Level 8, 9, 10 VAULT

GENERAL	1 ST FLIGHT	SUPPORT/REPULSION	2 nd FLIGHT	LANDING
0.50 Vaults w/out CJ signal	^0.1 foot form	^0.1 Staggered/alt hand	^0.10 foot form	^0.10 Arm swings
0.50 Coach betw board and	^0.1 Legs Crossed	^0.2 Shoulder angle	^Legs crossed	^0.20 Incorrect posture
table (EXCEPT Yurchenkos)	^0.2 Legs Separated	^ 0.20 Excessive arch	^0.20 Legs separated	^0.20 Trunk movement(s)
1.00 (Spot during level 8)	^0.3 Legs Bent	^0.20 Alternate repulsion	^ 0.30 Legs bent	^0.30 Inc LA turn
VOID (Spot during 9/10)	^0.2 Excessive Arch	^ 0.30 Legs bent	^ 0.30 Insufficient tk/pk/str	^0.30 Direction
<u>0.50</u> Spot landing	^0.3 Hip Angle	0.1 Step/w hand (max 0.30)	^0.30 Fail maintain str body (pk down)	0.05 Never joins the feet
0.50 Catch gymnast	^0.3 Incom LA turn	0.30 Hop(s) with both hands	^0.25 Insuff and/or late ext of tuck/pk	<u>0.10</u> Feet > hip-width
^0.30 Insufficient dynamics		^0.30 Fail to pass through vert	0.30 Total absence of ext (tk/pk vaults)	0.10 slide/lift feet to join
		^ 0.50 Bent arms	<u>0.10</u> Under-rotation of Salto vaults	^0.10 Slight step/hop/stag feet
		^0.50 Too long in supp (non-salto vaults)	^0.10 Insufficient exactness LA turn	<u>0.10</u> Step (<u>0.40</u> MAX)
		^50 Prescribed LA turn begun too early	^0.30 Late compl of twist (non-salto)	0.20 Large step/hop (0.40 MAX)
		^1.00 Angle of repulsion (non-salto vaults)	^0.20 Brush or hit of body on table	^0.30 Squat
		1.00 Touch w/only one hand	^ 0.30 Insufficient length	^0.30 slight touch/brush hands
		2.00 Head contacting table	^0.50 Insufficient height	<u>0.50</u> Fall

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#_____ SV_____ SCORE_____

SCORE_____

#_____ SV_____ SCORE_____





LEVEL 8 BARS Warm up 2:00 Minutes

1. Minimum of one bar change. 2/3. Two "B" elements, same or different: a. One "B" elem w/flight, excludismt, OR One "B" elem w/ min 180° (LA) Tuexcluding mount / dismount. b. One "B" 360° clr circling elem Groups 3/6/7, exclud dismount. 4. Salto dismount, minimum of "A	ırn, from	4 A's 4 B's Allowable C's = B value	Landing too close to the bar Touch/brush apparatus: ^0. Hit apparatus: 0.2 Hit mat: 0.3	1 each g Kip: ^0.1).1 s: 0.1 1 each	Composition: Dmt not up to level: ^0.1 - AA: 0.1 - B or BA: no ded. Uncharacteristic Element: 0.1 Lack of elem. achieve vertical: ^0.2		- Insuf s - Energ - Fail to	
Gymnast:	SV:		Execution:	cution: Composition:		Dynamics:		Score:
Gymnast:	sv:		Execution:	Compo	sition:	Dynamics:		Score:
- Cynniada	1 000		<u> </u>	Compo		2 ymannesi		000.0.
Gymnast:	SV:		Execution:	Compo	sition:	Dynamics:		Score:

LEVEL 8 BEAM

Warm up 2:00 Minutes

Warning 1:20 Time: 1:30

Special	A(4)	Allowab	<u>le</u>	Compo	<u>sition</u>	Inc. body alignment, position, or posture in			Artistry/Presenta	<u>tion</u>
Requirements:	0.1	Difficult	<u>y:</u>	Acro not up to	level ^0.2	nonVPs throughout exercise: ^0.3			- Lack of variety ir	choreo: ^0.1
1. Acro series 1 w/	B(4)	A's		Dance not up	to level ^0.2	Relaxed	Relaxed / incorrect footwork on nonVPs		- Quality of move	ment: ^0.1
flight	0.3	B's		Dmt not up to	level ^0.1	throughout exercise: ^0.3		- Quality of expres	ssion: ^0.1	
2. 180o Leap/Jump		C Dance		Lack of dance	series: 0.2	Deviation from st direction on dmnt: 0.1			Insuf. rhythm/ten	npo throughout: ^0.2
3. 360o turn (1	C = B			Fail to Acro in	2 directions	Concent	ration Pause:		Insuf Surness thro	oughout: ^0.2
foot)		ONE restricte	ed "C"	0.1		2 sec: 0.	1 each		Insufficient dynamics: ^0.2	
4. "A" Dmt		Acro elemen	t	Dmt only 0.05	;	> 2 sec: (0.2 each		Energy maintained throut exercise	
(salto/aerial)				Insuf level cha	nge: ^0.1			(makes difficult look effortless)		
				Insuf Spacial u	ıse: ^0.1					
Gymnast:		SV:	Execut	ion:	Composition	:	Dynamics:	Rhythm:	Artistry::	Score:

Gymnast:	SV:	Execution:	Composition:	Dynamics:	Rhythm:	Artistry:	Score:

Gymnast:	SV:	Execution:	Composition:	Dynamics:	Rhythm:	Artistry:	Score:

LEVEL 8 FLOOR Warm up 2:00 Minutes

Time: 1:30

Special	A(4) 0.1	Allowa	<u>ble</u>	Compo	osition	Hold end pose 1 sec: 0.05		Artistry	//Presentation		
Requirements:	B(4) 0.3	Difficul	ty:	Last Salto not	st Salto not up to level: Sync music w end pose: 0.1		- Lack c	of variety in chor	eo: ^0.1		
Special		A's		^0.1	^0.1 Conc. Pause 2 sec: 0.1 ea			- Qualit	y of movement:	^0.1	
Requirements:	C = B	B's		Acro not up to	level: ^0.2	Inc. body	y alignment, position	, or	- Qualit	y of expression:	^0.1
1. 2 salto pass		C Dance		Dance Elem no	ance Elem not up to posture in nonVPs throughout				Insuf. r	hythm/tempo th	roughout: ^0.2
2. 3 diff saltos				level: ^0.1		exercise: ^0.3			Insuf Surness throughout: ^0.2		ut: ^0.2
3. Min A salto dmt		ONE restric	ted	No B turn: 0.2		Relaxed / incorrect footwork on			Insufficient dynamics: ^0.2		
4. Dance Pass min		"C"		Lack of min 3	A saltos: 0.3	nonVPs	throughout exercise:	^0.3	• Energ	gy maintained th	rout exercise
2 diff		Acro eleme	nt	Fail to salto		Deviatio	n from st direction o	n	(makes	difficult look ef	fortless)
with 1 180o leap				fwd/side&bkv	v: 0.1	dmnt: 0.	1				
				Insf use of floo	or, space:	Poor relation music/movement					
				^0.1		throut: ^	·.3				
Gymnast:	S	V:	Execut	ion:	Composition	:	Dynamics:	Rhythm	:	Artistry::	Score:

Gymnast:	SV:	Execution:	Composition:	Dynamics:	Rhythm:	Artistry:	Score:

Gymnast:	SV:	Execution:	Composition:	Dynamics:	Rhythm:	Artistry:	Score:

LEVEL 9 BARS Warm up 2:00 Minutes

1. Min. 2 Bar Change	A(3) 0.1		<u>Bonus</u>	Con	nposition:		Insufficient Dynamics	: ^0.2
2. Min. B Flight	B(4) 0.3	C+0	C = +0.1 (diff if no tn/flt)	Dm	t not up to level: ^0.1		- Insuf swingful exect	throughout
3. Diff C Flight or B Turn	C(1) 0.5			2 of	3 elements: 0.1 each		- Energy not maintain	ed throughout
4. Salto Dmt, min B		C+0	C (both tn/flt)+.2	-Foi	ward – 3/6/7 – LA Trn/Flt		- Fail to make difficult	t look effortless
	1 Restricted	D/E = C		Faces same dir throughout: 0.1			Rhythm in elements/	connections: ^0.1 ea
		D/E	E = +0.1	Und	h Element: 0.1			
				Lac	c of achieve vertical: ^0.2			
Gymnast:	Symnast: SV: 9.7+ = Execution: Composition: Dy		Dynai	mics:	Score:			

Gymnast:	SV: 9.7+ =	Execution:	Composition:	Dynamics:	Score:
Gymmast.	34.3.71 -	EXCEUTION.	Composition.	Dynamics.	Score.

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Currencet	CV: 0 7: -	- Evenutions	Commonsitions	Duma miss.	Coores
Gvmnast:	SV: 9.7+ =	Execution:	Composition:	Dvnamics:	Score:
Cymmast.	34.3.7.	Excedion:	COMPOSITION.	D ymannes.	300.0.

LEVEL 9 BEAM

Warm up 2:00 Minutes

Warning 1:20 Time: 1:30

Special Require:	A(3) 0.1	<u>Allowable</u>		<u>Bonus:</u>		Composition:		nc. body alignment, po	
1. Acro series 2	B(4) 0.3	Difficulty:	CV	0.10	0.20	Acro not up to level ^0.2			oughout exercise: ^0.3
directly	C(1) 0.5	A(3) 0.1	ACRO	B + C	C + C	Dance not up to level ^0		•	twork on nonVPs throughout
connected flight		B(4) 0.3	3 ACRO/FLT	B + B + C	C + C + C	Dmt not up to level ^0.1		exercise: ^0.3 Deviation from st direc	tion on dmnt: 0.1
2. 180o Leap/Jump	D/E = C	C(1) 0.5				Lack of dance series: 0.2		Concentration Pause:	acion on annicion
3. 360o turn (1			Dance/MIX	B + C	B + D	Fail to Acro in 2 direction	nc	sec: 0.1 each	
foot)		D/E = C	Turns	A + C		- Dmt only 0.05		2 sec: 0.2 each	
4. B Dmt						Fail to show movment/n	-	Artistry/Presentation	
			Difficulty Bonus	s: D/E = +0.1		in 2 of 3 directions: 0.05		Lack of variety in cho	
<u>Allowable</u>			Add'l +0.1 for 3	acro series w/	min C salto	Insuf level change: ^0.1		Quality of movement	
Difficulty: A's B's						Insuf Spacial use: ^0.1		Quality of expression	: ^0.1
C's						More than 1 pvt turn: 0.3	L	nsuf. rhythm/tempo hroughout: ^0.2	
D/E Dance								nsuf Surness througho	out: AO 2
1 restricted "D/E"								nsufficient dynamics:	
acro								Energy maintained th	
							(makes difficult look ef	fortless)
Gymnast:		SV: 9.7+=	Execution	on:	Composition:	Dynamics:	Rhythm:	Artistry::	Score:

Gymnast:	SV: 9.7+=	Execution:	Composition:	Dynamics:	Rhythm:	Artistry:	Score:
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Gymnast:	SV: 9.7+=	Execution:	Composition:	Dynamics:	Rhythm:	Artistry:	Score:

LEVEL 9 FLOOR Warm up 2:00 Minutes

Time: 1:30

Ī	Special	A(3) 0.1			Bonus			Composition	Hold end pose 1 see	c: 0.05		Artistry/F	resentation	
	Requirements:	B(4) 0.3		CV	0.10	0.20	Last Salto	o not up to level: ^0.1	Sync music w end p	nusic w end pose: 0.1		- Lack of v	ariety in choreo: ^0.1	
	1. 2 salto pass	C(1) 0.5		Indir	AAC	CC	Acro not	up to level: ^0.2	Conc. Pause 2 sec: (0.1 ea		- Quality	of movement: ^0.1	
	2. 3 diff saltos	D Dance		Acro	ВС		Dance El	em not up to level:	Inc. body alignment	t, position, or pos	ture	- Quality	of expression: ^0.1	
	3. Min B salto dmt			Dir	BB	ВВ	^0.1		in nonVPs througho	out exercise: ^0.3		Insuf. rhy	thm/tempo throughout:	^0.2
	4. Dance Pass min 2	1 Res. D/E		Acro	AC	AC	No B turi	n: 0.2	Relaxed / incorrect	footwork on non	VPs	Insuf Surr	ess throughout: ^0.2	
	diff with 1 180	Acro: +.1		Dance/	CC		Lack of m	nin 3 A saltos: 0.3	throughout exercise	e: ^0.3		Insufficier	nt dynamics: ^0.2	
	leap			Mix			Fail to sa	lto fwd/side&bkw: 0.1	Deviation from st d	irection on dmnt:	0.1	• Energy i	maintained throut exercis	se
							Insf use o	of floor, space: ^0.1	Poor relation music	/movement thro	ut: ^.3	(makes di	fficult look effortless)	
	Gymnast:		SV:	9.7+=	E	xecution:		Composition:	Dynamics:	Rhythm:	Artist	ry::	Score:	

Gymnast:	SV: 9.7+=	Execution:	Composition:	Dynamics:	Rhythm:	Artistry:	Score:
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 Cumpacti	SV: 9.7+=	Evacution	Composition:	Dvnamics:	Rhvthm:	Artictry:	Score:
 Gymnast:	3V. 3./T-	Execution:	Composition:	Dynamics.	KIIYUIIII.	Artistry:	Score.

LEVEL 10 BARS Warm up 2:00 Minutes

1. Min. C Flight	A(3) 0.1		<u>Bonus</u>	Con	position:		Insufficient Dynan	nics: ^0.2
2. Min. B Flight (diff)	B(3) 0.3	C+C = +	-0.1	Dmt	not up to level: ^0.1		- Insuf swingful ex	ec throughout
3. Min. C Turn	C(2) 0.5	C+ D/E	= +0.1	Rele	eases not up to level ^0.2		- Energy not main	tained throughout
4. Salto Dmt, min C		D+D = -	+.2	2 of	3 elements: 0.1 each		- Fail to make diffi	cult look effortless
				- Fo	rward – 3/6/7 – LA Trn/Flt		Rhythm in elemen	nts/connections: ^0.1 ea
		D = +0.	1	Face	es same dir throughout: 0.1			
		E = +0.	2	Unc	h Element: 0.1			
				Lack	of achieve vertical: ^0.2			
				Mor	e than 1 squat on: 0.1 each			
				Lack	of 2 bar changes: 0.2			
Gymnast:	SV: 9.5+ =		Execution:		Composition:	Dynamic	s:	Score:

Gymnast:	SV: 9.5+ =	Execution:	Composition:	Dynamics:	Score:	

Gvmnast:	SV: 9.5+ =	Execution:	Composition:	Dvnamics:	Score:
Gymmast.	JV. J.J	LACCULIOII.	Composition.	Dynamics.	Julie.

LEVEL 10 BEAM Warm up 2:00 Minutes

Warning 1:20 Time: 1:30

	Special Require:	A(3) 0.1	<u>Allowable</u>		<u>Bonus:</u>		Composition:		Inc. body alignment, p	osition, or
	1. Acro series 2	B(3) 0.3	Difficulty:	CV	0.10	0.20	Acro not up to level ^0.2		· ·	oughout exercise: ^0.3
	directly con.	C(2) 0.5	A(3) 0.1	ACRO	B + C	B+D/E	Dance not up to level ^0.		· ·	otwork on nonVPs throughout
	Flight min C salto	D/E	B(4) 0.3			C+C/D/E	Dmt not up to level ^0.1		exercise: ^0.3	ction on deapt. 0.1
	2. 1800		C(1) 0.5	3 ACRO/FLT	B + B + C	B+C+C	Lack of dance series: 0.2		Deviation from st direct Concentration Pause:	ction on amint: 0.1
	Leap/Jump					B+B/C+D/E	Fail to Acro in 2 direction	nc	2 sec: 0.1 each	
	3. 360o turn (1		D/E = C	Dance/MIX	A+D	B+D	- Dmt only 0.05		> 2 sec: 0.2 each	
	foot)			Turns	B+C	C+C/D/E	Fail to show movment/ne	on-VP	Artistry/Presentation	
	4. C Dmt				A+C		in 2 of 3 directions: 0.05	ea	- Lack of variety in cho	reo: ^0.1
					<u> </u>		Insuf level change: ^0.1		- Quality of movement	
				Difficulty Bonu	s:		Insuf Spacial use: ^0.1		- Quality of expression	: ^0.1
				D = 0.10	= -		More than 1 pvt turn: 0.1	L	Insuf. rhythm/tempo	
				E = 0.20					throughout: ^0.2	
				L - 0.20					Insuf Surness through	
				Add'l +0.1 for 3	acro corios w	lmin C salta			Insufficient dynamics:	
				Auu 1 +0.1 101 3	acio series w/	THILL C SAILU			 Energy maintained to (makes difficult look et 	
L	Gymnast:		SV: 9.5+=	Execution	ın:	Composition:	Dynamics:	Rhythm:	Artistry::	Score:
	Gyiiiiast.		34.3.3+-	LACCULIO	111.	Composition.	Dynamics.	ixiiytiiii.	Ai tisti y	Jeore.

Gymnast: SV: 9.5+= Execution: Composition: Dynamics: Rhythm: Artistry: Score:

Gymnast:	SV: 9.5+=	Execution:	Composition:	Dynamics:	Rhythm:	Artistry:	Score:
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LEVEL 10 FLOOR Warm up 2:00 Minutes

Time: 1:30

1	<u>Special</u>	A(3) 0.1		<u>Bonus</u>			Composition	Hold end pose 1 sec: 0.05			Artistry/	<u>Presentation</u>	
1	Requirements:	B(3) 0.3	CV	0.10	0.20	Last Salto	o not up to level: ^0.1	Sync music w end p	ose: 0.1		- Lack of	variety in choreo: ^0.1	
	1. 2 salto pass	C(2) 0.5	Indir	AAC	CC	Acro not	up to level: ^0.2	Conc. Pause 2 sec: (0.1 ea		- Quality	of movement: ^0.1	
	2. 3 diff saltos		Acro	ВС	AAD	Dance El	em not up to level:	Inc. body alignment	t, position, or pos	ture	- Quality	of expression: ^0.1	
	3. Min C salto dmt	D: +.1		AD	AE	^0.1		in nonVPs through	out exercise: ^0.3		Insuf. rhy	thm/tempo throughout:	^0.2
1	4. Dance Pass min 2	E: +.2			BD*	No B turi	n: 0.2	Relaxed / incorrect	footwork on non	VPs	Insuf Sur	ness throughout: ^0.2	
1	diff with 1 180o		Dir	BB	ВС	Lack of n	nin 3 A saltos: 0.3	throughout exercise	e: ^0.3		Insufficie	nt dynamics: ^0.2	
1	leap		Acro	AC	AD*	Fail to sa	lto fwd/side&bkw: 0.1	Deviation from st d	irection on dmnt:	0.1	Energy	maintained throut exercis	se
					CC	Insf use of	of floor, space: ^0.1	Poor relation music	/movement thro	ut: ^.3	(makes d	ifficult look effortless)	
			Dance/	BD/E	CD/E								
			Mix	CC									
				D/EA									
-	Gymnast:		SV: 9.5+=		Execution	:	Composition:	Dynamics:	Rhythm:	Artist	ry::	Score:	

Gymnast: SV: 9.5+= Execution: Composition:	Dynamics: Rhythm:	Artistry: So	core:
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Gymnast: S	SV: 9.5+=	Execution:	Composition:	Dynamics:	Rhythm:	Artistry:	Score: