BARS COMPOSITION

LEVEL 10 RELEASES not up to competitive level

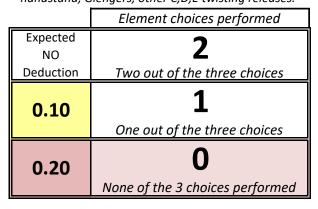
consider: value / type / connections / total number

| $\mathbf{\uparrow 0.2} \qquad Release \ Elements \ 'D' = D \ or \ E$ | | | |
|---|--|--|--|
| Expected NO Deduction | DD Minimum of 2 different D or E Elements | | |
| 0.05 | D C Directly Connected | | |
| 0.10 | DC Isolated (NOT connected) | | |
| 0.15 | CC Directly Connected DB Isolated (NOT connected) | | |
| 0.20 CC Isolated (NOT connected) C B or less | | | |
| LEVELS 9-10 CHOICE of elements 个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, Healys, overshoot ½ to or from handstand, Giengers, other C,D,E twisting releases.



LEVEL 10 DISMOUNT not up to competitive level

| ↑0.1 | Dismount Elements | |
|-----------------------------|---|----------------------------------|
| Expected NO Deduction | D/E | D C Directly Connected |
| 0.05 | CCC Directly Connected | DCC Directly Connected |
| 0.10 | CC "C" or less connected to "C" or less dismount | |

LEVEL 9 - 8 DISMOUNT not up to competitive level 1 LEVEL 9 LEVEL 8 Expected NO Deduction B or B A

| 0.05 | СВ | |
|------|----|---------------|
| 0.10 | BB | A or No VP |
| | | |

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

0.10Facing 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 competiive level $\uparrow 0.2$

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

| | Flight Series | Additional Acro | Additional Acro |
|------|------------------------|-----------------|-----------------|
| 0.0 | BB 2 flight | В | Α |
|)5 | BB 2 flight | Α | Α |
| 0.05 | BB 2 flight | В | |
| 0.10 | BB 2 flight | Α | |
| 0 | A B B flight | B | |
| 0.15 | AB B flight | Α | |
| 0 | BB 2 flight | No othe | r Acros |
| 0.20 | AB or NO series | No othe | er Acros |

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

| Expected 0.0 | BBA |
|------------------------|------------------------|
| 0.05 | BB |
| 0.10 | ΒΑΑ |
| 0.15 | BA |
| 0.20 | Only A elements |

L8 DISMOUNT not up to competitive level 10.1

| | Dismount | Acro Connect | |
|---|---------------------|--------------|--|
| Expected | В | BA | |
| 0.0 | | Acro connect | |
| 0.05 | | AA | |
| | | Acro connect | |
| 0.10 | A Any non VP Dismou | | |
| A non-VP acro used for 3rd time may be considered | | | |
| for dismount connection in composition. | | | |

| <u>0.10</u> | Failure to perform Acros in 2 different directions: Backward & Forward/Sideward | |
|--|---|--|
| | 0.05 Dismount is the only Fwd/ Swd or Bwd | |
| <u>0.10</u> | Overuse of Dance elements with same shape | |
| | More than 2 ea: Wolf / Tuck or Straddle | |
| <u>0.10</u> | More than 1 pivot turn (2-feet & straight legs) | |
| <u>0.20</u> | Lack of a Dance Series (Min of 2 dance elements) | |
| 个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 competiive level \uparrow 0.2

Includes acro mount & elements on beam (not Dmt)

| | Flight Series | Additional Acro |
|---------------------|------------------|-------------------------|
| | BC | C |
| 0.0 | 2 flight | Salto or Aerial |
| Expected 0.0 | BC | D |
| ecte | 2 flight | hand support |
| Exp | Acro series with | С |
| | salto or aerial | hand support |
|)5 | BC | С |
| 0.05 | 2 flight | hand support |
| 0.10 | BC | В |
| 0. | 2 flight | or more B flight |
| 0.15 | BB | С |
| 0. | 1-2 B flights | Salto or Aerial |
| | BB | No other $m{B}$ Acros |
| 0.20 | 1-2 B flights | No other D Acros |
| | Broken series | B . |
| | No series | No other $m{B}$ Acros |

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

| Expected 0.0 | СС |
|------------------------|----|
| 0.05 | СВ |
| 0.10 | C |
| 0.15 | BB |
| 0.20 | В |

L9 DISMOUNT not up to competitive level 10.1

| | Dismount | Acro Connect | Dance Connect |
|--|----------------------|----------------------------|----------------------------|
| Expected | С | BB | CB |
| 0.0 | | Acro connect | Dance connect |
| 0.05 | | A B Acro connect | BB Dance connect |
| 0.10 | B Isolated | Α | |
| Isolated Any A dmt A non-VP acro used for 3rd time may be considered for dismount connection in composition. | | | |

| <u>0.10</u> | Failure to perform Acros in 2 different directions: Backward & Forward/Sideward | |
|--|---|--|
| | 0.05 Dismount is the only Fwd/ Swd or Bwd | |
| <u>0.10</u> | Overuse of Dance elements with same shape | |
| | More than 2 each: Wolf / Tuck or Straddle | |
| <u>0.10</u> | More than 1 pivot turn (2-feet & straight legs) | |
| <u>0.20</u> | Lack of a Dance Series (Min of 2 dance elements) | |
| 个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

В

0.05

10

0

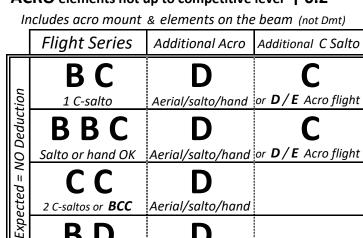
0.15

20

O.

Min of 1 **D** / **E** flight Aerial/salto/hand

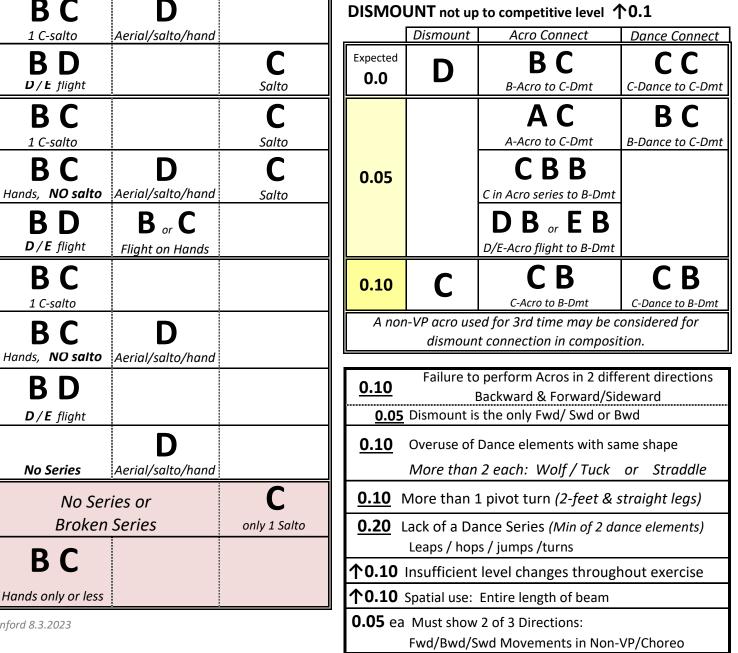
ACRO elements not up to competitive level $\uparrow 0.2$



DANCE elements not up to competitive level $\uparrow 0.20$

| Expected 0.0 | ССС | or DD or ED |
|-----------------|---------------------|---------------------------|
| 0.05 | ССВ | or DC or EC |
| 0.10 | C C <i>c</i> | or DB or EB |
| 0.15 | CB | or D or E |
| 0.20 | C | or BB or less |

DISMOUNT not up to competitive level $\uparrow 0.1$



D.Hanford 8.3.2023

К

FLOOR LEVEL 8 COMPOSITION

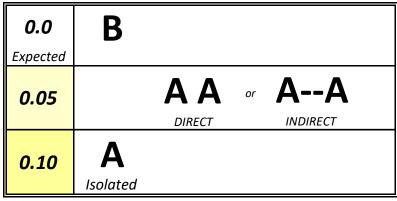
SALTOS not up to competitive level 个 0.2 Each missing salto in formula = additional 0.05

| 0.0 Expected | В | В | В | Α |
|------------------------|---|------|--------|---|
| 0.05 | В | В | Α | Α |
| 0.10 | В | Α | Α | Α |
| 0.15 | В | Α | Α | - |
| 0.20 | | No B | saltos | |

Formulas based on 4 saltos within a routine regardless of direct/indirect connections or whether the saltos are isolated or within an acro pass

A 1-foot take-off will NOT be considered a salto for SR or Compositition. (Will appear as an aerial or side salto)

LAST SALTO in connection or isolated $\uparrow 0.1$



DANCE not up to competitive level $\uparrow 0.20$

| 0.0 Expected | ΒΒΑ | |
|------------------------|-----------------|--|
| 0.05 | BB | |
| 0.10 | ΒΑΑ | |
| 0.15 | ΒA | |
| 0.20 | ONLY A S | |

| 0 | |
|-------------|--|
| 个0.10 | Insufficient use of the Floor Exercise |
| <u>0.10</u> | Failure to perform Saltos in 2 different directions: BWD & FWD/SWD |
| <u>0.10</u> | Overuse of Dance elements of same shape More than 2 each: Wolf / Tuck or Straddle |
| <u>0.20</u> | Lack of a turn on one foot, minimum B |
| <u>0.30</u> | Lack of 3 A saltos (L8) |

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FLOOR LEVEL 9 COMPOSITION

SALTOS not up to competitive level 10.2

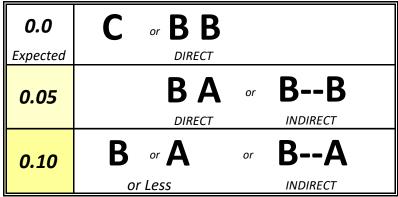
Each missing salto in formula = additional 0.05

| 0.0 Expected | С | С | С | Α |
|------------------------|---|------|--------|---|
| 0.05 | С | С | В | В |
| 0.10 | С | С | В | Α |
| 0.15 | С | В | В | В |
| 0.20 | | No C | saltos | |

Formulas based on 4 saltos within a routine regardless of direct/indirect connections or whether the saltos are isolated or within an acro pass

A 1-foot take-off will NOT be considered a salto for SR or Compositition. (Will appear as an aerial or side salto)

LAST SALTO in connection or isolated $\uparrow 0.1$



DANCE not up to competitive level $\uparrow 0.20$

| 0.0 Expected | СС |
|------------------------|----|
| 0.05 | СВ |
| 0.10 | С |
| 0.15 | BB |
| 0.20 | В |

| 0 | | |
|----------|--------------|--|
| 1 | `0.10 | Insufficient use of the Floor Exercise |
| <u>(</u> | <u>0.10</u> | Failure to perform Saltos in 2 different directions: BWD & FWD/SWD |
| <u>(</u> | <u>0.10</u> | Overuse of Dance elements of same shape More than 2 each: Wolf / Tuck or Straddle |
| (| <u>0.20</u> | Lack of a turn on one foot, minimum B |
| <u>(</u> | <u>0.30</u> | Lack of a B-salto (L9) (in addition to lack of SR) |
| | | |

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FLOOR LEVEL 10 COMPOSITION

SALTOS not up to competitive level 10.2

Each missing salto in formula = additional 0.05

| 0.0 | D | D | D | Α |
|----------|-------------|--------|-----------|---|
| Expected | or D | D | С | В |
| 0.05 | D | D | С | Α |
| 0.10 | D | С | С | В |
| 0.15 | D | С | С | Α |
| 0.20 | | No D o | r E salto | S |

Formulas based on 4 saltos within a routine regardless of direct/indirect connections or whether the saltos are isolated or within an acro pass

A 1-foot take-off will NOT be considered a salto for SR or Compositition. (Will appear as an aerial or side salto)

LAST SALTO in connection or isolated $\uparrow 0.1$

| 0.0 | E or D or | C B or CC |
|----------|-----------|--------------------------|
| Expected | | DIRECT INDIRECT |
| 0.05 | | CA or CB |
| 0.10 | C or less | or CA INDIRECT |

DANCE not up to competitive level $\uparrow 0.20$

| 0.0 Expected | CCC or | DD or ED |
|------------------------|--------|-------------------|
| 0.05 | CCB or | DC or EC |
| 0.10 | CC or | DB or EB |
| 0.15 | CB or | D or E |
| 0.20 | C or | BB or less |

| 个0.10 | Insufficient use of the Floor Exercise (Spatially - Floor Pattern) |
|-------------|---|
| <u>0.10</u> | Failure to perform Saltos in 2 different directions: BWD & FWD/SWD |
| <u>0.10</u> | Overuse of Dance elements of same shape More than 2 each: Wolf / Tuck or Straddle |
| <u>0.20</u> | Lack of a turn on one foot, minimum B |
| <u>0.30</u> | Lack of a C-salto (L10) (in addition to lack of SR) |

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