

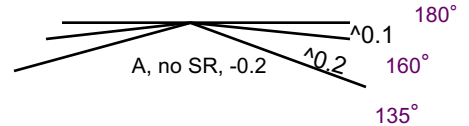
General Optional and Xcel Deductions

EXECUTION

Legs: each time	crossed	up to 0.1
	separated	up to 0.2
	bent	up to 0.3
not landing with feet together in jumps/leaps		up to 0.1
flexed/sickled feet during value parts		each time 0.05
bent arms in support		up to 0.3
	(VT – up to 0.5)	
insufficient exactness tuck/pike		up to 0.2
insufficient exactness in stretched position (arch, pike >each)		
	VT up to 0.3	UB, BB, FX up to 0.2
failure 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 dismt, BB/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 salto dismounts, FX saltos	up to 0.3
UB/BB dismt of no value; FX- last salto no value (L8-10) --from SV 0.3		
(no value= restricted, salto not initiated, 3 rd /2 nd 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	

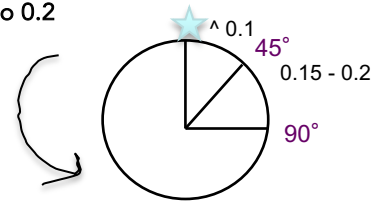
Insufficient split (dance, non-flight walkover-style acro)

up to 0.2



Insufficient turn/twist (360° example)

up to 0.2



Degree of turn within 90° of target angle to get credit, with deduction up to 0.2. If more than 90° from target angle, give credit for closest VP angle

Placement of front foot upon landing (twist) or heel drop (turn) determines angle of completion

Minimum score JO = 1.0; Xcel = 4.0

CHIEF JUDGE DEDUCTIONS (FROM AVG)

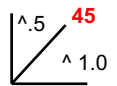
Fail to present before/after (not req'd facing judge) each	0.1
Out of Bounds (touch outside FX boundary) each	0.1
not marking FX boundary on add'l mats	0.1
Overtime	0.1
Exceeds warm-up time (after warning)	0.2
(perform elem on mat after fall, no warning)	
Failure to begin routine within 30 sec CJ signal	0.2
Start exercise before signal from CJ (from repeat)	0.5
Excessive use of chalk, or incorrect use of tape	0.2
Incorrect attire/jewelry	{ DP = 0.2
(after warn- take on next event; one time)	{ Xcel = 0.1
Unsportsmanlike conduct of gymnast (after warning)	0.2
Wearing padding (hip, heels on UB)	0.2
Coaches:	
remains between UB/ next to BB whole routine	{ DP = 0.1
	{ Xcel = 0.0
judge hears vocal technical cues to gymnast:	0.2
after warning, take one time per routine	
(if coach instructs what is next, no warning)	
Coach on FX during routine	{ DP 6-10 = 0.3
(move mats/ remove object ok)	{ Xcel = 0.0
failure to remove board after mount	0.3
failure to remove spotting device ASAP	0.3
Incorrect equipment: unauthorized matting; use hand	
placement mat on fwd vaults; incorrect apparatus specs;	
board spring config; board on unauthorized surface;	
landing dismt/FX salto onto foam pit	0.3 ea
Absence of music on FX (not tech failure)	1.0
Short exercise – UB <5 VP== FX/BB <30 sec	2.0
Xcel – less than 3 elements	2.0
Level 6 BB under 30 sec but has 10 SV	0.5
One hand touches table in vault (1/2 panel observes)	1.0

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:	up to 0.2 =>max 0.4
Deviation from straight direction	up to 0.1
Arm swings 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/dismts	up to 0.2
Deep squat (hips lower than knees)	up to 0.3
deep squat then falls	up to 0.3 and 0.5
Add'l trunk movements upon landing (to avoid steps)	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

Levels 6 & 7 Vaulting



when hands leave the table, angle of hands through hips. If there is a shoulder angle, then shoulder through hips (look for Center of Mass)

Height ^ 0.5

Length ^ 0.2 (center of mass at initial contact on mat stack)

Failure to create **rotation** ^ 0.3

maintain prescribed body position (excessive arch/pike) ^ 0.5

legs crossed ^ 0.1

legs separation ^ 0.2

legs bent ^ 0.3

foot form ^ 0.1

neutral head ^ 0.1

bent legs ^ 0.3
shoulder angle ^ 0.2
arms bent ^ 0.5 (except Tsuk lead arm)
head touch 2.0 (includes arms ded.)
neutral head ^ 0.1
arched (excessive) ^ 0.2
step/hop hands ea 0.1 max 0.3 (hop)
staggered/alt hand ^ 0.1
alt repulsion ^ 0.2
Failure to pass thru vertical ^ 0.3

ang of repulsion ^ 1.0
too long support ^ 0.5

Except Tsuk entry

legs crossed ^ 0.1
legs separation ^ 0.2
legs bent ^ 0.3
foot form ^ 0.1

neutral head ^ 0.1
arched ^ 0.2
Piked ^ 0.3



Table height – up to 135 cm

Mat stack – 32 in – 60 in height, include base mat.

Top layer must be minimum 4-inch skill cushion.

At end of mat stack, 8-inch skill cushion

Direction ^ 0.3 (at initial contact of mat)

Dynamics ^ 0.3

One hand on table (at least 1/2 panel see) --1.0 CJ
No contact of hands on table = VOID
Coach between board and table -0.5 (except RO vaults)
Coach aid landing -0.5 (no deduction after landing)
Coach aiding vault = VOID
Perform vault w/o judge prior signal – take 0.5 off repeated vault (CJ)
Salto performed after landing = VOID
Not performing allowable choice of vault = VOID
Unauthorized matting, unauthorized spring config - 0.3 CJ
Use of alternate springboard = VOID
Failure to use safety zone (RO vaults) = VOID
Failure to use mat stack = VOID
Incorrect tape/excessive chalk on table or runway - 0.2 CJ

Landing

Slight hop/small adj feet **towards** table ^ 0.1

Steps **towards** table, each: up to 0.2 ----- max 0.4

Brush/hit far end of table ^ 0.2

Lands on mat and falls/support **against** table 0.5

Body posture on landing (landing on feet) ^ 0.5

Lands on feet alternately, or only one foot (=LS) 0.2

Failure to land on top of mat stack 1.0

Failure to land on bottom of feet first =

handspr =>VOID

Yurc & Tsuk: L6 = > -1.00

L7 => NO deduction

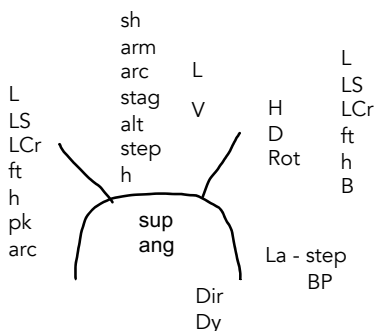
Land standing/sitting/lying on table = VOID

(allowed continued steps/rolls direction of momentum of the vault; finish optional)

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

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

Quick symbols



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

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 table for jump off table or with run/touch springboard.

No blocked time.

Next competitor can run/jump on runway - but not touch equipment and NOT in front of judges

Touch warm-up = 3 vaults, L 6-10. Allow ONE stand on table to jump off per gymnast before time; ONE run back after present to judges..

Levels 8-10 & XG - XA -- Optional Vaulting

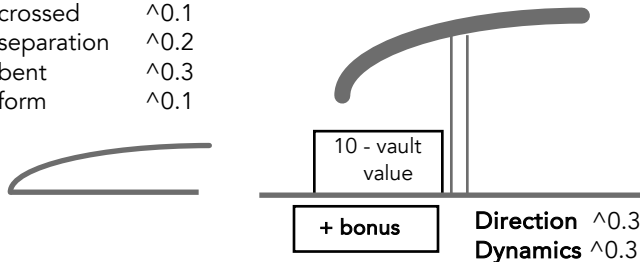
Except Gp 3 Tsuk or
Gp 5 full on- salto
off

bent legs (early tuck salto vaults) ^0.3
shoulder angle ^0.2
arms bent ^0.5 (except Tsuk lead arm)
head touch 2.0 (includes arms)
Excessive arch ^0.2
step/hop hands ea 0.1, max 0.3 (hop)
early twist (on table) ^0.3
not achieve vertical ^0.3

staggered/alt hand) ^0.1
alt repulsion ^0.2

incomplete twist ^0.3
(1/1+ or -1/4)
Arched (excessive) ^0.2
Piked ^0.3
legs crossed ^0.1
legs separation ^0.2
legs bent ^0.3
foot form ^0.1

non-salto: too long support ^ 0.5
ang of repulsion (L8-10) ^ 1.0
(Xcel ^ 0.5)



Height ^0.5
Length ^0.3

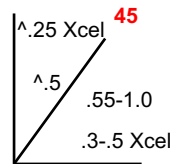
legs crossed ^0.1
legs separation ^0.2
legs bent ^0.3
foot form ^0.1

body shape –
insuf Tuck, Pike ^0.3
stretch – (arch or pike) ^ 0.3
pike down of stretched ^ 0.3
lack of opening ^0.25 absence 0.3
(stretch prior to landing, saltos only)

Twists –
exact twist ^0.1 (crisp)
complete twist late ^0.3 (on mat)
(Gps 1, 4&5 w/o salto)
incomplete turn ^0.3

under rotate salto up to 0.1

angle = hands to
body part furthest past
the vertical when
leaving the table
L8-10 ^1.0
XG, XP, XD ^0.5



One hand on table (at least 1/2 panel see) - -1.0 CJ
No contact of hands on table = VOID
Land standing/sitting/lying 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 aid 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 & Hdsp-r-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
-- allowed 3 approaches to perform 1 OR 2 vaults

Landing

steps each up to 0.2 -> max 0.4
(entire foot/feet slide or lift off floor to join = sm step)
feet land max hip width and not close 0.05
feet land *wider* than hip width, not close 0.1
staggered feet, small hop, adjust ^0.1
add'l trunk movements to maintain balance ^0.2
arm swings to maintain balance ^0.1
body posture (upon landing) ^0.2
squat (hips lower than knees) ^0.3 -> then falls +0.5
brush/hit body on far end of table ^0.2
brush/touch floor ^0.3 (no support)
falls against table 0.5
falls to hand(s)/knee(s)/hips on floor 0.5
failure to land feet first = VOID

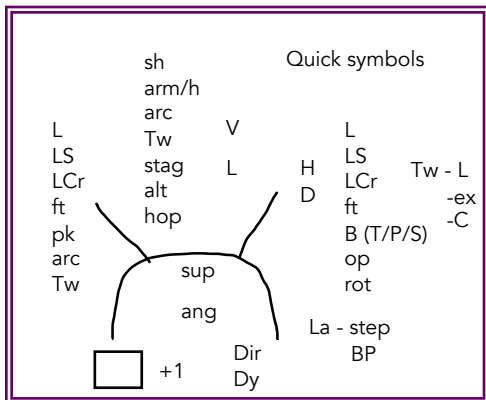
All levels: 45 sec fall time starts once
gymnast on her feet (after injury
assessment), ends at salute for 2nd vault

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

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 warm-up – amount determined by **largest squad** in
meet. Timing not includes 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.

Next competitor can run/jump on runway - but not touch
equipment and 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.

Levels 8, 9, 10 VAULT VALUES

J Doucette 8/23

Group 1: Handspring/Yami w w/o twist						
				L8	L9	L10
1.101	Hdsp			9.0	8.5	8.1
1.102	Hdsp	1/2		9.1	8.6	8.2
1.103	Yami			9.0	8.5	8.1
1.104	Yami	1/2		9.1	8.6	8.2
1.105	1/2 - 1/2	or 1/4 - 3/4		9.2	8.6	8.2
1.106	1/4 - 1/2	repul		9.0	7.0	7.0
1.109	Hsp-hdsp	hdsp		9.1	8.6	8.2
1.110	Hsp-hdsp	1/2		9.2	8.7	8.3
1.111	Hsp-1/2	repul		9.1	7.1	7.1
1.201	Hdsp	full		9.5	9.0	8.8
1.202	Hdsp	11/2		9.7	9.4	9.2
1.203	Yami	full		9.5	9.0	8.8
1.205	1/2 - 1 1/2	or 1/4 - 1 3/4	face away	9.6	9.3	9.1
1.206	1/2	full		9.4	8.9	8.7
1.207	full	hdsp/yami		9.5	9.0	8.9
1.208	full	1/2		9.7	9.3	9.1
1.209	Hsp-hdsp	full		9.6	9.1	8.9
1.211	Hsp-1/2	1/2		9.3	8.7	8.3
1.301	Hdsp	2		10.0	10.0	9.8
1.306	1/2 + 2	or 1/4 + 2 1/4		10.0	9.8	9.6
1.307	full	full			9.8	9.7
1.308	full	11/2	face table			9.8
1.311	Hsp-1/2	full		9.5	9.0	8.8
1.402	Hdsp	21/2				10+
1.504	Yami	21/2				10+

Group 2: Hdsp w w/o full twist, saltos fwd/bkwd						
				L8	L9	L10
2.301	Hdsp	front tuck			10.0	9.8
2.302	Hdsp	fr tuck 1/2			10.0	10.0
2.303	Hdsp	1/2 bk tuck				9.9
2.304	Hdsp	fr pike			10.0	9.9
2.310	Hsp-hdsp	fr tuck			10.0	9.9
2.311	Hsp-hdsp	fr pike			10.0	10.0
2.402	Hdsp	fr tuck full				10+
2.403	Hdsp	1/2 bk tuck 1/2				10+
2.404	Hdsp	fr pike 1/2				10+
2.405	Hdsp	1/2 bk pike				10+
2.406	Hdsp	fr layout				10+
2.407	Hdsp	fr layout 1/2				10+
2.407	Hdsp	1/2 bk layout				10+
2.408	Hdsp	fr pike full				10+
2.409	full	fr tuck				10+
2.410	Hsp-hdsp	fr tuck 1/2				10+
2.411	Hsp-hdsp	fr pike 1/2				10+
2.501	Hdsp	double front				10+
2.502	Hdsp	fr tuck 1 1/2				10+
2.507	Hdsp	fr layout full				10+
2.508	Hdsp	fr layout 1 1/2				10+
2.509	full	fr pike				10+
2.607	Hdsp	fr layout 2				10+
2.609	full	fr layout				10+

Group 3: Tsukahara (1/4 to 1/2 on), saltos						
				L8	L9	L10
3.201	Tsuk	bk tuck		10.0	9.6	9.4
3.302	Tsuk	bk tuck full			10.0	9.8
3.303	Tsuk	bk pike		10.0	9.7	9.5
3.304	Tsuk	bk layout			10.0	9.7
3.305	Hsp-Tsuk	bk pike			9.8	9.6
3.306	Tsuk	1/2 or 3/4 fr tuck			10.0	9.7
3.306	Tsuk	bk tuck 1/2			10.0	9.7
3.307	Tsuk	1/2 or 3/4 fr pike				9.8
3.307	Tsuk	bk pike 1/2				9.8
3.308	Tsuk	1/2 or 3/4 fr tuck 1/2	face table		10.0	9.8
3.402	Tsuk	bk tuck 1 1/2				10+
3.403	Tsuk	bk pike full				9.9
3.404	Tsuk	bk layout full				10+

Group 3: Tsukahara (1/4 to 1/2 on), saltos (cont)						
				L8	L9	L10
3.405	Hsp-Tsuk	bk tuck full				9.9
3.407	Tsuk	1/2 or 3/4 fr layout	face away			10.0
3.407	Tsuk	bk layout 1/2				10.0
3.504	Tsuk	bk layout 1 1/2				10+
3.505	Tsuk	bk layout 2				10+
3.507	Tsuk	1/2 or 3/4 fr layout 1/2	face table			10+
3.508	1/4-1/4	fr tuck 1 1/2				10+
3.509	Tsuk	1/2 or 3/4 fr tuck full	face away			10+
3.605	Tsuk	bk layout 2 1/2				10+

Group 4: Round Off (Yurchenko) entry						
				L8	L9	L10
4.101	RO	repul		9.0	7.0	7.0
4.102	RO	1/2 tw		9.1	7.7	7.7
4.201	RO	full tw		9.4	9.1	8.9
4.202	RO	1 1/2 tw		9.6	9.3	9.1
4.203	RO	bk tuck		10.0	9.6	9.4
4.301	RO	2 tw			9.8	9.7
4.303	RO	bk tuck full	face table		10.0	9.8
4.304	RO	bk pike		10.0	9.7	9.5
4.305	RO	bk layout			10.0	9.7
4.306	RO	bk layout full				10.0
4.307	RO	1/2 fr tuck	face away		10.0	9.8
4.307	RO	bk tuck 1/2			10.0	9.8
4.308	RO	1/2 fr pike				9.9
4.308	RO	bk pike 1/2				9.9
4.309	RO	1/2 fr layout				10.0
4.309	RO	bk layout 1/2				10.0
4.403	RO	bk tuck 1 1/2	face away			10.0
4.406	RO	bk layout 1 1/2				10+
4.407	RO	1/2 fr tuck 1/2	face table		10.0	10.0
4.503	RO	bk tuck 2				10+
4.506	RO	bk layout 2				10+
4.508	RO	1/2 fr pike 1/2				10+
4.606	RO	bk layout 2 1/2				10+

Group 5: RO 1/2 or Full (Yurchenko 1/2 or full) entry						
				L8	L9	L10
5.101	RO 1/2	hdsp		9.2	8.9	8.9
5.102	RO 1/2	1/2		9.4	9.1	9.1
5.107	RO full	1/2			9.2	9.2
5.108	RO full	repul			8.2	8.2
5.201	RO 1/2	full tw		9.6	9.2	9.2
5.202	RO 1/2	1 1/2 tw		9.8	9.4	9.4
5.207	RO full	full tw			9.3	9.3
5.301	RO 1/2	fr tuck			10.0	10.0
5.312	RO 1/2	2 tw		10.0	10.0	9.9
5.401	RO 1/2	1/2 fr tuck				10+
5.402	RO 1/2	bk tuck 1/2	face table			10+
5.403	RO 1/2	fr pike				10+
5.404	RO 1/2	1/2 fr pike				10+
5.405	RO 1/2	bk pike 1/2				10+
5.406	RO 1/2	fr layout				10+
5.408	RO full	bk tuck	face table			10.0
5.409	RO full	bk pike				10.0
5.410	RO full	1/2 fr tuck	face away			10+
5.501	RO 1/2	fr tuck 1 1/2	face table			10+
5.505	RO 1/2	1/2 bk layout				10+
5.505	RO 1/2	fr layout 1/2				10+
5.509	RO full	bk layout				10+
5.510	RO full	bk tuck full				10+
5.511	RO full	bk layout full				10+

Optional Uneven Bars

J. Doucette 8/23

	6	7	8	9	10
Value	5A 1B	5A 2B	4A 4B	3A 4B 1C	3A 3B 2 C
Parts and Restricted rules	one allowed C = B other C = 0.5, no VP VP no rel HB↔LB	allowed C = B other C = 0.5, no VP	allowed C = B one Rst C = B other C = 0.5, no VP	½ or 1/1 pir B/C root allowed 1st D/E = C for CV, +.1 D/E bonus other D/E = -0.5, no VP	
Special Reqmts 0.5 each	one cast 45 + (above horiz = SR) one bar change one Gp 3/6/7 360 clear cir A salto dismt	one cast hdst (45° fulfills SR) Two clear circles: =one Gp 3/6/7 =B circle (same or diff) A salto dismt	one bar change B circle (3/6/7) B elem flight (not dsmt) or LA turn (not mt/dsmt) A salto dismt	2 bar change B flight elem C flight elem (diff) -OR- B LA turn elem (not mt/dsmt) B salto dismt	C flight element min B flight elem(diff) C LA turn (not mt/dsmt) C salto dismt
No VP = no SR					
SV	10.0	10.0	10.0	9.7 (+0.3 bonus) .3 CV, max +.1 DV	9.5 (+0.5 bonus) max +.4 CV or DV
Deduct=	C, VP, SR, no dismt	C, VP, SR, no dismt	Rst C, VP, SR, no dismt	Rst D/E, VP, SR, no dismt	VP, SR, no dismt

GENERAL COMPOSITION (8-10)

L 8 Lack elements achieve vertical	up to 0.2	vert
L8-10 dismount up to the level of comp	up to 0.1	UTL→
L9/10 facing same direction throughout (ex mt/dsmt)	0.1	dir
L9/10 Choice of Elements - 2 out of 3		
1. Fwd circle/release (except dismt) B+	2 elem 0.0	FGT
2. 3/6/7 element B +	1 elem 0.1	
3. LA Turn w/wo flt min 180° C +	0 elem 0.2	
L10- choice of release elem up to level comp (two diff D/E releases for no deduction)	up to 0.2	UTL
L10- lack of 2nd bar change	0.2	bchg
L10- more than one squat/stoop LB jump to HBeach	0.1	
¾ giant with/without grip change	0.1	
Uncharacteristic elem (and breaks series)	ea 0.1	
--fwd on HB feet on LB, stand, w/w/o 1/2 turn; climb/crawl onto LB; squat on LB, w 1/2 turn on feet to grasp HB		

Connection Value (CV)

	Connection Value (CV)	(includes mt/dsmt)
L10	C + C = 0.1 Both elem must have LA turn or flight However, if both Gp 3/6/7, no LA/flt needed, but must be different	C + D = 0.1 D + D = 0.2
L 9	C + C = 0.1 one/both elem w/o LA turn/flight If none have LA/flt, must be different	C + C = 0.2 If both elem have LA/flight

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

L 10 ADDITIONAL BONUS: +0.1 must have 10 SV, 0.6+ bonus, 1 E elem (no fall/spot). Not in SV- add to score and visibly indicate

APPARATUS DEDUCTIONS

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

rhythm in element/conn	up to 0.1
extra swing/cast (max 0.5 for 2+ consec)	ea 0.3
hesitation in hdst or jump to HB	up to 0.1
precision of hdst positions	up to 0.1
insuf extension of glides/sw 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
swing fwd/bwd under horiz	ea 0.1
bent arms in support or legs	up to 0.3
insuf exact stretch (w arch or pike)	up to 0.2
incomplete twist salto dismt	up to 0.2
failure 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
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 to avoid fall -----	0.3
third run approach	0.5
Coach between bars throughout exercise	0.1 CJ
failure to remove bd/spot block	0.3 CJ
exercise fewer than 5 VP elem	2.0 CJ

Dismount UTL – no ded

L10 D/E + C dismt or D/E dismt
L9 C dismt
L8 B + A dismt or B dismt
L10 UTL – 2 diff D/E release

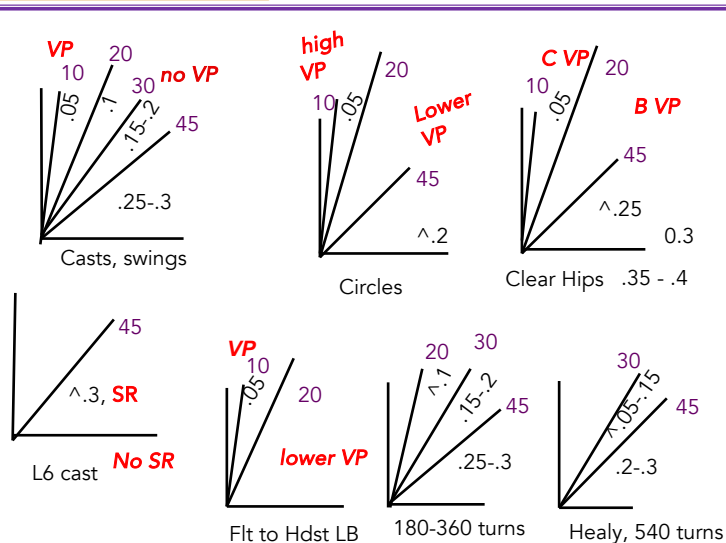
Allowed elements:

B for L6, L 7, L8:

B for L7, L8:

(Reg grip)

45 sec fall time when on feet
(after injury assessment)



Level 9 Optional Uneven Bars

	9
Value Parts and Restricted rules	3A 4B 1C ½ or 1/1 pir of B/C root elem allowed 1st D/E = C for CV, +.1 D/E bonus other D/E = -.5, no VP
Special Reqmts 0.5 each	2 bar change B flight elem
No VP = no SR	C flight elem (diff) -OR- B LA turn elem (not mt/dsmt) B salto dismt
Start Value	9.7 (+0.3 bonus) .3 CV, max +.1 DV
Deduct from SV >	Rst D/E, VP, SR, no dismt (0.3)

Connection Value (CV)	(includes mt/dsmt)
C + C = 0.1 one/both elem w/o LA turn/flight If none have LA/ft, must be different	C + C = 0.2 If both elem have LA/flight

L9 Bonus notes:

Any D/E becomes C for CV

First D/E may earn +.1 DV bonus (no fall or spot) one time only

If first D/E has fall with 0 VP (0 Bonus), then *repeated* elem or 2nd D/E may receive +0.1 D/E

If first eligible D/E has a fall but received VP (0 bonus) ...then 2nd D/E (if allowable or first restricted) is successful, then the 2nd D/E may receive +.1 DV. If it's a 2nd restricted element => -.5 SV, no VP, no SR, no bonus

GENERAL COMPOSITION

dismount up to the level of comp	up to 0.1	UTL
facing same direction throughout (ex mt/dsmt)	0.1	dir
Choice of Elements - 2 out of 3		
1. Fwd circle/release (except dismt) B+	2 elem 0.0	FGT
2. 3/6/7 element B +	1 elem 0.1	
3. LA Turn w/wo flt min 180° C +	0 elem 0.2	
¾ giant with/without grip change	0.1	
Uncharacteristic elem (and breaks series)	ea 0.1	
---fwd on HB feet on LB, stand, w/w/o 1/2 turn; climb/crawl onto LB; squat on LB, w 1/2 turn on feet to grasp HB		

UTL	Dismounts
0.0	C dismt
0.05	C + B dismt
0.1	B + B dismt

APPARATUS DEDUCTIONS

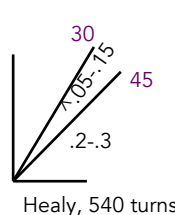
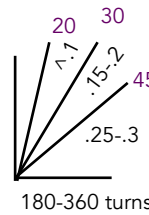
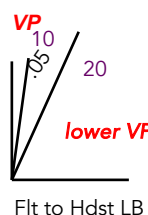
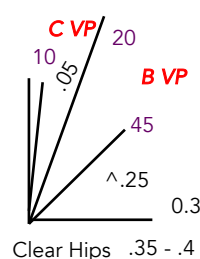
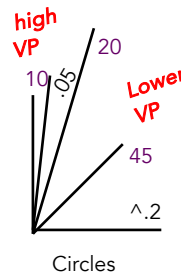
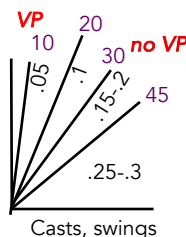
dynamics (energy, swingful, effortless) **up to 0.2 dy**

rhythm in element/conn	up to 0.1
extra swing/cast (max 0.5 for 2+ consec)	ea 0.3
hesitation in hdst or jump to HB	up to 0.1
precision of hdst positions	up to 0.1
insuf extension of glides/sw 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
swing fwd/bwd under horiz	ea 0.1
bent arms in support or legs	up to 0.3
insuf exact stretch (w arch or pike)	up to 0.2
incomplete twist salto dismt	up to 0.2
failure 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
landing too close to bars on dismt	0.1
no dismount of value (from SV)	0.3
brush foot on apparatus/mat	up to 0.1
hit foot on apparatus----- 0.2 on mat-----	0.3
grasp to avoid fall ----- 0.3	
third run approach	0.5
Coach between bars throughout exercise	0.1 CJ
failure to remove bd/spot block	0.3 CJ
exercise fewer than 5 VP elem	2.0 CJ

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

45 sec fall time when on feet, after med assessment



Level 10 Optional Uneven Bars

	10
Value Parts	3A 3B 2 C
Special Reqmts 0.5 each	C flight element min B flight elem(diff) C LA turn (not mt/dsmt) C salto dsmt
No VP = no SR	
Start Value	9.5 (+0.5 bonus) max +.4 CV or DV
Deduct from SV >	VP, SR, no dsmt

Connection Value (CV)

(includes mt/dsmt)

C + C = 0.1
=>Both elem must have LA turn
or flight
=>if both Gp 3/6/7, no LA/ft needed,
but must be different

C + D = 0.1

D + D = 0.2

L 10 ADDITIONAL BONUS: +0.1 must have 10 SV,
0.6+ bonus, 1 E elem (no fall/spot). Not in SV- add to
score and visibly indicate

GENERAL COMPOSITION

Release elements up to the level of comp up to 0.1 UTL
Dismount up to the level of comp up to 0.2 UTLd
Lack of 2nd bar change 0.2 barchg
facing same direction throughout (ex mt/dsmt) 0.1 dir
Choice of Elements - 2 out of 3
1. Fwd circle/release (except dsmt) B+ 2 elem 0.0 FGT
2. 3/6/7 element B + 1 elem 0.1
3. LA Turn w/wo flt min 180° C + 0 elem 0.2
More than one squat/stoop LB jump to HB 0.1
¾ giant with/without grip change 0.1
Uncharacteristic elem (and breaks series) ea 0.1
---fwd on HB feet on LB, stand, w/w/o 1/2 turn; climb/crawl onto LB;
squat on LB, w 1/2 turn on feet to grasp HB

DV Bonus: if performed D/E with a fall w/ VP (0 bonus)...
then repeats element in different connection successfully - can
receive DV bonus 2nd time

UTL	Releases
0.0	D/E D/E
0.05	D+C
0.1	D C
0.15	C+C or D+B
0.2	C+C, C, B

UTL	Dismounts
0.0	D/E or D+C dsmt
0.05	C+C+C or D+C+C
0.1	C+C dsmt or less

45 sec fall time when on feet, after
med assessment

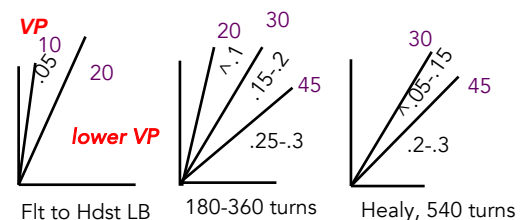
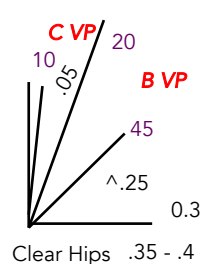
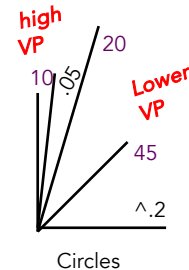
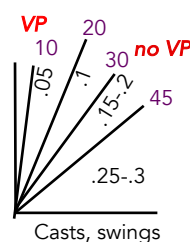
APPARATUS DEDUCTIONS

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

rhythm in element/conn up to 0.1
extra swing/cast (max 0.5 for 2+ consec) ea 0.3
hesitation in hdst or jump to HB up to 0.1
precision of hdst positions up to 0.1
insuf extension of glides/sw 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
swing fwd/bwd under horiz ea 0.1
bent arms in support or legs up to 0.3
insuf exact stretch (w arch or pike) up to 0.2
incomplete twist salto dsmt up to 0.2
failure to maintain stretched body in dsmt
(pikes down) up to 0.2
insuf extension/open of tk/pk prior to land up to 0.3
landing too close to bars on dsmt 0.1
no dismount of value (from SV) 0.3
brush foot on apparatus/mat up to 0.1
hit foot on apparatus----- 0.2 on mat----- 0.3
grasp to avoid fall ----- 0.3
third run approach 0.5
Coach between bars throughout exercise 0.1 CJ
failure to remove bd/spot block 0.3 CJ
exercise fewer than 5 VP elem 2.0 CJ

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



Optional Balance Beam

J. Doucette 8/23

	6	7	8	9	10
Value Parts and Restricted rules	5A 1B one dance C = B Rst C = -0.5, no VP	5A 2B any dance C = B acro C = -0.5, no VP No D/E	4A 4B dance C = B one acro C = B Rst C = -0.5, no VP No D/E	3A 4B 1C Dance D/E = C 1st acro D/E = C for CV, +.1 D/E bonus Rst D/E = -0.5, no VP	3A 3B 2C
Special Reqmts 0.5 each No VP = no SR	Acro series w/o flt OR one acro flt elem (iso or in series) Leap/jump 180 split 360° turn A salto/aerial dismt	Acro series w/wo flt AND acro flight element Leap/jump 180 split 360° turn A salto/aerial dismt	Acro series, 1 flt elem Leap/jump 180 split 360° turn A salto/aerial dismt	Acro Series, 2 flt elem Leap/jump 180° split 360° turn B salto/aerial dismt	Acro Series , 2 flt elem with one min C (or E flt + A non-flt) Leap/jump 180° split 360° turn C dismount (or a B dismt dir conn to a C acro flight/dance elem or C acro series)
SV Deduct=>	10.0 C, VP, SR, dismt no value (0.3)	10.0 C, VP, SR, dismt no value (0.3)	10.0 Rst C, VP, SR, dismt no value (0.3)	9.7 (+0.3 bonus) .3 CV, max +.1 DV Rst D/E, VP, SR, dismt no value (0.3)	9.5 (+0.5 bonus) max +.4 CV or DV VP, SR, dismt no value (0.3)

Connection Value (CV)	2 acro flight no dismt	3 acro flight (try 2-acro bonus)	dance/mixed (acro flt, no dismt)	turns
+ 0.1	B + C (salto)	B + B + C	A + D/E B + C	A + C
+ 0.2	C + C B + D/E C + D/E D + D	B + C + C B + B + D B + C + D	C + C B + D C + D	

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

L 10 ADDITIONAL BONUS: +0.1
must have 10 SV, 0.6+ bonus, 1 E acro
(no fall/spot). Not in SV- add to score
and visibly indicate

ADDITIONAL 3-elem acro fit series CV BONUS: +0.1 land on beam
(no dsmt), with min C salto/aerial or D/E flt w/wo hand support.

GENERAL COMPOSITION (8-10)

Lack of dance series	0.2	dser
more than 2 dance of same shape \wedge or ω or \cap	ea 0.1	shp
more than 1 pivot (1/2) turns (relevé, str legs)	0.1	u
Fail to perform acro in 2 diff dir (Fw/Sw and Bw)	0.1	acro dir
if only Fw/Sw or Bw in dismt	0.05	
choice of acro up to level of competition	up to 0.2	UTL
choice of dance up to level of comp	up to 0.2	UTLd
choice of dismount up to level of comp	up to 0.1	UTL→
Level changes	up to 0.1	Lvl
Spatially (use whole beam)	up to 0.1	
Show 2 directions (F/S/B) choreography	ea 0.05	

Up To Level of Competition – for no deduction:

L10: UTL 3elem-C series or 2 elem-C salto series plus D/E flight and
additional C salto or D/E flight (additional C salto can
be a 2nd salto in 2-C salto series)

UTLd C C C **-or-** C C D/E

UTL→ B flt + C dismt **-or-** D/E flt + B dsmt **-or-** D/E dismt

L9: UTL 2 ele-C ser plus salto/aerial and D/E flight

UTLd C C

UTL→ B flight + B dismt **-or-** C dismt

L8: UTL B + B ser, plus acro B, A

UTLd B B A

UTL→ B acro + A dismt **-or-** B dismt

Overtime deduction 0.1 CJ

L 8-10 - 1:30 -- warning 1:20 **shorter than 30 sec = - 2.0 CJ**

L7 - 1:20 -- warning 1:10

L6 - 1:15 -- warning 1:05 → *shorter than 30 sec, w 10 SV = -0.5 CJ*

APPARATUS DEDUCTIONS

Incorrect body alignment, posture in non-VP	up to 0.3	B/L
relaxed/incorr 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		art
• quality of expression - projection, focus	up to 0.1	ex
• variety of choreography	up to 0.1	ch
• quality of movement	up to 0.1	mv
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=>	.15 to 0.2	
rhythm during dance/mix conn.	up to 0.2	
height of acro/dance/saltos	ea up to 0.2	
salto dismount	up to 0.3	
Insufficient leg split in L/J, walkover (less than 135 = A)	up to 0.2	
legs not parallel to beam in split/strad L/J	ea up to 0.2	
failure to land feet together in L/J (land side)	ea up to 0.1	
incomplete turn or twist	ea up to 0.2	
failure to perform turns in high relevé	ea up to 0.1	
lack of precision in VP dance	ea up to 0.1	
incorrect body position in VP dance	ea up to 0.1	
insuf exactness of tuck/pike/stretch position	up to 0.2	
hesitation in jump/press/swing to hdst	up to 0.1	
concentration pause 2 sec = ea.1 >> more than 2 sec =	ea 0.2	
support of leg against beam, hit	ea 0.2	
balance ----- up to 0.3	grasp to prevent fall-----0.3	
use supplement support (feet on floor or base)	0.3	
Insuf extension of body (open) prior to land	up to 0.3	
failure to maintain stretch body (pk down dsmt)	up to 0.2	
direction of landing on dismt	0.1	
direction of gainer dismount off end	up to 0.3	
Incorrect body position landing elements/dismounts	up to 0.2	
Landing too close to beam on dismount	0.1	
Coach next to beam throughout exercise	0.1 CJ	

Level 9 Optional Balance Beam

	9
Value Parts and Restricted rules	3A 4B 1C Dance D/E = C 1st acro D/E = C for CV, +.1 D/E bonus Rst D/E = -0.5, no VP
Special Reqmts 0.5 each No VP = no SR	Acro Series, 2 ft elem Leap/jump 180° split 360° turn B salto/aerial dismt
SV Deduct from SV>	9.7 (+0.3 bonus) .3 CV, max +.1 DV Rst D/E, VP, SR, no dismt

UTL	Dance
0.0	C C
0.05	C B
0.1	C
0.15	B B
0.2	B

UTL acro	B + C flight series
0.0	C sal, aerial, D w hand
0.05	C w hand
0.1	B flight
	B + B flight series
0.15	C salto/aerial
0.2	B, or no B
0.2	Broken series

Connection Value (CV)	2 acro flight no dismt	3 acro flight (try 2-acro bonus)	dance/mixed (acro flt, no dismt)	turns
+ 0.1	B + C (salto)	B + B + C	A + D B + C	A + C
+ 0.2	C + C B + D/E C + D/E D + D	B + C + C B + B + D B + C + D	C + C B + D C + D	

UTL	Dism t	Acro conn	Dance conn
0.0	C	B + B	C + B
0.05		A + B	B + B
0.1	B	A	

ADDITIONAL 3-elem acro flt series CV BONUS: +0.1 land on beam (no dsmt), with min C salto/aerial or D/E flt w/wo hand support.

L9 Bonus notes:

Any D/E becomes C for CV
Dance D/E – not eligible for +.1 D/E

First Acro D/E (restricted) may earn +.1 D/E bonus (no fall or spot) one time only

If the first acro D/E had fall and 0 VP – 2nd acro D/E may be eligible for +0.1 D/E

If first acro D/E has a fall but received VP (0 bonus)...then repeated or a 2nd Acro D/E is performed, then it is a *restricted skill* => -0.5 SV, no VP, no SR, no bonus

GENERAL COMPOSITION (8-10)

Lack of dance series	0.2	dser
more than 2 dance of same shape \wedge or \wedge or \wedge	ea 0.1	shp
more than 1 pivot (1/2) turns (relevé, str legs)	0.1	u
Fail to perform acro in 2 diff dir (Fw/Sw and Bw)	0.1	acro dir
if only Fw/Sw or Bw in dismt	0.05	
Level changes	up to 0.1	Lvl
Spatially (use whole beam)	up to 0.1	
Show 2 directions (F/S/B) choreography	ea 0.05	

Overtime deduction 0.1 CJ

L8-10 - 1:30 -- warning 1:20

shorter than 30 sec = - 2.0 CJ

45 sec fall time when back on feet

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

APPARATUS DEDUCTIONS

Incorrect body alignment, posture in non VP	up to 0.3	B/L
relaxed/incorr 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
dynamic performance (energy, effortless)	up to 0.2	dy
artistry of presentation		art
• quality of expression	up to 0.1	ex
• lack of variety choreography	up to 0.1	ch
• quality of movement	up to 0.1	mv

rhythm during acro conn.(fwd/bkw, fwd/side, non-flt)	up to 0.2
rhythm during dance/mix conn.	up to 0.2
height of acro/dance/saltos	ea up to 0.2
salto dismount	up to 0.3
Insufficient leg split in L/J, walkover (less than 135 = A)	up to 0.2
legs not parallel to beam in split/strad L/J	ea up to 0.2
failure to land feet together in L/J (land side)	ea up to 0.1
incomplete turn or twist	ea up to 0.2
failure to perform turns in high relevé	ea up to 0.1
lack of precision in VP dance	ea up to 0.1
incorrect body position in VP dance	ea up to 0.1
insuf exactness of tuck/pike/stretch position	up to 0.2
hesitation in jump/press/swing to hdst	up to 0.1
concentration pause 2 sec = ea.1 >> more than 2 sec =	ea 0.2
support of leg against beam, hit	ea 0.2
balance ----- up to 0.3	grasp to prevent fall-----0.3
use supplement support (feet on floor or base)	0.3
Insuf extension of body (open) prior to land	up to 0.3
failure to maintain stretch body (pk down dsmt)	up to 0.2
direction of landing on dismt	0.1
direction of gainer dismount off end	up to 0.3
Landing too close to beam on dismt	0.1
third run approach	0.5
Coach next to beam throughout exercise	0.1 CJ

Level 10 Optional Balance Beam

	10
Value Parts	3A 3B 2 C
Special Reqmts 0.5 each	Acro Series , 2 flt elem with one min C (or E flt + A non-flt) Leap/jump 180° split 360° turn C dismount (or a B dismt dir conn to a C acro flight/dance elem or C acro series)
No VP = no SR	
Start Value	9.5 (+0.5 bonus) max +.4 CV or DV
Deduct from SV>	VP, SR, dismt no value (0.3)

UTL acro	Additional elements with:		
	C salto series	D series	C series (hand sup)
0	D and D / C salto (can be 2 nd in series)	D	(3 elements) D and D / C salto
0.05	D	C salto	
0.1	C salto	B / C	(2 elements) D and C-salto
0.15	None or D	None or D	D
0.2	No series	No series	C salto

Connection Value (CV)	2 acro flight no dismt	3 acro flight (try 2-acro bonus)	dance/mixed (acro flt, no dismt)	turns
+ 0.1	B + C (salto)	B + B + C	A + D B + C	A + C
+ 0.2	C + C B + D/E C + D/E D + D	B + C + C B + B + D B + C + D	C + C B + D C + D	

DV Bonus: if performed D/E with a fall w/ VP but 0 bonus... then repeats element in different connection successfully - can receive DV bonus 2nd time

ADDITIONAL 3-elem acro flt series CV BONUS: +0.1 land on beam (no dsmt), with min C salto/aerial or D/E flt w/wo hand support.

L 10 ADDITIONAL BONUS: +0.1 must have 10 SV, 0.6+ bonus, 1 E acro (no fall/spot). Not in SV- add to score and visibly indicate

UTL	Dance
0.0	C C C D D
0.05	C C B C D
0.1	C C D B
0.15	C B D/E
0.2	C B B

UTL	Dismt	Acro connect	Dance connect
0.0	D	B + C dsmt	C + C dsmt
0.05		A + C dsmt C+B +B D/E + B	B + C dsmt
0.1	C	C + B dsmt	C + B dsmt

GENERAL COMPOSITION (8-10)

Lack of dance series	0.2	dser
more than 2 dance of same shape \wedge or \wedge or \wedge	ea 0.1	shp
more than 1 pivot (1/2) turns (relevé, str legs)	0.1	u
Fail to perform acro in 2 diff dir (Fw/Sw and Bw)	0.1	acro dir
if only Fw/Sw or Bw in dismt	0.05	
Level changes	up to 0.1	Lvl
Spatially (use whole beam)	up to 0.1	
Show 2 directions (F/S/B) choreography	ea 0.05	

Overtime deduction 0.1 CJ

L 8-10 - 1:30 -- warning 1:20
shorter than 30 sec = - 2.0 CJ

45 sec fall time when back on feet

J. Doucette 9/23

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

APPARATUS DEDUCTIONS

Incorrect body alignment, posture in non-VP	up to 0.3	B
relaxed/incorr 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
dynamic performance (energy, effortless)	up to 0.2	dy
artistry of presentation		art
• quality of expression	up to 0.1	ex
• lack of variety choreography	up to 0.1	ch
• quality of movement	up to 0.1	mv
rhythm during acro conn.(fwd/bkw, fwd/side, non-flt)	up to 0.2	
rhythm during dance/mix conn.	up to 0.2	
height of acro/dance/saltos	ea up to 0.2	
salto dismount	up to 0.3	
Insufficient leg split in L/J, wallkover (less than 135 = A)	up to 0.2	
legs not parallel to beam in split/strad L/J	ea up to 0.2	
failure to land feet together in L/J (land side)	ea up to 0.1	
incomplete turn or twist	ea up to 0.2	
failure to perform turns in high relevé	ea up to 0.1	
lack of precision in VP dance	ea up to 0.1	
incorrect body position in VP dance	ea up to 0.1	
insuf exactness of tuck/pike/stretch position	up to 0.2	
hesitation in jump/press/swing to hdst	up to 0.1	
concentration pause 2 sec = ea.1 >> more than 2 sec =	ea 0.2	
support of leg against beam, hit	ea 0.2	
balance ----- up to 0.3	grasp to prevent fall-----0.3	
use supplement support (feet on floor or base)	0.3	
Insuf extension of body (open) prior to land	up to 0.3	
failure to maintain stretch body (pk down dsmt)	up to 0.2	
direction of landing on dismt	0.1	
direction of gainer dismount off end	up to 0.3	
Landing too close to beam on dismt	0.1	
third run approach	0.5	
Coach next to beam throughout exercise	0.1 CJ	

Optional Floor Exercise

	6	7	8	9	10
Value Parts and Restricted rules	5A 1B one dance C = B Rst C = -0.5, no VP	5A 2B any dance C = B acro C = -0.5, no VP No D/E	4A 4B dance C = B one acro C = B Rst C = -0.5, no VP No D/E	3A 4B 1C dance D/E = C 1st acro D/E = C for CV, +.1 D/E bonus Rst D/E = -0.5, no VP	3A 3B 2C
Special Reqmts 0.5 each No VP = no SR	Acro pass (3 elem, 2 w/flight, no rolls) one salto/aerial (iso, or in separate pass) Dance passage (2 diff Gp 1 elem, one 180° leap) 360° turn	Max 1.0 1 Acro pass w salto bkwd (2 or more elem) 1 Acro pass salto fwd (1 or more elem) 1 salto is stretched w/o twist, land 2 ft Dance passage (2 diff Gp 1 elem, one 180° leap) 360° turn	Acro pass with 2 saltos (2 or more elem) 3 different saltos Dance passage (2 diff Gp 1 elem, one 180° leap) A last salto	Acro pass with 2 saltos (2 or more elem) 3 different saltos Dance passage (2 diff Gp 1 elem, one 180° leap) B last salto	Acro pass with 2 saltos (2 or more elem) 3 different saltos Dance passage (2 diff Gp 1 elem, one 180° leap) C last salto
SV Deduct=	10.0 Rstr C, VP, SR	10.0 Rstr C, VP, SR	10.0 Rstr C, VP, SR, last salto of no value (0.3)	9.7 (+0.3 bonus) .3 CV, max +.1 DV Rst D/E, VP, SR, last salto of no value (0.3)	9.5 (+0.5 bonus) max 0.4 CV or DV VP, SR, last salto of no value (0.3)

Conn Value (CV)	Indirect Acro	Direct Acro	Dance/mixed (no turn to jump)	→bonus: possible to connect L-H-J to 1 foot => turn or turn => hop	Range (avg decides)
+ 0.1	B + C A + D A/B + A/B + C	A + C A + A + C B + B	B + D C + C D salto + A jump		9.5 - 10.0 0.2 9.0 - 9.475 0.5 8.0 - 8.975 0.7 below 8.0 1.0
+ 0.2	C + C B/C + D A + E A + A + D	B + C A/B + D C + C A + A + D	C + D	L 10 ADDITIONAL BONUS: +0.1 must have 10 SV, 0.6+ bonus, 1 E acro (no fall/spot). Not in SV- add to score and visibly indicate	

GENERAL COMPOSITION (L8-10)

Insuf use of FX (spacially) up to 0.1
 overuse of dance of same shape \propto \cup \cap ea 0.1 shp
 one direction saltos F/S & B 0.1 acro dir
lack min 3A salto (L8) /B salto (L9) /C salto (L10) 0.3 -sal
lack of B turn, one foot 0.2 Bo
 choice of saltos up to level of competition up to 0.2 UTL
 choice of dance up to level of comp up to 0.2 UTLd
 last salto (iso or in last conn) up to level of comp up to 0.1 UTL→
 fail to perform last salto of value (from SV) 0.3 last s

Up To Level of Competition – for no deduction:

L10: UTL 3 acro passes: D D D -or- D D B+C dir or C+C indir
 2 acro passes: E E or E D+A dir
 UTLd C C C or D D
 UTL→ D/E dismt or C + B dir conn
L9: UTL 3 acro passes: C C C or C C B+B dir conn
 2 acro passes: C + B dir in each pass
 UTLd C C
 UTL→ C or B+B direct conn
L8: UTL 3 acro passes: B B B or B B A+A direct conn
 2 acro passes: B + B dir and B + A dir
 UTLd B B A
 UTL→ B

Overtime deduction

0.1 CJ

L7- 10 1:30 L6 1:15
 Exercise less than 30
 sec – 2.0 CJ

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

APPARATUS DEDUCTIONS

relaxed body posture, alignment, position up to 0.3 B
 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 art
 • quality of expression- projection, focus up to 0.1 ex
 • variety of choreography up to 0.1 ch
 • quality of movement up to 0.1 mv
 rhythm during direct connection ea up to 0.1
 Insuf height – dance, acro w/hands, aerials ea up to 0.2
 salto (not apply to accel elem) up to 0.3
 Insuf leg split in leaps/jumps/walkovers up to 0.2
 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
 Pike down of stretched salto 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) ea 0.1

Failure to mark boundary on mat – 0.1 CJ

absence of music (not technical failure) -- 1.0 CJ

Unauthorized matting 0.3 CJ (no more than 2 on floor, 1 per pass)

Coach on Floor – 0.3 CJ (one time)

Coach/teammate touch/push to prevent run/fall out of bounds

= -.5 spot, -.1 out of bounds (CJ), no bonus

Level 9 Optional Floor Exercise

	9
Value Parts and Restricted rules	3A 4B 1C dance D/E = C 1st acro D/E = C for CV, +.1 D/E bonus Rst D/E = -0.5, no VP
Special Reqmts 0.5 each	Acro pass with 2 saltos (2 or more elem) 3 different saltos
No VP = no SR	Dance passage (2 diff Gp 1 elem, one 180° leap) B last salto
SV	9.7 (+0.3 bonus) .3 CV, max +.1 DV Rst D/E, VP, SR, no last salto of value (0.3)
Deduct=>	

Conn Value (CV)	Indirect Acro	Direct Acro	Dance/mixed (no turn to jump)
+ 0.1	B + C A + D A/B + A/B + C	A + C A + A + C B + B	B + D C + C D salto + A jump
+ 0.2	C + C B/C + D A + E A + A + D	B + C A/B + D C + C A + A + D	C + D

→bonus: possible to connect L-H-J to 1 foot => turn or turn => hop

L9 Bonus notes:

Any D/E becomes C for CV

Dance D/E – not eligible for +.1 DV

First Acro D/E (restricted) may earn +.1 DV bonus (no fall or spot) one time only

If the first acro D/E had fall and 0 VP (not land on feet first) – 2nd acro D/E may be eligible for +0.1 DV.

If first acro D/E has a fall but received VP (0 bonus)...then a 2nd Acro D/E is performed, *it is a restricted skill => – 0.5 SV, no VP, no SR, no bonus*

UTL acro	3 acro pass	2 acro pass
0.0	C C C C C B+B	C+B C+B C+B C--B
0.05	C C B+A	C+B C--B
0.1	C C B C C B--A C B+B B+B	C C+B C+A C--B
0.15	C B B+B	C C+A C C--B C C--A
0.2	No C saltos	or less difficult

UTL	Dance
0.0	C C
0.05	C B
0.1	C
0.15	B B
0.2	B

UTL	Last	Salto
0.0	C	B+B
0.05	B--B	B+A
0.1	B--A	B or A

GENERAL COMPOSITION

one side saltos F/S & B	0.1	acrodir
lack min B salto	0.3	Bsal
lack of B turn, one foot	0.2	Bo
fail to perform last salto of value (from SV)	0.3	last s
Insuf use of FX (spacially)	up to 0.1	
overuse of dance of same shape \wedge or \vee or \cup	ea 0.1	shp

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

Overtime deduction 0.1 CJ

L7- 10 1:30 L6 1:15
Exercise less than 30 sec – 2.0 CJ

APPARATUS DEDUCTIONS

relaxed body posture, alignment, position
relax/incorrect footwork on non-VP

rhythm and tempo (whole exercise)

dynamic performance (energy, effortless)

artistry of presentation

- quality of expression
- lack of variety choreography
- quality of movement

rhythm during direct connection

Insuf height – dance, acro w/hands, aerials
salto (not apply to accel elem)

Insuff leg split in leaps/jumps/walkovers

legs not parallel to the floor in split/straddle

failure to land feet together in L/J

turns not in high relevé

incomplete turn/twist

incorrect body posture in VP dance

lack of precision in VP dance

Insuf exactness of tuck/pike/layout positions

Legs crossed in twisting saltos

Insuf opening prior to landing (saltos)

Pike down of stretched salto

poor relationship of music and movement

throughout exercise ---- up to 0.3

not ending with music --- 0.1

concentration pauses (2 sec or more)

not hold ending pose --- 0.05

ea 0.1

up to 0.3 B
up to 0.3 ft
up to 0.2 R
up to 0.2 dy
art
up to 0.1 ex
up to 0.1 ch
up to 0.1 mv

ea up to 0.1

ea up to 0.2

up to 0.3

up to 0.2

up to 0.2

ea up to 0.1

ea up to 0.1

ea up to 0.2

ea up to 0.1

ea up to 0.1

up to 0.2

up to 0.1

up to 0.3

up to 0.2

Failure to mark boundary on mat – 0.1 CJ

absence of music (not technical failure) -- 1.0 CJ

Unauthorized matting 0.3 CJ (no more than 2 on floor, 1 per pass)

Coach on Floor – 0.3 CJ (one time)

Coach/teammate touch/push to prevent run/fall out of bounds

= -.5 spot, -.1 out of bounds (CJ), no bonus

Level 10 Optional Floor Exercise

	10
Value Parts	3A 3B 2 C
Special Reqmts 0.5 each No VP = no SR	Acro pass with 2 saltos (2 or more elem) 3 different saltos Dance passage (2 diff Gp 1 elem, one 180° leap) C last salto
Start Value	9.5 (+0.5 bonus) max 0.4 CV or DV
Deduct=>	VP, SR, last salto of no value (0.3)

Conn Value (CV)	Indirect Acro	Direct Acro	Dance/mixed (no turn to jump)
+ 0.1	B + C A + D A/B + A/B + C	A + C A + A + C B + B	B + D C + C D salto + A jump
+ 0.2	C + C B/C + D A + E A + A + D	B + C A/B + D C + C A + A + D	C + D

→bonus: possible to connect L-H-J to 1 foot => turn or turn => hop

UTL acro	3 acro pass	2 acro pass
0.0	D D D D D C+B/ C--C	E E E D+A
0.05	D D C+A D D C--B	D+A/D--A D+A/D--A (or B,C) E D--A (or B,C)
0.1	D D C+A D C+A C--C D C+B C--C	D D +A or D-A ->(or B) E C+A or C+B or C+C E C--B or C--C
0.15	D C+B C D C--B C+A D C--B C--C	D C+B or C--B C D+A or D--A C D+B or D--B E C--A or less
0.2	No D/E saltos or less difficult	No D/E saltos or less difficult

UTL	Dance
0.0	C C C D D
0.05	C C B D C
0.1	C C D B
0.15	C B D
0.2	C B B

L 10 ADDITIONAL BONUS: +0.1

must have 10 SV, 0.6+ bonus, 1 E acro (no fall/spot).

Not in SV- add to score and visibly indicate

DV Bonus: if performed D/E with a fall w/ VP (0 bonus)... then repeats element in different connection successfully - can receive DV bonus 2nd time

APPARATUS DEDUCTIONS

relaxed body posture, alignment, position
relax/incorrect footwork on non-VP
rhythm and tempo (whole exercise)
dynamic performance (energy, effortless)
artistry of presentation

- quality of expression
- lack of variety choreography
- quality of movement

rhythm during direct connection

Insuf height – dance, acro w/hands, aerials
salto (not apply to accel elem)

Insuff leg split in leaps/jumps/walkovers

legs not parallel to the floor in split/straddle

failure to land feet together in L/J

turns not in high relevé

incomplete turn/twist

incorrect body posture in VP dance

lack of precision in VP dance

Insuf exactness of tuck/pike/layout positions

Legs crossed in twisting saltos

Insuf opening prior to landing (saltos)

Pike down of stretched salto

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)

up to 0.3 B
up to 0.3 ft
up to 0.2 R
up to 0.2 dy
up to 0.1 art
up to 0.1 ex
up to 0.1 ch
up to 0.1 mv

ea up to 0.1

ea up to 0.2

up to 0.3

up to 0.2

up to 0.2

ea up to 0.1

ea up to 0.1

ea up to 0.2

ea up to 0.1

ea up to 0.1

ea up to 0.1

up to 0.2

up to 0.1

up to 0.3

up to 0.2

GENERAL COMPOSITION

one side acro (saltos) F/S & B

lack min B salto

lack of B turn, one foot

fail to perform last salto of value (from SV)

overuse of dance of same shape \wedge or \vee or \cup

Insuf use of FX (spacially)

0.1 acrodir

0.3 Bsal

0.2 Bo

0.3 last s

ea 0.1 shp

up to 0.1

Range (avg decodes)

9.5 - 10.0 0.2

9.0 - 9.475 0.5

8.0 - 8.975 0.7

below 8.0 1.0

Overtime deduction 0.1 CJ

L7- 10 1:30 Exercise less

than 30 sec – 2.0 CJ

Failure to mark boundary on mat – 0.1 CJ

absence of music (not technical failure) -- 1.0 CJ

Unauthorized matting 0.3 CJ (no more than 2 on floor, 1 per pass)

Coach on Floor – 0.3 CJ (one time)

Coach/teamate touch/push to prevent run/fall out of bounds

= -.5 spot, -.1 out of bounds (CJ), no bonus