <i>Single or Series</i>	Full Turn <i>Single or Series</i>	Dance Passage <i>Gr.1, 180° Split Leap</i>	Dance Passage <i>Gr.1, 180° Split Leap</i>	Dance Passage <i>Gr.1, 180° Split Leap</i>		SR	0.5	0.5	0.5
A - Element <i>Dismount</i>	A - Salto <i>Dismount</i>	A - Salto/Hecht <i>Dismount</i>	A - Dismount <i>w/wo hands</i>	A - Dismount <i>Aerial/Salto</i>	A - Dismount <i>Aerial/Salto</i>	Full Turn <i>Single or Series</i>	Full Turn <i>Single or Series</i>	A - Element <i>Last Salto</i>	Restricted elements - 0.5 SV				
									Lv 6	> 1-C Dance; UB Flight			
									Lv 7	> 1-C Dance; UB Restricted			
									Lv 8	UB Restricted List			
									Lv 8	More than 1 Restricted C			
									Time: _____	S.V. _____			
									S. V. 10.0	Ded. - _____			
									VP - _____	J1 Score _____			
									SR - _____	J2 Score _____			
									RE - _____	Average _____			
									L8 Comp - _____	Off Ave. - _____			
									Artistry - _____	Score _____			
									Exec. - _____				
									Time: _____	S.V. _____			
									S. V. 10.0	Ded. - _____			
									VP - _____	J1 Score _____			
									SR - _____	J2 Score _____			
									RE - _____	Average _____			
									L8 Comp - _____	Off Ave. - _____			
									Artistry - _____	Score _____			
									Exec. - _____				

BARS		BARS		BARS		BARS		BARS		VP	Level 9	Level 10
Composition Deductions		Execution Deductions		Execution Deductions		Connection Values		Special Requirements				
Lack of Handstands or Pass thru Hst. (Lv 8)	→ 0.2	3rd Run to approach mount (each judge)	0.5	Insufficient Dynamics (thruout)	→ 0.2	Level 9		2 - Bar Changes	A = 0.1	3	3	
Uncharacteristic Elements	each 0.1	Swing Forward / Backward Under Horizontal	→ 0.1	Trunk Movements to Control Landing	→ 0.2	One with Flight / Turn	C+C	1 - B Flight	B = 0.3	4	3	
3/4 Forward Giant w/wo grip change	each 0.1	Under-Rotation of Release Elements	→ 0.1	Insufficient Amplitude of Elements (each)	→ 0.2	Both w/o Flight / Turn	C+C	1 - C Flight / B Turn	C = 0.5	1	2	
Dismount – Not up to Comp Level	→ 0.1	Precision of Handstand Positions (thruout)	→ 0.1	Insufficient Stretch (Arch or Pike)	→ 0.2	Both with Flight / Turn	(different)	* different flight	SR	0.5	0.5	
Facing Same Direction throughout (L9,10)	0.1	Insufficient Extension of Glide/Swing to Kip	→ 0.1	Insufficient Ext. (Open) prior to Landing	→ 0.3	Both with Flight / Turn	C+C	B - Dismount	SV	9.7	9.5	
Choice of Elements: Requirements (L9,10)		Poor Rhythm in Elements	→ 0.1	Insufficient Height of Salto Dismounts	→ 0.3	Level 10		1 - B Flight	Bonus	0.3	0.5	
1. Forward Elem. (Circle/Release), min.	0 / 3 = 0.2	Hesitation in Jump, Swing to Handstand	→ 0.1	Insufficient Amplitude "B" Clear Hip Circles	→ 0.4	Both with Turn / Flight			Bonus	OK without fall / spot		
2. "D" element from Groups 3 / 6 / 7, min.	1 / 3 = 0.1	Landing Too Close to Bars Dismount	0.1	Grasp Apparatus to Avoid a Fall	0.3	** Group 3,6,7 - Different	C+C	1 - C Flight	Level 9 - Bonus			
3. Min. "C" 1/2 Turn w / wo Flight	2 / 3 = 0.0	Angle of Flight to LB Handstand (11° - 20°)	0.05	Intermediate (Extra) Swing (max. 0.6)	0.3	No Turn or Flight Required		* Different Flight	Max (1 Restricted) D/E = C			
Squat-on LB w/wo sole, more than 1 (L10)	each 0.1	Angle of Circle to Handstand	→ 0.2	Touch / Brush Foot on Apparatus or Mat	→ 0.1	w / without Flight / Turn	C+D	1 - C Turn	Other Restricted Elements			
Releases - Not up to Comp. Level (L10)	→ 0.2	Angle of Cast to Handstand	→ 0.3	Hit Foot on Apparatus	0.2			* No Mount / Dismount	No VP	0.5 off SV		
Lack of 2 Bar Changes (L10)	0.2	Angle of Turn Deviation (Healy + 1-1/2t.)	→ 0.3	Hit Foot on Mat	0.3			C - Dismount	Additional Bonus - Level 10			
		Angle of Turn Deviation (1/2 t. - 1/1 t. IN)	→ 0.3	Full Support on foot/feet on mat in routine	0.5				0.1 Bonus with 0.6 and E			
									Bonus + _____	SV	S.V. _____	
									Exec. - _____	LV:	Ded. - _____	
									Comp. - _____	VP - _____	J1 Score _____	
									A - _____	SR - _____	J2 Score _____	
									B - _____	RE - _____	Average _____	
									C - _____	CV+ _____	Off Ave. - _____	
									D + _____	DE+ _____	Score _____	
									E + _____			
									Bonus + _____	SV	S.V. _____	
									Exec. - _____	LV:	Ded. - _____	
									Comp. - _____	VP - _____	J1 Score _____	
									A - _____	SR - _____	J2 Score _____	
									B - _____	RE - _____	Average _____	
									C - _____	CV+ _____	Off Ave. - _____	
									D + _____	DE+ _____	Score _____	
									E + _____			

BEAM Composition Deductions		BEAM Execution Deductions		BEAM Execution Deductions		BEAM Connection Values		BEAM Special Requirements		VP	Level 9	Level 10
More than 2 Straight Leg (Pivot 1/2t.) Turns More than 2 Wolf / Tuck or 2 Strad. Shapes	0.1 ea 0.1	Insufficient Variation - Rhythm/Tempo (thruout) Concentration Pause (2 seconds)	→ 0.2 each 0.1	Insuff. Sureness of Performance (thruout) Relaxed / Incorr Footwork (thruout)	→ 0.2 → 0.2	2 - Acro. Flight including Mounts	B+C * C = Salto *	B+D C+C	1 Acro Flight Series * Min 1-C Flight (L10) * A (non flight) + E (L10)	A = 0.1 B = 0.3 C = 0.5	3 4 1	3 3 2
Dance - Not up to Competitive Level Acro - Not up to Competitive Level Dismount - Not up to Competition Level	→ 0.2 → 0.2 → 0.1	Concentration Pause (more than 2 sec.) Rhythm during Acro Connections Rhythm during Dance / Mixed Connections	each 0.2 ea → 0.2 ea → 0.2	Relax / Incorr Leg / Post, Insuff Flex (thruout) Legs Not Parallel - Split or Straddle Pike Insuff. Height of Leaps - Jumps - Hops	→ 0.3 ea → 0.2 ea → 0.2	* No Mount / Dismount 3 - Acro. Flight including Mounts	Lv 9 or Aerial B+B+C (+0.1) 3-Acro Series	B+D B+C+C	1 - One Leap / Jump * 180o split * Cross or Side	SR SV Bonus	0.5 0.5 0.3	0.5 0.5 0.5
Insufficient Level Changes Insufficient Use Entire Beam (Space) Choreography in Different Directions (F/S/B) Lack of Dance Series (min. 2; Gr. 1, 2, 3)	→ 0.1 → 0.1 → 0.1 0.2	VP Turns not on High Releve Feet Apart on Side Landing of Leap/Jump Lack of Precision in Dance Elements	ea → 0.1 ea → 0.1 ea → 0.1	Insuff. Height of Acro Flights-Aerials-Saltos Insuff. Height of Dismounts Landing Too Close to Beam on Dismount Touch / Brush Foot on Apparatus or Mat	ea → 0.2 → 0.3 0.1 ea → 0.1	including Dismounts 2 Dance / * Mixed * Acro Flight + Dance	Salto/Aerial or D/E Flt. NO Dismounts A+D B+C	B+D	1 - Full Turn on one foot	Level 9 - Bonus Max (1 Restricted) D/E = C		
Lack of Acro Forward / Side & Backward (Groups: 1, 6, 7, 8) If only in Dismount	ea 0.1 0.05	Incorrect Posture / Alignment in Dance Hesitation in Jump, Swing, Press Handstand	ea → 0.1 ea → 0.1	Support of 1 leg against side of Beam Grasp Beam to Avoid a Fall	each 0.2 each 0.3	including Mounts 2 Turns		C+C	B - Aerial/Salto Dmt. L9 C - Aerial/Salto Dmt. L10 C+B - Acro Series = OK C+B - Dance/Acro = OK	Other Restricted Elements No VP 0.5 off SV		
Artistry: Original; Style; Expression (thruout) Insufficient Dynamics (thruout)	→ 0.3 → 0.2	Insufficient Split - Required (Dance / Acro) Insufficient Ext. (Open) prior to Landing Acro	ea → 0.2 ea → 0.3	Trunk Movement - Control Dismount Landing Trunk Movement - Balance on Beam	→ 0.2 ea → 0.3					Additional Bonus - Level 10 0.1 Bonus with 0.6 and E		
<p style="text-align: right;">Artistry - _____ Time: _____ S.V. _____</p> <p style="text-align: right;">Bonus + _____ Exec. - _____ SV _____ Ded. - _____</p> <p style="text-align: right;">Comp. - _____ LV: _____</p> <p style="text-align: right;">A - _____ VP - _____ J1 Score _____</p> <p style="text-align: right;">B - _____ SR - _____ J2 Score _____</p> <p style="text-align: right;">C - _____ RE - _____ Average _____</p> <p style="text-align: right;">D + _____ CV+ _____ Off Ave. - _____</p> <p style="text-align: right;">E + _____ DE+ _____ Score _____</p>												
<p style="text-align: right;">Artistry - _____ Time: _____ S.V. _____</p> <p style="text-align: right;">Bonus + _____ Exec. - _____ SV _____ Ded. - _____</p> <p style="text-align: right;">Comp. - _____ LV: _____</p> <p style="text-align: right;">A - _____ VP - _____ J1 Score _____</p> <p style="text-align: right;">B - _____ SR - _____ J2 Score _____</p> <p style="text-align: right;">C - _____ RE - _____ Average _____</p> <p style="text-align: right;">D + _____ CV+ _____ Off Ave. - _____</p> <p style="text-align: right;">E + _____ DE+ _____ Score _____</p>												
<p style="text-align: right;">Artistry - _____ Time: _____ S.V. _____</p> <p style="text-align: right;">Bonus + _____ Exec. - _____ SV _____ Ded. - _____</p> <p style="text-align: right;">Comp. - _____ LV: _____</p> <p style="text-align: right;">A - _____ VP - _____ J1 Score _____</p> <p style="text-align: right;">B - _____ SR - _____ J2 Score _____</p> <p style="text-align: right;">C - _____ RE - _____ Average _____</p> <p style="text-align: right;">D + _____ CV+ _____ Off Ave. - _____</p> <p style="text-align: right;">E + _____ DE+ _____ Score _____</p>												

FLOOR		FLOOR		FLOOR		FLOOR		FLOOR		VP	Level 9	Level 10
Composition Deductions		Execution Deductions		Execution Deductions		Connection Values		0.1	0.2	Special Requirements		
Insufficient Use of Space (floor pattern)	→ 0.1	Insufficient Dynamics (thruout)	→0.2	Insuff. Height of Leaps, Jumps, Hops & Acro Fit. ea →0.2		Acro. Indirect (Aerials / Saltos)	A/B + A/B + C		2 Salto Series or 2 Direct Saltos	A = 0.1	3	3
More than 2 Wolf / Tuck Shapes	0.1	Insufficient Variation - Rhythm/Tempo (thruout)	→0.2	Insuff. Height of Acrobatic Saltos ea →0.3			A/B + A/B + D			3 Different Saltos	B = 0.3	4
More than 2 Straddle Jump Shapes	0.1	Relaxed / Incorrect Footwork Non-VP (thruout)	→0.2	Legs Not Parallel to FX - Split or Straddle Pike ea →0.2			A/B+D			C = 0.5	1	2
Lack of ("B") Turn on One Foot	0.2	Relax. / Incorr. Leg / Post., Insuff. Flex. (thruout)	→0.3	Insufficient Split on Elements ea →0.2			C+C	C+D		SR	0.5	0.5
		Artistry: Original Choreography (thruout)	→0.1	Trunk Movements to Control Acro Landings ea →0.2		Acro. Direct (Aerials / Saltos)	A+C	B+C	Dance Pass 2 Different Elements Group 1 only Direct or Indirect One - 180s Split LEAP	SV	9.7	9.5
Dance – Not up to Comp Level	→ 0.2	Artistry: Reflects Personal Style (thruout)	→0.1	Insufficient Ext (Open) prior to Landings ea →0.3			B+B	C+C			Bonus	0.3
Acro Saltos – Not up to Comp Level	→ 0.2	Artistry: Quality of Expression (thruout)	→0.1	Music & Movement Poor Relationship (thruout) →0.2			A+A+C	A+B+D		Bonus	OK without fall / spot	
Last Salto – Not up to Comp Level	→ 0.1	Concentration Pause (2 sec. +) into Acro	each 0.1	Music & Movement Non-Synchronization (thruout) →0.3				A+A+D		Level 9 - Bonus Max (1 Restricted) D/E = C		
		Incorrect Rhythm during Direct Connections	ea →0.1	Music & Movement Not in Harmony each .05		* Dance / Mixed	B+D		Last Salto B - Salto (L9) C - Salto (L10)	Other Restricted Elements No VP 0.5 off SV		
Lack Forw / Side & Back Salto / Aerial	0.1	Feet apart on landing of leap/jump/hops	ea →0.1	Music & Movement Not Ended with Music 0.1		* No CV = Turn + Jump	C+C	C+D			Additional Bonus - Level 10 0.1 Bonus with 0.6 and E	
Lack of Minimum 3 ("A") Saltos (L 8)	0.3	Turn VP not on High Releve	ea →0.1	Coach on the Floor (CJ) 0.5	(CJ) 0.5		(same / different)					
Lack of ("B") Salto – not Last Salto (L 9)	0.3	Lack of Precision in Dance Elements	ea →0.1	Music with Words or Absence of Music (CJ) 1.0	(CJ) 1.0	Mixed		Salto D+A Jump				
Lack of ("C") Salto – not Last Salto (L10)	0.3	Incorrect Body Position / Alignment in Dance Elem	ea →0.1	Exercise Less Than 30 Seconds (CJ) 2.0	(CJ) 2.0							
										Artistry - _____	Time: _____	S.V. _____
										Bonus + _____ Exec. - _____	SV	Ded. - _____
										Comp. - _____	Lv: _____	J1 Score _____
										A - _____	VP - _____	J2 Score _____
										B - _____	SR - _____	Average _____
										C - _____	RE - _____	Off Ave. - _____
										D + _____	CV+ _____	Score _____
										E + _____	DE+ _____	
										Artistry - _____	Time: _____	S.V. _____
										Bonus + _____ Exec. - _____	SV	Ded. - _____
										Comp. - _____	Lv: _____	J1 Score _____
										A - _____	VP - _____	J2 Score _____
										B - _____	SR - _____	Average _____
										C - _____	RE - _____	Off Ave. - _____
										D + _____	CV+ _____	Score _____
										E + _____	DE+ _____	