

## BARS COMPOSITION

**LEVEL 10 RELEASES** not up to competitive level  
consider: value / type / connections / total number

↑0.2	Release Elements 'D' = D or E
Expected NO Deduction	<b>D--D</b> <i>Minimum of 2 different D or E Elements</i>
0.05	<b>D C</b> <i>Directly Connected</i>
0.10	<b>D--C</b> <i>Isolated (NOT connected)</i>
0.15	<b>C C</b> <i>Directly Connected</i>
	<b>D--B</b> <i>Isolated (NOT connected)</i>
0.20	<b>C--C</b> <i>Isolated (NOT connected)</i>
	<b>C B</b> <i>or less</i>

**LEVEL 10 DISMOUNT** not up to competitive level

↑0.1	Dismount Elements	
Expected NO Deduction	<b>D/E</b>	<b>D C</b> <i>Directly Connected</i>
0.05	<b>C C C</b> <i>Directly Connected</i>	<b>D C C</b> <i>Directly Connected</i>
0.10	<b>C C</b> <i>"C" or less connected to "C" or less dismount</i>	

**LEVEL 9 - 8 DISMOUNT** not up to competitive level

↑0.1	LEVEL 9	LEVEL 8
Expected NO Deduction	<b>C</b>	<b>B or B A</b>
0.05	<b>C B</b>	
0.10	<b>B B</b>	<b>A</b> <i>or No VP</i>

### LEVELS 9-10 CHOICE of elements ↑0.2

Failure to perform 2 elements (min of "B") that fulfill 2 of the 3 requirements (*excludes dismount*)

- 1) **Forward element, circle or release, min B**
- 2) **Group 3/6/7 element, min. B**
- 3) **Min 180° LA turn 'C' element, w/wo flight**

*includes cast handstand ½, giant ½, other elements to handstand ½, all pirouettes, Heals, overshoot ½ to or from handstand, Giengers, other C,D,E twisting releases.*

	Element choices performed
Expected NO Deduction	<b>2</b> <i>Two out of the three choices</i>
0.10	<b>1</b> <i>One out of the three choices</i>
0.20	<b>0</b> <i>None of the 3 choices performed</i>

### 0.10 Uncharacteristic Element (*each time*)

- Squat-on LB ½ turn
- Climbing onto LB within exercise
- Swing fwd from HB place feet on LB w/wo ½ turn

### 0.10 ¾ Giant Circle Fwd, w/wo grip change (*each time*)

- Not horizontal also ↑0.1
- Breaks connection

### 0.10 Facing same direction throughout exercise

- Not in Mount / Dismount
- 1/1 turn will NOT fulfill

(Levels 9 & 10 only)

### 0.10 More than 1 Squat / Stoop on LB (*Level 10 only*)

- W/wo Sole Circle, jump to HB
- After fall OK to squat on

### 0.20 Lack of two bar changes (*Level 10 only*)

### ↑ 0.20 Lack of Elements that Achieve Vertical

*or pass through vertical* (Level 8 only)

## BEAM LEVEL 8 COMPOSITION

**L8 ACRO** not up to competitive level ↑0.2

*Includes acro mount & elements on the beam (not Dmt)*

	Flight Series	Additional Acro	Additional Acro
0.0	<b>B B</b> <i>2 flight</i>	<b>B</b>	<b>A</b>
0.05	<b>B B</b> <i>2 flight</i>	<b>A</b>	<b>A</b>
	<b>B B</b> <i>2 flight</i>	<b>B</b>	
0.10	<b>B B</b> <i>2 flight</i>	<b>A</b>	
	<b>A B</b> <i>B flight</i>	<b>B</b>	
0.15	<b>A B</b> <i>B flight</i>	<b>A</b>	
	<b>B B</b> <i>2 flight</i>	<i>No other Acros</i>	
0.20	<b>A B</b> <i>or NO series</i>	<i>No other Acros</i>	

**L8 DANCE** not up to competitive level ↑0.20

Expected 0.0	<b>B B A</b>
0.05	<b>B B</b>
0.10	<b>B A A</b>
0.15	<b>B A</b>
0.20	Only <b>A</b> elements

**L8 DISMOUNT** not up to competitive level ↑0.1

	Dismount	Acro Connect
Expected 0.0	<b>B</b>	<b>B A</b> <i>Acro connect</i>
0.05		<b>A A</b> <i>Acro connect</i>
0.10	<b>A</b> <i>Isolated</i>	<i>Any non VP Dismount</i>
A non-VP acro used for 3rd time may be considered for dismount connection in composition.		

**0.10** Failure to perform Acros in 2 different directions: Backward & Forward/Sideward

**0.05** Dismount is the only Fwd/ Swd or Bwd

**0.10** Overuse of Dance elements with same shape

*More than 2 ea: Wolf / Tuck or Straddle*

**0.10** More than 1 pivot turn (*2-feet & straight legs*)

**0.20** Lack of a Dance Series (*Min of 2 dance elements*)

↑0.10 Insufficient level changes throughout exercise

↑0.10 Spatial use: Entire length of beam

**0.05** ea Must show 2 of 3 Directions: Fwd/Bwd/Swd Movements in Non-VP/Choreo

## BEAM LEVEL 9 COMPOSITION

### L9 ACRO not up to competitive level ↑0.2

*Includes acro mount & elements on beam (not Dmt)*

	Flight Series	Additional Acro
Expected 0.0	<b>B C</b> 2 flight	<b>C</b> Salto or Aerial
	<b>B C</b> 2 flight	<b>D</b> hand support
	Acro series with <b>salto or aerial</b>	<b>C</b> hand support
0.05	<b>B C</b> 2 flight	<b>C</b> hand support
0.10	<b>B C</b> 2 flight	<b>B</b> or more B flight
0.15	<b>B B</b> 1-2 B flights	<b>C</b> Salto or Aerial
0.20	<b>B B</b> 1-2 B flights	No other <b>B</b> Acros
	Broken series No series	No other <b>B</b> Acros

### L9 DANCE not up to competitive level ↑0.20

Expected 0.0	<b>C C</b>
0.05	<b>C B</b>
0.10	<b>C</b>
0.15	<b>B B</b>
0.20	<b>B</b>

### L9 DISMOUNT not up to competitive level ↑0.1

	Dismount	Acro Connect	Dance Connect
Expected 0.0	<b>C</b>	<b>B B</b> Acro connect	<b>C B</b> Dance connect
0.05		<b>A B</b> Acro connect	<b>B B</b> Dance connect
0.10	<b>B</b> Isolated	<b>A</b> Any A dmt	
A non-VP acro used for 3rd time may be considered for dismount connection in composition.			

**0.10** Failure to perform Acros in 2 different directions: Backward & Forward/Sideward

**0.05** Dismount is the only Fwd/ Swd or Bwd

**0.10** Overuse of Dance elements with same shape

*More than 2 each: Wolf / Tuck or Straddle*

**0.10** More than 1 pivot turn (2-feet & straight legs)

**0.20** Lack of a Dance Series (Min of 2 dance elements)

↑0.10 Insufficient level changes throughout exercise

↑0.10 Spatial use: Entire length of beam

**0.05** ea Must show 2 of 3 Directions: Fwd/Bwd/Swd Movements in Non-VP/Choreo

## BEAM LEVEL 10 COMPOSITION

### ACRO elements not up to competitive level ↑0.2

*Includes acro mount & elements on the beam (not Dmt)*

	Flight Series	Additional Acro	Additional C Salto
Expected = NO Deduction	<b>B C</b> <i>1 C-salto</i>	<b>D</b> <i>Aerial/salto/hand</i>	<b>C</b> <i>or D/E Acro flight</i>
	<b>B B C</b> <i>Salto or hand OK</i>	<b>D</b> <i>Aerial/salto/hand</i>	<b>C</b> <i>or D/E Acro flight</i>
	<b>C C</b> <i>2 C-saltos or BCC</i>	<b>D</b> <i>Aerial/salto/hand</i>	
	<b>B D</b> <i>Min of 1 D/E flight</i>	<b>D</b> <i>Aerial/salto/hand</i>	
0.05	<b>B C</b> <i>1 C-salto</i>	<b>D</b> <i>Aerial/salto/hand</i>	
	<b>B D</b> <i>D/E flight</i>		<b>C</b> <i>Salto</i>
0.10	<b>B C</b> <i>1 C-salto</i>		<b>C</b> <i>Salto</i>
	<b>B C</b> <i>Hands, NO salto</i>	<b>D</b> <i>Aerial/salto/hand</i>	<b>C</b> <i>Salto</i>
	<b>B D</b> <i>D/E flight</i>	<b>B or C</b> <i>Flight on Hands</i>	
0.15	<b>B C</b> <i>1 C-salto</i>		
	<b>B C</b> <i>Hands, NO salto</i>	<b>D</b> <i>Aerial/salto/hand</i>	
	<b>B D</b> <i>D/E flight</i>		
	<b>No Series</b>	<b>D</b> <i>Aerial/salto/hand</i>	
0.20	<b>No Series or Broken Series</b>		<b>C</b> <i>only 1 Salto</i>
	<b>B C</b> <i>Hands only or less</i>		

### DANCE elements not up to competitive level ↑0.20

Expected 0.0	<b>C C C</b>	or	<b>D D</b> or <b>E D</b>
0.05	<b>C C B</b>	or	<b>D C</b> or <b>E C</b>
0.10	<b>C C</b>	or	<b>D B</b> or <b>E B</b>
0.15	<b>C B</b>	or	<b>D</b> or <b>E</b>
0.20	<b>C</b>	or	<b>B B</b> or less

### DISMOUNT not up to competitive level ↑0.1

	Dismount	Acro Connect	Dance Connect
Expected 0.0	<b>D</b>	<b>B C</b> <i>B-Acro to C-Dmt</i>	<b>C C</b> <i>C-Dance to C-Dmt</i>
0.05		<b>A C</b> <i>A-Acro to C-Dmt</i>	<b>B C</b> <i>B-Dance to C-Dmt</i>
		<b>C B B</b> <i>C in Acro series to B-Dmt</i>	
		<b>D B</b> or <b>E B</b> <i>D/E-Acro flight to B-Dmt</i>	
0.10	<b>C</b>	<b>C B</b> <i>C-Acro to B-Dmt</i>	<b>C B</b> <i>C-Dance to B-Dmt</i>
<i>A non-VP acro used for 3rd time may be considered for dismount connection in composition.</i>			

#### 0.10

Failure to perform Acros in 2 different directions  
Backward & Forward/Sideward

#### 0.05

Dismount is the only Fwd/ Swd or Bwd

#### 0.10

Overuse of Dance elements with same shape  
More than 2 each: Wolf / Tuck or Straddle

#### 0.10

More than 1 pivot turn (2-feet & straight legs)

#### 0.20

Lack of a Dance Series (Min of 2 dance elements)  
Leaps / hops / jumps / turns

↑0.10 Insufficient level changes throughout exercise

↑0.10 Spatial use: Entire length of beam

#### 0.05

ea Must show 2 of 3 Directions:  
Fwd/Bwd/Swd Movements in Non-VP/Choreo

## FLOOR LEVEL 8 COMPOSITION

**L8 SALTOS** not up to competitive level ↑0.2

		Pass (1)	Pass (2)	Pass (3)
3-pass routines	0.0	B	B	B
		B	B	A A <i>DIRECT</i>
	0.05	B	B	A--A <i>INDIRECT</i>
	0.10	B	B	A
		B	A A <i>DIRECT</i>	A
	0.15	B	A--A <i>INDIRECT</i>	A
	0.20	No <b>B</b> saltos or less difficult than above		

		Pass (1)	Pass (2)
2-pass routines	0.0	B B <i>DIRECT</i>	B A <i>DIRECT</i>
	0.05	B B <i>DIRECT</i>	B--A <i>INDIRECT</i>
	0.10	B B <i>DIRECT</i>	B
	0.15	B A <i>DIRECT</i>	B
		A A <i>DIRECT</i>	B
	0.20	No <b>B</b> saltos or less difficult than above	

**L8 DANCE** not up to competitive level ↑0.20

Expected 0.0	B B A
0.05	B B
0.10	B A A
0.15	B A
0.20	only A <sub>s</sub>

**L8 LAST SALTO** in Acro connection or isolated ↑0.1

Expected 0.0	B	
0.05	A--A <i>INDIRECT</i>	or A A <i>DIRECT</i>
0.10	A <i>Isolated</i>	

## FLOOR EXERCISE COMPOSITION

**↑0.10** Insufficient use of the Floor Exercise area  
(Spatially - Floor Pattern)

**0.10** Failure to perform Saltos or in 2 different  
directions: BWD and FWD/SWD

**0.10** Overuse of dance elements with same shape  
*More than 2 ea: Tuck/wolf or straddle*

**0.20** Lack of a turn on one foot, minimum B

**0.30** Lack of 3 A saltos (L8)

A 1-foot take-off will NOT be considered a salto  
for Special Requirement or Composition purposes.  
(Will appear as an aerial or side salto)

## FLOOR LEVEL 9 COMPOSITION

L9 SALTOS not up to competitive level ↑0.2

		Pass (1)	Pass (2)	Pass (3)
3-pass routines	0.0	C	C	C
		C	C	B B <i>DIRECT</i>
	0.05	C	C	B A <i>DIRECT</i>
	0.10	C	C	B
		C	C	B--A <i>INDIRECT</i>
		C	B B <i>DIRECT</i>	B B <i>DIRECT</i>
	0.15	C	B	B B <i>DIRECT</i>
	0.20	No C saltos or less difficult than above		

		Pass (1)	Pass (2)
2-pass routines	0.0	C B <i>DIRECT</i>	C B <i>DIRECT</i>
	0.05	C B <i>DIRECT</i>	C--B <i>INDIRECT</i>
	0.10	C B <i>DIRECT</i>	C
		C A <i>DIRECT</i>	C--B <i>INDIRECT</i>
	0.15	C A <i>DIRECT</i>	C
		C--A <i>INDIRECT C--A or C--B</i>	C
	0.20	No C saltos or less difficult than above	

L9 DANCE not up to competitive level ↑0.20

Expected 0.0	C C <i>2 C-dance elements or more</i>
0.05	C B
0.10	C
0.15	B B
0.20	B

L9 LAST SALTO in Acro connection or isolated ↑0.1

Expected 0.0	C <i>DIRECT</i>	or	B B <i>DIRECT</i>
0.05	B--B <i>INDIRECT</i>	or	B A <i>DIRECT</i>
0.10	B--A <i>INDIRECT</i>	or	B or A <i>or less</i>

## FLOOR EXERCISE COMPOSITION

↑0.10 Insufficient use of the Floor Exercise area  
(Spatially - Floor Pattern)

0.10 Failure to perform Saltos in 2 different  
directions: BWD and FWD/SWD

0.10 Overuse of dance elements with same shape  
*More than 2 ea: Tuck/wolf or straddle*

0.20 Lack of a turn on one foot, minimum B

0.30 Lack of a B-salto (L9)  
*(in addition to lack of SR)*

A 1-foot take-off will NOT be considered a salto  
for Special Requirement or Composition purposes.  
*(Will appear as an aerial or side salto)*

# FLOOR LEVEL 10 COMPOSITION

SALTOS not up to competitive level ↑0.2

		Pass (1)	Pass (2)	Pass (3)
3-pass routines	Expected	D	D	D
		D	D	C B or C--C
	0.05	D	D	C A
		D	D	C--B
	0.10	D	D	C--A
		D	C B or C--C	C A or C--C
	0.15	D	C B	C
		D	C--B	C A
		D	C--B	C--C
	0.20	No D/E saltos or less difficult than above		

		Pass (1)	Pass (2)
2-pass routines	Expected	E	E
		E	D A
	0.05	DA or D--A <i>Direct or Indirect* A/B/C</i>	DA or D--A <i>Direct or Indirect* A/B/C</i>
		E	D--A <i>INDIRECT * D--A/B/C</i>
	0.10	D	DA or D--A <i>Direct or Indirect * A/B</i>
		E	CA or C--B <i>CA/CB/CC or C--B/C--C</i>
	0.15	D	CB or C--B <i>CB/CC or C--B/C--C</i>
		DA or D--A <i>Direct or Indirect * A/B</i>	C
		E	C--A <i>or less</i>
	0.20	No D/E saltos or less difficult than above	

DANCE not up to competitive level ↑0.20

Expected 0.00	C C C	or	D D <i>or ED</i>
0.05	C C B	or	D C <i>or EC</i>
0.10	C C	or	D B <i>or EB</i>
0.15	C B	or	D <i>or E</i>
0.20	C	or	B B <i>or less</i>

LAST SALTO in connection or isolated ↑0.1

Expected 0.00	D <i>"D/E"</i>	or	C B <i>DIRECT</i>
0.05	C--B <i>INDIRECT</i>	or	C--C <i>INDIRECT</i>
0.10	C--A <i>INDIRECT</i>	or	C <i>or B or A</i>

↑0.10 Insufficient use of the Floor Exercise area, Spatially - Floor pattern

0.10 Failure to perform Saltos in 2 different directions, BWD & FWD/SWD

0.10 Overuse of Dance elements of same shape  
More than 2: Wolf / Tuck

0.10 Overuse of Dance elements of same shape  
More than 2: Straddle

0.20 Lack of a turn on one foot, minimum B

0.30 Lack of a C-salto *(in addition to lack of SR)*