

## Level 8, 9, 10 VAULT

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

# \_\_\_\_\_ SV \_\_\_\_\_ SCORE \_\_\_\_\_



# \_\_\_\_\_ SV \_\_\_\_\_ SCORE \_\_\_\_\_



# \_\_\_\_\_ SV \_\_\_\_\_ 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, excld dismt, <b>OR</b> One “B” elem w/ min 180° (LA) Turn, excluding mount / dismount. b. One “B” 360° clr circling elem from Groups 3/6/7, excld dismount. 4. Salto dismount, minimum of “A”.”	4 A’s 4 B’s  Allowable C’s = B value	Extra Swings: Max .5 each occurrence Swing Under Horizontal: ^0.1 each Insf Extension of Glide/Swing Kip: ^0.1 Hesitation of Jump to HB: ^0.1 Landing too close to the bars: 0.1 Touch/brush apparatus: ^0.1 each Hit apparatus: 0.2 Hit mat: 0.3	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	Insufficient Dynamics: ^0.2 - Insuf swingful exec throughout - Energy not maintained throughout - Fail to make difficult look effortless Rhythm in elements/connections: ^0.1 ea	
<b>Gymnast:</b>	<b>SV:</b>	<b>Execution:</b>	<b>Composition:</b>	<b>Dynamics:</b>	<b>Score:</b>

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**LEVEL 8 BEAM**  
**Warm up 2:00 Minutes**  
**Warning 1:20 Time: 1:30**

<b>Special Requirements:</b> 1. Acro series 1 w/ flight 2. 180o Leap/Jump 3. 360o turn (1 foot) 4. "A" Dmt (salto/aerial)	A(4) 0.1	<b><u>Allowable Difficulty:</u></b>  A's B's C Dance  <b>ONE</b> restricted "C" Acro element	<b><u>Composition</u></b> Acro not up to level ^0.2 Dance not up to level ^0.2 Dmt not up to level ^0.1 Lack of dance series: 0.2 Fail to Acro in 2 directions 0.1 Dmt only 0.05 Insuf level change: ^0.1 Insuf Spacial use: ^0.1	Inc. body alignment, position, or posture in nonVPs throughout exercise: ^0.3 Relaxed / incorrect footwork on nonVPs throughout exercise: ^0.3 Deviation from st direction on dmnt: 0.1 Concentration Pause: 2 sec: 0.1 each > 2 sec: 0.2 each	<b><u>Artistry/Presentation</u></b> - Lack of variety in choreo: ^0.1 - Quality of movement: ^0.1 - Quality of expression: ^0.1 Insuf. rhythm/tempo throughout: ^0.2 Insuf Surness throughout: ^0.2 Insufficient dynamics: ^0.2 • Energy maintained throught exercise (makes difficult look effortless)		
	B(4)						
	0.3						
	C = B						
<b>Gymnast:</b>	<b>SV:</b>	<b>Execution:</b>	<b>Composition:</b>	<b>Dynamics:</b>	<b>Rhythm:</b>	<b>Artistry::</b>	<b>Score:</b>

<b>Gymnast:</b>	<b>SV:</b>	<b>Execution:</b>	<b>Composition:</b>	<b>Dynamics:</b>	<b>Rhythm:</b>	<b>Artistry:</b>	<b>Score:</b>
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<b>Gymnast:</b>	<b>SV:</b>	<b>Execution:</b>	<b>Composition:</b>	<b>Dynamics:</b>	<b>Rhythm:</b>	<b>Artistry:</b>	<b>Score:</b>
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**LEVEL 8 FLOOR**  
**Warm up 2:00 Minutes**  
**Time: 1:30**

<b><u>Special Requirements:</u></b> Special Requirements: 1. 2 salto pass 2. 3 diff saltos 3. Min A salto dmt 4. Dance Pass min 2 diff with 1 180o leap	A(4) 0.1 B(4) 0.3  C = B	<b><u>Allowable Difficulty:</u></b> A's B's C Dance  <b>ONE</b> restricted "C" Acro element	<b><u>Composition</u></b> Last Salto not up to level: ^0.1 Acro not up to level: ^0.2 Dance Elem not up to level: ^0.1 No B turn: 0.2 Lack of min 3 A saltos: 0.3 Fail to salto fwd/side&bkw: 0.1 Insf use of floor, space: ^0.1	Hold end pose 1 sec: 0.05 Sync music w end pose: 0.1 Conc. Pause 2 sec: 0.1 ea Inc. body alignment, position, or posture in nonVPs throughout exercise: ^0.3 Relaxed / incorrect footwork on nonVPs throughout exercise: ^0.3 Deviation from st direction on dmnt: 0.1 Poor relation music/movement throu: ^3	<b><u>Artistry/Presentation</u></b> - Lack of variety in choreo: ^0.1 - Quality of movement: ^0.1 - Quality of expression: ^0.1 Insuf. rhythm/tempo throughout: ^0.2 Insuf Surness throughout: ^0.2 Insufficient dynamics: ^0.2 • Energy maintained throu exercise (makes difficult look effortless)
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<b>Gymnast:</b>	<b>SV:</b>	<b>Execution:</b>	<b>Composition:</b>	<b>Dynamics:</b>	<b>Rhythm:</b>	<b>Artistry::</b>	<b>Score:</b>
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**LEVEL 9 BARS**  
**Warm up 2:00 Minutes**

1. Min. 2 Bar Change 2. Min. B Flight 3. Diff C Flight or B Turn 4. Salto Dmt, min B	A(3) 0.1 B(4) 0.3 C(1) 0.5  1 Restricted D/E = C	<b>Bonus</b> C+C = +0.1 (diff if no tn/flt)  C+C (both tn/flt)+.2  D/E = +0.1	Composition: Dmt not up to level: ^0.1 2 of 3 elements: 0.1 each -Forward – 3/6/7 – LA Trn/Flt Faces same dir throughout: 0.1 Unch Element: 0.1 Lack of achieve vertical: ^0.2	Insufficient Dynamics: ^0.2 - Insuf swingful exec throughout - Energy not maintained throughout - Fail to make difficult look effortless Rhythm in elements/connections: ^0.1 ea
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<b>Gymnast:</b>	<b>SV: 9.7+ =</b>	<b>Execution:</b>	<b>Composition:</b>	<b>Dynamics:</b>	<b>Score:</b>
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<b>Gymnast:</b>	<b>SV: 9.7+ =</b>	<b>Execution:</b>	<b>Composition:</b>	<b>Dynamics:</b>	<b>Score:</b>
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<b>Gymnast:</b>	<b>SV: 9.7+ =</b>	<b>Execution:</b>	<b>Composition:</b>	<b>Dynamics:</b>	<b>Score:</b>
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**LEVEL 9 BEAM**  
**Warm up 2:00 Minutes**  
**Warning 1:20 Time: 1:30**

<b>Special Require:</b> 1. Acro series 2 directly connected flight 2. 180o Leap/Jump 3. 360o turn (1 foot) 4. B Dmt  <b>Allowable Difficulty:</b> A's B's C's D/E Dance 1 restricted "D/E" acro	A(3) 0.1 B(4) 0.3 C(1) 0.5  D/E = C	<b>Allowable Difficulty:</b> A(3) 0.1 B(4) 0.3 C(1) 0.5  D/E = C	<table><tr><th colspan="3">Bonus:</th></tr><tr><th>CV</th><th>0.10</th><th>0.20</th></tr><tr><td>ACRO</td><td>B + C</td><td>C + C</td></tr><tr><td>3 ACRO/FLT</td><td>B + B + C</td><td>C + C + C</td></tr><tr><td>Dance/MIX Turns</td><td>B + C A + C</td><td>B + D</td></tr></table> Difficulty Bonus: D/E = +0.1 Add'l +0.1 for 3 acro series w/min C salto	Bonus:			CV	0.10	0.20	ACRO	B + C	C + C	3 ACRO/FLT	B + B + C	C + C + C	Dance/MIX Turns	B + C A + C	B + D	<b>Composition:</b> Acro not up to level ^0.2 Dance not up to level ^0.2 Dmt not up to level ^0.1 Lack of dance series: 0.2 Fail to Acro in 2 directions 0.1 - Dmt only 0.05 Fail to show movment/non-VP in 2 of 3 directions: 0.05 ea Insuf level change: ^0.1 Insuf Spacial use: ^0.1 More than 1 pvt turn: 0.1	Inc. body alignment, position, or posture in non-VP throughout exercise: ^0.3 Relaxed / incorrect footwork on nonVPs throughout exercise: ^0.3 Deviation from st direction on dmnt: 0.1 Concentration Pause: 2 sec: 0.1 each > 2 sec: 0.2 each <b>Artistry/Presentation</b> - Lack of variety in choreo: ^0.1 - Quality of movement: ^0.1 - Quality of expression: ^0.1 Insuf. rhythm/tempo throughout: ^0.2 Insuf Surness throughout: ^0.2 Insufficient dynamics: ^0.2 • Energy maintained throuth exercise (makes difficult look effortless)
Bonus:																				
CV	0.10	0.20																		
ACRO	B + C	C + C																		
3 ACRO/FLT	B + B + C	C + C + C																		
Dance/MIX Turns	B + C A + C	B + D																		

<b>Gymnast:</b>	<b>SV: 9.7+ =</b>	<b>Execution:</b>	<b>Composition:</b>	<b>Dynamics:</b>	<b>Rhythm:</b>	<b>Artistry:</b>	<b>Score:</b>
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**LEVEL 9 FLOOR**  
**Warm up 2:00 Minutes**  
**Time: 1:30**

<b>Special Requirements:</b> 1. 2 salto pass 2. 3 diff saltos 3. Min B salto dmt 4. Dance Pass min 2 diff with 1 180 leap	A(3) 0.1 B(4) 0.3 C(1) 0.5 D Dance	<b>Bonus</b>			<b>Composition</b> Last Salto not up to level: ^0.1 Acro not up to level: ^0.2 Dance Elem not up to level: ^0.1 No B turn: 0.2 Lack of min 3 A saltos: 0.3 Fail to salto fwd/side&bkw: 0.1 Insf use of floor, space: ^0.1	Hold end pose 1 sec: 0.05 Sync music w end pose: 0.1 Conc. Pause 2 sec: 0.1 ea Inc. body alignment, position, or posture in nonVPs throughout exercise: ^0.3 Relaxed / incorrect footwork on nonVPs throughout exercise: ^0.3 Deviation from st direction on dmnt: 0.1 Poor relation music/movement throu: ^.3	<b>Artistry/Presentation</b> - Lack of variety in choreo: ^0.1 - Quality of movement: ^0.1 - Quality of expression: ^0.1 Insuf. rhythm/tempo throughout: ^0.2 Insuf Surness throughout: ^0.2 Insufficient dynamics: ^0.2 • Energy maintained throu exercise (makes difficult look effortless)
		CV	0.10	0.20			
		Indir	AAC	CC			
		Acro	BC				
		Dir	BB	BB			
		Acro	AC	AC			
	1 Res. D/E Acro: +.1	Dance/ Mix	CC				

<b>Gymnast:</b>	<b>SV: 9.7+=</b>	<b>Execution:</b>	<b>Composition:</b>	<b>Dynamics:</b>	<b>Rhythm:</b>	<b>Artistry:</b>	<b>Score:</b>
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<b>Gymnast:</b>	<b>SV: 9.7+=</b>	<b>Execution:</b>	<b>Composition:</b>	<b>Dynamics:</b>	<b>Rhythm:</b>	<b>Artistry:</b>	<b>Score:</b>
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<b>Gymnast:</b>	<b>SV: 9.7+=</b>	<b>Execution:</b>	<b>Composition:</b>	<b>Dynamics:</b>	<b>Rhythm:</b>	<b>Artistry:</b>	<b>Score:</b>
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**LEVEL 10 BARS**  
**Warm up 2:00 Minutes**

1. Min. C Flight 2. Min. B Flight (diff) 3. Min. C Turn 4. Salto Dmt, min C	A(3) 0.1 B(3) 0.3 C(2) 0.5	<u><b>Bonus</b></u>  C+C = +0.1 C+ D/E = +0.1 D+D = +.2  D = +0.1 E = +0.2	<u><b>Composition:</b></u> Dmt not up to level: ^0.1 Releases not up to level ^0.2 2 of 3 elements: 0.1 each - Forward – 3/6/7 – LA Trn/Flt Faces same dir throughout: 0.1 Unch Element: 0.1 Lack of achieve vertical: ^0.2 More than 1 squat on: 0.1 each Lack of 2 bar changes: 0.2	Insufficient Dynamics: ^0.2 - Insuf swingful exec throughout - Energy not maintained throughout - Fail to make difficult look effortless Rhythm in elements/connections: ^0.1 ea	
<b>Gymnast:</b>	<b>SV: 9.5+ =</b>	<b>Execution:</b>	<b>Composition:</b>	<b>Dynamics:</b>	<b>Score:</b>

<b>Gymnast:</b>	<b>SV: 9.5+ =</b>	<b>Execution:</b>	<b>Composition:</b>	<b>Dynamics:</b>	<b>Score:</b>
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<b>Gymnast:</b>	<b>SV: 9.5+ =</b>	<b>Execution:</b>	<b>Composition:</b>	<b>Dynamics:</b>	<b>Score:</b>
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**LEVEL 10 BEAM**  
**Warm up 2:00 Minutes**  
**Warning 1:20 Time: 1:30**

<b>Special Require:</b> 1. Acro series 2 directly con. Flight min C salto 2. 180o Leap/Jump 3. 360o turn (1 foot) 4. C Dmt	A(3) 0.1 B(3) 0.3 C(2) 0.5 D/E	<b>Allowable Difficulty:</b> A(3) 0.1 B(4) 0.3 C(1) 0.5  D/E = C	<b>Bonus:</b>			<b>Composition:</b> Acro not up to level ^0.2 Dance not up to level ^0.2 Dmt not up to level ^0.1 Lack of dance series: 0.2 Fail to Acro in 2 directions 0.1 - Dmt only 0.05 Fail to show movment/non-VP in 2 of 3 directions: 0.05 ea Insuf level change: ^0.1 Insuf Spacial use: ^0.1 More than 1 pvt turn: 0.1	Inc. body alignment, position, or posture in non-VP throughout exercise: ^0.3 Relaxed / incorrect footwork on nonVPs throughout exercise: ^0.3 Deviation from st direction on dmnt: 0.1 Concentration Pause: 2 sec: 0.1 each > 2 sec: 0.2 each <b>Artistry/Presentation</b> - Lack of variety in choreo: ^0.1 - Quality of movement: ^0.1 - Quality of expression: ^0.1 Insuf. rhythm/tempo throughout: ^0.2 Insuf Surness throughout: ^0.2 Insufficient dynamics: ^0.2 • Energy maintained throuth exercise (makes difficult look effortless)
			CV	0.10	0.20		
			ACRO	B + C	B+D/E C+C/D/E		
			3 ACRO/FLT	B + B + C	B+C+C B+B/C+D/E		
			Dance/MIX Turns	A+D B+C A+C	B+D C+C/D/E		
			<b>Difficulty Bonus:</b> D = 0.10 E = 0.20  Add'l +0.1 for 3 acro series w/min C salto				
<b>Gymnast:</b>	<b>SV: 9.5+=</b>	<b>Execution:</b>	<b>Composition:</b>	<b>Dynamics:</b>	<b>Rhythm:</b>	<b>Artistry::</b>	<b>Score:</b>

<b>Gymnast:</b>	<b>SV: 9.5+=</b>	<b>Execution:</b>	<b>Composition:</b>	<b>Dynamics:</b>	<b>Rhythm:</b>	<b>Artistry:</b>	<b>Score:</b>
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<b>Gymnast:</b>	<b>SV: 9.5+=</b>	<b>Execution:</b>	<b>Composition:</b>	<b>Dynamics:</b>	<b>Rhythm:</b>	<b>Artistry:</b>	<b>Score:</b>
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**LEVEL 10 FLOOR**  
**Warm up 2:00 Minutes**  
**Time: 1:30**

<b>Special Requirements:</b> 1. 2 salto pass 2. 3 diff saltos 3. Min C salto dmt 4. Dance Pass min 2 diff with 1 180o leap	A(3) 0.1 B(3) 0.3 C(2) 0.5  D: +.1 E: +.2	<b>Bonus</b>			<b>Composition</b> Last Salto not up to level: ^0.1 Acro not up to level: ^0.2 Dance Elem not up to level: ^0.1 No B turn: 0.2 Lack of min 3 A saltos: 0.3 Fail to salto fwd/side&bkw: 0.1 Insf use of floor, space: ^0.1	Hold end pose 1 sec: 0.05 Sync music w end pose: 0.1 Conc. Pause 2 sec: 0.1 ea Inc. body alignment, position, or posture in nonVPs throughout exercise: ^0.3 Relaxed / incorrect footwork on nonVPs throughout exercise: ^0.3 Deviation from st direction on dmnt: 0.1 Poor relation music/movement throuth: ^.3	<b>Artistry/Presentation</b> - Lack of variety in choreo: ^0.1 - Quality of movement: ^0.1 - Quality of expression: ^0.1 Insuf. rhythm/tempo throughout: ^0.2 Insuf Surness throughout: ^0.2 Insufficient dynamics: ^0.2 • Energy maintained throuth exercise (makes difficult look effortless)
		<b>CV</b>	<b>0.10</b>	<b>0.20</b>			
		Indir Acro	AAC BC AD	CC AAD AE BD*			
		Dir Acro	BB AC	BC AD* CC			
		Dance/ Mix	BD/E CC D/EA	CD/E			

<b>Gymnast:</b>	<b>SV: 9.5+=</b>	<b>Execution:</b>	<b>Composition:</b>	<b>Dynamics:</b>	<b>Rhythm:</b>	<b>Artistry::</b>	<b>Score:</b>
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<b>Gymnast:</b>	<b>SV: 9.5+=</b>	<b>Execution:</b>	<b>Composition:</b>	<b>Dynamics:</b>	<b>Rhythm:</b>	<b>Artistry:</b>	<b>Score:</b>
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<b>Gymnast:</b>	<b>SV: 9.5+=</b>	<b>Execution:</b>	<b>Composition:</b>	<b>Dynamics:</b>	<b>Rhythm:</b>	<b>Artistry:</b>	<b>Score:</b>
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