**Level 1 and Xcel Bronze VT 1**

**Stretch jump; Handstand to flat back SV= L1 10.0 / XB1 9.0 SV**

**STRETCH JUMP SV = L1 5.0 / XB1 4.5**

- **Run L1 only:**
  - horiz sp ^ 0.3
  - exc lean ^ 0.3

- **Height** ^ 0.5
- **Arm/head align** ^ 0.3
- **Body:** ^ 0.3
  - arch ^ 0.5
  - pk ^ 0.5
- **Leg split** ^ 0.2
- **feet** ^ 0.1

- **Add’l jumps** 0.3 ea

- **In support:**
  - Arms ^ 0.5
  - Shoulder angle ^ 0.3
  - Body ^ 0.3
  - arch ^ 0.5
  - pk
- **Legs** ^ 0.3
- **Leg split** ^ 0.2
- **feet** ^ 0.1

- **Extra kick up 0.5 ea**

- **Dynamics** ^ 0.3

- **Run L2 only:**
  - insuf accel ^ 0.3
  - horiz speed ^ 0.3
  - exc lean ^ 0.3

- **Add’l jumps** 0.3 ea

- **Flight:**
  - head ^ 0.1
  - B ^ 0.3
  - arch ^ 0.5
  - pk
  - L ^ 0.3
  - LS ^ 0.2
  - ft ^ 0.1

- **In support:**
  - shoulders ^ 0.3
  - arms ^ 0.5
  - Head on stack - 2.0
  - (includes arm bend)
  - step 0.1 ea max 0.3
  - angle ^ 1.0

- **Post hdst, while falling to back**
  - head ^ 0.1
  - Body ^ 0.3
  - arch ^ 0.5
  - pk
  - L ^ 0.3
  - LS ^ 0.2
  - ft ^ 0.1

- **Direction** ^ 0.3

- **Landing- while on her back**
  - finish on straight lying position ^ 1.0
  - 0.5 arched position on mat, bent legs
  - 0.5 lands sitting, salutes, leaves
  - 1.0 lands on feet, salutes, leaves

- **May take execution while falling to back if lands as above but lays down to finish**

- **XB- NO Penalty for sliding off the end of the mat stack.**

**Jump Landing**

- Failure to land in demi-plie w control, proper body ^ 0.5
- Land not bottom of feet first = VOID (5.0 or 4.5)
- Fall after landing on feet 0.5
- Coach spot on straight jump = L1 2.0 / XB 1.0
- **XB1 only:**
  - feet land max hip width and not close 0.05
  - feet land wider than hip width, not close 0.1
  - entire foot/feet slide or lift off floor to join ^0.1
  - staggered feet ^0.1

**Dynamics** ^ 0.3

- **Run**
  - L2 only:
    - insuf accel ^ 0.3
    - horiz sp ^ 0.3
    - exc lean ^ 0.3

- **Add’l jumps** 0.3 ea

- **Landing- while on her back**
  - finish on straight lying position ^ 1.0
  - 0.5 arched position on mat, bent legs
  - 0.5 lands sitting, salutes, leaves
  - 1.0 lands on feet, salutes, leaves

- **XB- NO Penalty for sliding off the end of the mat stack.**

**Level 2 and Xcel Bronze VT 2**

**Jump to hdst, fall to flat back**

- **Run L1 only:**
  - horiz sp ^ 0.3
  - exc lean ^ 0.3

- **Run L2 only:**
  - insuf accel ^ 0.3
  - horiz speed ^ 0.3
  - exc lean ^ 0.3

- **Add’l jumps** 0.3 ea

- **Flight:**
  - head ^ 0.1
  - B ^ 0.3
  - arch ^ 0.5
  - pk
  - L ^ 0.3
  - LS ^ 0.2
  - ft ^ 0.1

- **In support:**
  - shoulders ^ 0.3
  - arms ^ 0.5
  - Head on stack - 2.0
  - (includes arm bend)
  - step 0.1 ea max 0.3
  - angle ^ 1.0

- **Post hdst, while falling to back**
  - head ^ 0.1
  - Body ^ 0.3
  - arch ^ 0.5
  - pk
  - L ^ 0.3
  - LS ^ 0.2
  - ft ^ 0.1

- **Direction** ^ 0.3

- **Landing- while on her back**
  - finish on straight lying position ^ 1.0
  - 0.5 arched position on mat, bent legs
  - 0.5 lands sitting, salutes, leaves
  - 1.0 lands on feet, salutes, leaves

- **XB- NO Penalty for sliding off the end of the mat stack.**

**STRETCH JUMP SV = L1 5.0 / XB1 4.5**

- **Height** ^ 0.5
- **Arm/head align** ^ 0.3
- **Body:** ^ 0.3
  - arch ^ 0.5
  - pk
- **Leg split** ^ 0.2
- **feet** ^ 0.1

- **Add’l jumps** 0.3 ea

- **Mat: min 16”max 48”
May use alternate springboard**

- **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

- **BALK= running approach that does NOT come to rest/support on top of mat stack. Balk 2&3=VOID**

- **Failure to show inverted vertical pos. (roll) = ^ 2.0**
- **failure to contact mat with both hands = 3.0**
- **incorrect vault = VOID (never achieves vertical and returns to the board or rest/support on top of mat stack on body parts other than the back)**
- **Coach may stand between board and mat, and lean on mat – no deduction**
- **Vault w/o signal of CJ = 0.5 off repeated vault (CJ)**
- **Xcel - Marking the mat stack is allowed XB 1:**
  - aid of coach, any phase = 1.0
  - landing 0.5…..max spot ded = 1.5
- **XB 2:**
  - aid of coach before hand support = VOID
  - after hand support = 2.0
  - landing 0.5

**Level 2 and Xcel Bronze VT 2**

- **Jump to hdst, fall to flat back**
  - head ^ 0.1
  - Body ^ 0.3
  - arch ^ 0.5
  - pk
  - L ^ 0.3
  - LS ^ 0.2
  - ft ^ 0.1

- **Mat: minumim 16” max height 48”
L2 - tape line 32” from front edge of mat**

- **Direction** ^ 0.3

- **Landing- while on her back**
  - finish on straight lying position ^ 1.0
  - 0.5 arched position on mat, bent legs
  - 0.5 lands sitting, salutes, leaves
  - 1.0 lands on feet, salutes, leaves

- **XB- NO Penalty for sliding off the end of the mat stack.**

- **L2 only:**
  - hands land beyond tape line -0.5
  - Staggered in/out zone -0.2

*Remember Xcel courtesy score = 4.0 when you void half of vault*
Level 3 and Xcel Silver Vaulting

Neutral head

Legs crossed

Legs separation

Legs bent

Foot form

Body piked

Arched

Incomplete twist (opt 2)

Failure to pass thru vert (Opt 2)

Too long support

XS

Failure to land facing mat stack

XS Option 1: handspring over mat stack

XS Option 2: \( \frac{1}{4} - \frac{1}{2} \) onto mat stack, repulsion off

Neutral head

Legs crossed

Legs separation

Legs bent

Foot form

Body piked

Arched

XS

Opt

1

Failure to land first = 2.0 (includes fall)

Land standing/sitting/lying on mat stack after passing through vertical (handstand) = -2.0 + 0.5 fall

Timed warmup – amount determined by largest squad in meet.

Timing not includes run back/drills/run past table on runway.

Start time: a mount onto mat stack for jump or with run/touch springboard.

No blocked time.

Can run on runway between vaulters (not touch equipment), but NOT in front of judges

Quick symbols

All levels: 45 sec fall time starts once gymnast on her feet, ends at salute for next vault…if exceeds time, no 2nd vault attempt allowed

Range -- Avg

9.5 - 10.0

9.0 - 9.475

8.0 - 8.975

below 8.0

0.2

0.5

0.7

1.0

Balk = run approach that does NOT come to a rest or support on top of the mat stack. 2nd/3rd balk = VOID -- allowed 3 approaches to perform 1 OR 2 vaults
Use of alternate springboard = VOID
No safety zone for RO & Unauthorized matting, unauthorized spring
Either vault not on appropriate chart (restricted) = VOID
Perform vault w/o judge prior signal
L8 only:
Coach aiding vault = VOID  >>
Coach catching falling gymnast = fall
L8 only:
No contact of hands on table = VOID
One hand on table (at least ½ panel see) - -1.0 CJ
No contact of hands on table = VOID
Land standing/sitting/lyzing on table = VOID
Coach between board and table -0.5 (except RO vaults)
>> XG, XP, XD = NO deduction
Coach aid landing -0.5 >> if also fall, additional -0.5
Coach catching falling gymnast = fall -0.5 ONLY
Coach aiding vault = VOID >> XG, XP, XD = -1.0
L8 only: coach spot post flight = -1.0 (salto vaults only)
Perform vault w/o judge prior signal – take 0.5 off repeated vault (CJ)
Either vault not on appropriate chart (restricted) = VOID
Unauthorized matting, unauthorized spring config = 0.3 CJ
No safety zone for RO & Hdspr-onto-bd vaults = VOID
Use of alternate springboard = VOID  XG = 9.5 SV
Incorrect tape/excessive chalk on table or runway = 0.2 CJ

Balk = run approach that does NOT come to a rest or support
on top of the table.  2nd/3rd balk = VOID / 0.5 Xcel
-- allowed 3 approaches to perform 1 OR 2 vaults

One levels: 45 sec fall time starts once
gymnast on her feet…if exceeds
time, no 2nd vault attempt allowed

All levels: 45 sec fall time starts once
gymnast on her feet…if exceeds
time, no 2nd vault attempt allowed

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

Timed warmup – amount determined by largest squad in
meet. Timing does not include run back/drills/run past table
on runway. Start time: a mount onto table for jump/salto
off table or with run/touch springboard.
No blocked time.
Can run on runway between vaulters (not touch equipment),
but NOT in front of judges.
Touch warm-up = #vaults : XG,XP = 2; XD = 3 L8-10=3
Allow ONE stand on table to jump/salto off per gymnast
before time starts, ONE run back after present to
judges.
EXECUTION

Legs: each time crossed up to 0.1
not landing with feet together in jumps/leaps separated up to 0.2
together in jumps/leaps bent up to 0.3
flexed/sickled feet during value parts flexed/sickled feet during value parts each time 0.05

bent arms in support up to 0.3
insufficient exactness tuck/pike up to 0.2
VT - up to 0.5)
insufficient exactness in stretched position (arch, pike > each)
VT up to 0.3 UB, BB, FX up to 0.2
to maintain stretched body (pike down early)
VT up to 0.3 UB, BB, FX up to 0.2
insufficient extension (open) of body on landing
VT saltos, UB/BB dismounts, BT/FX acro up to 0.3
Insufficient height (amplitude)
UB elements, BB saltos/aerials, FX acro, J/L/H up to 0.2
UB/BB dismounts, FX saltos up to 0.3
UB/BB dismount of no value; FX- last salto (L8-10) --from SV 0.3
(no value = restricted, salto not initiated, 3rd/2nd time no VP)

Spotting during landing, inadvertent touch VP, SR, no bonus, -0.5 spot
Spotting during VP no VP, no SR, no bonus, and -0.5 spot
Coach catch a falling gymnast no deduction for spot, just fall 0.5

LANDING DEDUCTIONS

For VT, dismounts UB/BB, acro on FX (FX acro allowed to finish in controlled lunge)

feet landing max hip width and do not close 0.05
feet landing wider than hip width, not close 0.1
Entire foot slide or lift off floor to join (small step) up to 0.1
Slight hop/adjustment of feet/staggered up to 0.1
Steps—each: small=up to 0.1 large=up to 0.2 =>max 0.4
Deviation from straight direction up to 0.1
Arm swipes to maintain balance up to 0.1
Brush/touch foot/feet on mat or apparatus up to 0.1
Brush/touch of hands on mat (no support) up to 0.3
Incorrect body posture on landing elements/disms up to 0.2
Deep squat (hips even/ lower than knees) up to 0.3
Add’l trunk movements upon landing (to avoid steps)
on dismt UB/BB, FX acro up to 0.2
Add’l trunk movements to balance on BB up to 0.3
Grasp apparatus to avoid fall (UB,BB) up to 0.3
Fall on mat to knees/hips, hands with support 0.5
Fall on or against apparatus 0.5
Failure to land on bottom of feet first no VP, no SR
>>if also no initiation of salto (dismt, last FX salto) = 0.3 SV

Minimum score JO = 1.0; Xcel = 4.0
### Xcel Uneven Bars

#### Value Parts
<table>
<thead>
<tr>
<th>Bronze</th>
<th>Silver</th>
<th>Gold</th>
<th>Platinum</th>
<th>Diamond</th>
<th>Sapphire (XA)</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 A</td>
<td>5 A</td>
<td>6 A</td>
<td>6 A</td>
<td>5 A 2 B</td>
<td>3 A 3 B 1 C</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>SV 9.6</td>
</tr>
</tbody>
</table>

#### Special Reqmts
- 0.5 each; (#2,#3 no mt/dismt)

#### No VP, no SR

#### Restricted
- No BS +
- No HB skills
- No giants
- No salto dismt

#### Notes
- No extra swing ded
- No extra swing ded
- No extra swing
- No clear hip angle ded
- 1 tap-cntersw allowed w/o ded. = A

#### Warm up
- 30 sec
- 45 sec
- 1:00
- 1:30
- 2:00
- 2:00

---

### APPARATUS DEDUCTIONS

**dynamics** (energy, swingful, effortless) up to 0.2

- rhythm in element/conn up to 0.1
- extra swing/cast (max 0.5 for 1 elem) ea 0.3
- hesitation in hdst or jump to HB up to 0.1
- fail to maintain hand contact 2-part mt 0.1
- insuf extension of glide/swing to kip up to 0.1
- amplitude of bar elements, releases up to 0.2
- amplitude of salto dismounts up to 0.3
- under rotation of release/flight elem up to 0.1
- Countersw body arched, hips open over LB (on rise) 0.3
- swing fwd/bwd under horiz NO ded.
- bent arms in support or bent legs up to 0.3
- insuf exact stretch (w arch or pike) up to 0.2
- incomplete turn/twist salto dismt up to 0.2
- fail to maintain stretched body in dismt (pikes down) up to 0.2
- insuf extension (open) of tk/pk prior to land up to 0.3
- lack release bar prior to landing dismt 0.3
- landing too close to bars on dismt 0.1
- Dismount of no value/ restricted (from SV) 0.3
- brush foot on apparatus/mat up to 0.1
- hit foot on apparatus------ 0.2 on mat----- 0.3
- grasp apparatus to avoid fall 0.3
- third run approach 0.5
- Coach between bars throughout exercise failure to remove mount/spot block NO PENALTY (CJ) 0.3

---

#### CLARIFICATIONS

Cast + skill = may be 2 elem if cast achieves div angle requirements, exceptions: cast to squat/pk/str on- with or w/o jump to HB; cast shoot thru; cast to stand dismt (XB). --Not used for SR casts/clear sup and =1 element unallowable skill (below reqmts) – no VP, no SR (-0.5). If restricted (above reqmts), take add'l - 0.5 SV. If restricted dismount, also take 0.3 no dismt of value

Long hand pull over = circle skill if preceded by cast (XP,XD)

One skill can count for 2 SRs – cast hdst ½; clear hip (circle and clear elem)

With no extra swings, remember 3rd cast does not count VP

No composition; max 4.0 execution; courtesy score 4.0

---

#### Angle deductions below – XP, XD, XA only:

- VP: 10
- Lower VP: 20
- C VP: 30
- B VP: 45
- Circles: ^2
- Clear Hips: .25
- .35 - .4
- Flt to Hdst LB: 180-360 turns
- Healy: 540 turns

---

#### 45 sec fall time once gymnast on her feet

- Range (avg)
  - 9.5 - 10.0: 0.2
  - 9.0 - 9.475: 0.5
  - 8.0 - 8.975: 0.7
  - below 8.0: 1.0

---

#### Extra swing deductions and angles for circles/turns apply XP, XD, XA

- C = +0.1
- First D = +0.1
- CV: B+B = +0.1
- No Es
### Xcel Balance Beam

<table>
<thead>
<tr>
<th>Value Parts</th>
<th>Bronze</th>
<th>Silver</th>
<th>Gold</th>
<th>Platinum</th>
<th>Diamond</th>
<th>Sapphire (KA)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>4 A</td>
<td>5A</td>
<td>6 A</td>
<td>6A 1B</td>
<td>5A 2B</td>
<td>3A 3B 1C</td>
</tr>
<tr>
<td>B strad/split jump, split leap</td>
<td>B dance</td>
<td>C Dance</td>
<td>1 D allowed</td>
<td></td>
<td>SV 9.6</td>
<td></td>
</tr>
</tbody>
</table>

#### Special Reqmts

<table>
<thead>
<tr>
<th>0.5 each</th>
<th>No VP = no SR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acro skills or series</td>
<td>= not mt/dsmt</td>
</tr>
<tr>
<td>Restricted</td>
<td>-5 SV, no VP no SR</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>No Bs +</th>
<th>No Bacro</th>
<th>No Cs +</th>
<th>No flight acro</th>
</tr>
</thead>
<tbody>
<tr>
<td>No walkovers</td>
<td>No Bacro</td>
<td>No Cs +</td>
<td>No flight acro</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>No split angle</th>
<th>Split angle 90</th>
<th>Split angle 120</th>
<th>Split angle 150</th>
<th>Split angle 180</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warm up</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30 sec</td>
<td>45 sec</td>
<td>1:00</td>
<td>2:00</td>
<td>2:00</td>
</tr>
</tbody>
</table>

| Routine        | 45 sec         | 50 sec          | 1:00            | 1:15            | 1:15            |

### CLARIFICATIONS

#### Leap/Jump Split angle for SR = as listed per division within 20°; split angle for a B/C element VP = min 135, no angle ded when split reaches division reqmt

- unallowable skill (below reqmts) – no VP, no SR (−.5). If restricted (above reqmts), take exec + .5 SV, and if restricted dismount, also take 0.3 for no dismt of value
- Partial handstands and vertical handstands are considered the same element (except in XB)
- Acro skills (w/w/o flight) are different with take off or land with 1 vs 2 feet
- ‘A’ handstands do NOT require a hold; may be used as 1st or 2nd element in a series

XP/XD: allowed for Dance series: mount leap/jump free onto beam (1.101,1.201,1.301; XD-1.401); Gp3 turns on 1 ft
- All mounts = A (unless listed B+ in code)
- No composition; max 4.0 execution; courtesy score 4.0

#### APPARATUS DEDUCTIONS

- Incorr body alignmt, position or posture non-VP throughout up to 0.3 B/L
- relaxed/incorrect footwork in non-VP up to 0.3 ft
- variation of rhythm and tempo throughout up to 0.2 R
- Insuff sureness of performance throughout up to 0.2 sure
- Insuff dynamics (energy, effortless) up to 0.2 dy
- Artistry of presentation
  - quality of expression- projection, focus up to 0.1 art
  - variety of choreography up to 0.1 art
  - quality of movement up to 0.1 art

- rhythm during acro connection (fwd/back, fwd/side, non-flight)
- continuous body, slow, slight extend-bend knees=> up to 0.1
- torso out of line with beam=> up to 0.2
- rhythm during dance/mix conn. up to 0.2
- height of acro/dance/salts up to 0.2
- Insuff leg split in L/J (per SR, VP reqmts) up to 0.2
- salto dismount up to 0.3
- Legs not parallel to beam in split/strad up to 0.2
- Failure to land feet together in L/J (land side) up to 0.1
- Incomplete turn/twist up to 0.2
- Turns not in high relevé up to 0.1
- Lack of precision in VP dance up to 0.1
- Incorrect body position in VP dance up to 0.1
- Insuff exactness of tuck/pike/stretch position up to 0.2
- Hestiation in jump/press/swing to hdst up to 0.1
- Concentration pause – 2 sec = ea .1 up to 2 sec = ea 0.2
- Support of leg against beam, hit up to 0.2
- Balance ----- up to 0.3

#### CJ Deductions

- Overtime 0.1
- fail to remove mount device/spotting device 0.3
- Incorrect attire/jewelry (warning, take at next event) 0.1
- Coach instructs gymnast verbally during routine = 0.2
- (no warning, judge must hear)
- --if just a cue heard, warn before taking deduction
- Coach remains by beam during whole routine = NO PENALTY in Xcel

#### 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

#### Range - avg

- 9.5 - 10.0    0.2
- 9.0 - 9.475   0.5
- 8.0 - 8.975   0.7
- below 8.0     1.0
<table>
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<td>4 A</td>
<td>5A</td>
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<td>6A 1B</td>
<td>5A 2B</td>
<td>3A 3B 1C 9.6</td>
</tr>
<tr>
<td>B strad/split, jump, split leap</td>
<td>B dance = A</td>
<td>C Dance = B</td>
<td>1 D allowed</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Special Reqmts</td>
<td>0.5 each</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No VP = No SR</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 dir connacro skills, w/w/o flight</td>
<td>2 dir connacro skills, 1 w/ flight</td>
<td>2 dir connacro flight skills</td>
<td>2 dir connacro flight w/ 1 A or B salto</td>
<td>2 separate acro passes (min 2 ftt elem each)</td>
<td>1 acro pass w 2 saltos, same/diff</td>
<td></td>
</tr>
<tr>
<td>2nd pass w min 1 acro elem, w/w/o flight</td>
<td>2nd pass either 2 acro conn – OR- acro skill w/flight</td>
<td>2nd pass either 2 acro conn flight –OR- 1 B salto</td>
<td>2 diff saltos, 1 min B (iso or series)</td>
<td></td>
<td>Dance passage (2 diff Gp 1 elem, one 150º leap)</td>
<td></td>
</tr>
<tr>
<td>Dance passage (2 diff Gp 1 elem, one 60º leap)</td>
<td>Dance passage (2 diff Gp 1 elem, one 90º leap)</td>
<td>Dance passage (2 diff Gp 1 elem, one 120º leap)</td>
<td>Dance passage (2 diff Gp 1 elem, one 150º leap)</td>
<td></td>
<td>B turn, 1 foot</td>
<td></td>
</tr>
<tr>
<td>180º turn, 1 foot</td>
<td>360º turn, 1 foot</td>
<td>360º turn, 1 foot</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Restricted - .5 SV, no VP, no SR</td>
<td>No B+ + No saltos, aerials Max 2 flight skills allowed</td>
<td>No B+ - acro Max 1 salto/aerial</td>
<td>No B twist saltos No Cs +</td>
<td>C dance allowed No C acro No Ds</td>
<td>No Es No bonus</td>
<td></td>
</tr>
<tr>
<td>No Es</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cross or side split</td>
<td>Strad jump = A Side leap = A Split angle 60</td>
<td>Split angle 90</td>
<td>Split angle 120</td>
<td>Split angle 150</td>
<td>SR#2 B salto may be in SR#1 Split angle 150</td>
<td>Split angle 180</td>
</tr>
<tr>
<td>Warmup</td>
<td>30 sec</td>
<td>45 sec</td>
<td>1:00</td>
<td>1:30</td>
<td>2:00</td>
<td>2:00</td>
</tr>
<tr>
<td>Routine</td>
<td>45 sec</td>
<td>1:00</td>
<td>1:00</td>
<td>1:30</td>
<td>1:30</td>
<td>1:30</td>
</tr>
</tbody>
</table>

**CLARIFICATIONS**

Chassés, straight jumps and assemblés are not Gp 1 elements. Dance passage skills are directly or indirectly connected, no pause or stop. Leap/Jump Split angle for SR = as listed per division within 20º ; split angle for a B/C element VP = min 135º , no angle deductions when split reaches division regm’t Elements can’t get VP credit 2nd time in same connection or 3rd time, except for acro flight w/hand support in different acro passes

- Two Acro passes are different if: 1) diff number of acro VP, or 2) acro VP are in different order, or 3) acro VP elements are different, or 4) add/deletion of a dance element at end of the acro pass. Give VP credit to all elements in this case.
- Acro elements in dance series breaks the series, and so does dance elements in acro series
- Aerials and salto landing sit/prone positions do not fulfill salto SR for XP, XD. Dive roll does not fulfill SR flight requirements.
- Restricted elements can receive execution deductions, regardless if receive VP.
- No composition; max 4.0 execution; courtesy score 4.0

**APPARATUS DEDUCTIONS**

Incorr body alignment, position or posture non-VP throughout up to 0.3 B/L
- relax/incorrect footwork on non-VP up to 0.3 ft
- rhythm and tempo (whole exercise) up to 0.2 R
- Insuff dynamics (energy, effortless) up to 0.2 dy
- artistry of presentation
  - quality of expression - projection, focus up to 0.1 ex
  - variety of choreography up to 0.1 ch
  - quality of movement up to 0.3 mv
- rhythm during direct connection ea up to 0.1
- Insuf height – dance, acro w/hands, aerials ea up to 0.2
- Insuf leg split in leaps/jumps (per SR, VP reqmt) up to 0.3
- legs not parallel to the floor in split/straddle up to 0.2
- failure to land feet together in L/J ea up to 0.1
- turns not in high relevé ea up to 0.1
- incomplete turn/twist ea up to 0.2
- incorrect body posture in VP dance ea up to 0.1
- lack of precision in VP dance ea up to 0.1
- Insuf exactness of tuck/pike/layout positions up to 0.2
- Legs crossed in twisting saltos up to 0.1
- Insuf opening prior to landing (saltos) up to 0.3
- Body position in landing elements up to 0.2
- poor relationship of music and movement throughout exercise ---- up to 0.3
- not ending with music --- 0.1
- not hold ending pose --- 0.05
- concentration pauses – 2 sec or more 0.1

**J. Doucette 8/22**