




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	One Cast	One Bar Change	<i>One Acro Elem</i>	<i>Acro Series (w/wo flt.)</i>	<i>Acro Series</i>	<i>Acro Series (3 elem.)</i>	<i>Acro Series (3 elem.)</i>	<i>2 Salto Series</i>	A = 0.1	A	5	5	4
<i>Above Horizontal</i>	<i>45o from vertical</i>	<i>1-LB, 1-HB skill</i>	<i>Group 5,6,7</i>	<i>+ 1 Acro Flight</i>	<i>with 1 Acro Flight</i>	<i>w/wo hands</i>	<i>with Back Layout-2 ft.</i>	<i>Direct or Indirect</i>	B = 0.3	B	1	2	4
One Bar Change	360o Clear Circle	"B" Element	One Leap / Jump	One Leap / Jump	One Leap / Jump	1 Salto / Aerial	Front Acro Series	3 Different		SR	0.5	0.5	0.5
<i>1-LB, 1-HB skill</i>	<i>one "B" Circle</i>	<i>Flight or Turn</i>	<i>180o Split</i>	<i>180o Split</i>	<i>180o Split</i>	<i>Single or 2nd Series</i>	<i>2 Direct - 1 Aerial / Salto</i>	<i>Saltos</i>	Restricted elements - 0.5 SV				
360o Clear Circle	360o Clear Circle	"B" Circle	Full Turn	Full Turn	Full Turn	Dance Passage	Dance Passage	Dance Passage	Only	* Clear Hip Handstand			
<i>one Group 3,6,7</i>	<i>one Group 3,6,7</i>	<i>Group 3,6,7</i>	<i>Single or Series</i>	<i>Single or Series</i>	<i>Single or Series</i>	<i>Gr.1, 180° Split Leap</i>	<i>Gr.1, 180° Split Leap</i>	<i>Gr.1, 180° Split Leap</i>	(1) UB	* Stalder Handstand			
"A" - Element	A - Salto	A - Salto/Hecht	A - Dismount	A - Dismount	A - Dismount	Full Turn	Full Turn	A - Element	"C"	* Pike Toe Handstand			
<i>Dismount</i>	<i>Dismount</i>	<i>Dismount</i>	<i>w/wo hands</i>	<i>Aerial/Salto</i>	<i>Aerial/Salto</i>	<i>Single or Series</i>	<i>Single or Series</i>	<i>Last Salto</i>	no	Flight HB->LB; LB->HB			
									ANY	C / D / E is Restricted			
									S. V.	10.0	S.V.		
									VP -		Ded. -		
									SR -		J1 Score		
									<u>RE -</u>		J2 Score		
									Average				
									Off Ave. -				
									Score				
									S. V.	10.0	S.V.		
									VP -		Ded. -		
									SR -		J1 Score		
									<u>RE -</u>		J2 Score		
									Average				
									Off Ave. -				
									Score				
									S. V.	10.0	S.V.		
									VP -		Ded. -		
									SR -		J1 Score		
									<u>RE -</u>		J2 Score		
									Average				
									Off Ave. -				
									Score				

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 <i>Above Horizontal</i>	One Cast <i>45o from vertical</i>	One Bar Change <i>1-LB, 1-HB skill</i>	Acro Series w/o ft. OR <i>One (1) Acro Ft.</i>	Acro Series (w/wo ft.) <i>+ 1 Acro Flight</i>	Acro Series <i>with 1 Acro Flight</i>	Acro Series (Gr 5,6,7,8) <i>(3) Direct with (2) 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" - Salto <i>Dismount</i>	"A" - Salto <i>Dismount</i>	"A" - Salto <i>Dismount</i>	A - Dismount <i>Aerial/Salto</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					
									Any #	Cast Handst. 1/2t.				
									UB	Clear Hip Handst. / 1/2t.				
									7	Stalder Handst. / 1/2t.				
									"C"s	Toe Handst. / 1/2t.				
									ONE	"C" Dance Element				
									S. V.	10.0	S.V.			
									VP -			Ded. -		
									SR -			J1 Score		
									<u>RE -</u>			J2 Score		
									Average					
									Off Ave. -					
									Score					
									S. V.	10.0	S.V.			
									VP -			Ded. -		
									SR -			J1 Score		
									<u>RE -</u>			J2 Score		
									Average					
									Off Ave. -					
									Score					
									S. V.	10.0	S.V.			
									VP -			Ded. -		
									SR -			J1 Score		
									<u>RE -</u>			J2 Score		
									Average					
									Off Ave. -					
									Score					

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 <i>Above Horizontal</i>	One Cast <i>45o from vertical</i>	One Bar Change <i>1-LB, 1-HB skill</i>	Acro Series w/o ft. OR <i>One (1) Acro Ft.</i>	Acro Series (w/wo ft.) <i>+ 1 Acro Ft. Solo/Series</i>	Acro Series <i>with 1 Acro Flight</i>	Acro Series (Gr 5,6,7,8) <i>(3) Direct with (2) 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 - Salto <i>Dismount</i>	A - Salto <i>Dismount</i>	A - Salto <i>Dismount</i>	A - Dismount <i>Aerial/Salto</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				
									PLUS	Cast Handst. / 1/2t.			
									One	Clear Hip Handst. / 1/2t.			
									Restricted	Stalder Handst. / 1/2t.			
									"C"	Toe Handst. / 1/2t.			

										S. V.	10.0	S.V.	_____
										VP -	_____	Ded. -	_____
										SR -	_____	J1 Score	_____
										RE -	_____	J2 Score	_____
										Comp -	_____	Average	_____
										Exec. -	_____	Off Ave. -	_____
												Score	_____
UTL Dismount (.1) _____ Thru Vertical (-->.1) _____ 3/4 Front Giant w/wo grip _____ Uncharacteristic (.1) _____ Rhythm _____ Dynamics _____													

										S. V.	10.0	S.V.	_____
										VP -	_____	Ded. -	_____
										SR -	_____	J1 Score	_____
										RE -	_____	J2 Score	_____
										Comp -	_____	Average	_____
										Exec. -	_____	Off Ave. -	_____
												Score	_____
UTL Dismount (.1) _____ Thru Vertical (-->.1) _____ 3/4 Front Giant w/wo grip _____ Uncharacteristic (.1) _____ Rhythm _____ Dynamics _____													

										S. V.	10.0	S.V.	_____
										VP -	_____	Ded. -	_____
										SR -	_____	J1 Score	_____
										RE -	_____	J2 Score	_____
										Comp -	_____	Average	_____
										Exec. -	_____	Off Ave. -	_____
												Score	_____
UTL Dismount (.1) _____ Thru Vertical (-->.1) _____ 3/4 Front Giant w/wo grip _____ Uncharacteristic (.1) _____ Rhythm _____ Dynamics _____													

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 (different)	1 - C Flight / B Turn * different flight	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	C+C	B - Dismount	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	Level 10		1 - B Flight	SV	9.7	9.5	
Choice of Elements: Requirements (L9.10)		Poor Rhythm in Elements	→ 0.1	Insufficient Height of Salto Dismounts	→ 0.3	Both with Turn / Flight	C+C	* Different Flight	Bonus	0.3	0.5	
1. Forward Element (Circle or Release)	0 / 3 = 0.2	Hesitation in Jump, Swing to Handstand	→ 0.1	Insufficient Amplitude "B" Clear Hip Circles	→ 0.4	No Turn or Flight Required		1 - C Flight	Bonus	OK without fall / spot		
2. Element from Groups 3 / 6 / 7	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		1 - C Turn	Level 9 - Bonus			
3. Element minimum ½ t., min. C	2 / 3 = 0.0	Angle of Flight to LB Handstand (11° - 20°)	0.05	Intermediate (Extra) Swing (max. 0.6)	0.3	w / without Flight / Turn	C+D D+D	* No Mount / Dismount	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			C - Dismount	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 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				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 Lv: 9.5	S.V. _____
										Exec. - _____	VP - _____	Ded. - _____
										Comp. - _____	SR - _____	J1 Score _____
										A - _____		J2 Score _____
										B - _____	CV+ _____	Average _____
										C - _____	DE+ _____	Off Ave. - _____
										D + _____		Score _____
*FWD _____ *3,6,7 _____ *C-Turn _____ Lv Releases _____ Lv Dismount _____ 2 Bar Changes _____ Squat on _____ Direction _____ Dynamics _____										E + _____		
										Bonus + _____	SV Lv: 9.5	S.V. _____
										Exec. - _____	VP - _____	Ded. - _____
										Comp. - _____	SR - _____	J1 Score _____
										A - _____		J2 Score _____
										B - _____	CV+ _____	Average _____
										C - _____	DE+ _____	Off Ave. - _____
										D + _____		Score _____
*FWD _____ *3,6,7 _____ *C-Turn _____ Lv Releases _____ Lv Dismount _____ 2 Bar Changes _____ Squat on _____ Direction _____ Dynamics _____										E + _____		
										Bonus + _____	SV Lv: 9.5	S.V. _____
										Exec. - _____	VP - _____	Ded. - _____
										Comp. - _____	SR - _____	J1 Score _____
										A - _____		J2 Score _____
										B - _____	CV+ _____	Average _____
										C - _____	DE+ _____	Off Ave. - _____
										D + _____		Score _____
*FWD _____ *3,6,7 _____ *C-Turn _____ Lv Releases _____ Lv Dismount _____ 2 Bar Changes _____ Squat on _____ Direction _____ Dynamics _____										E + _____		