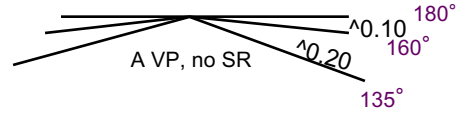


General Optional and Xcel Deductions

EXECUTION

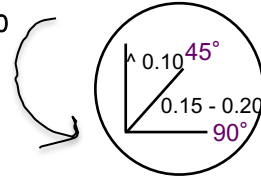
| | |
|--|-------------------|
| Flexed/sickled feet during value parts | 0.05 each |
| Legs: Crossed: ^ 0.10 Separated: ^ 0.20 | Bent: ^ 0.30 each |
| Not landing with feet together in jumps/leaps | ^ 0.10 |
| Bent arms in support VT ^ 0.50 | ^ 0.30 |
| Insufficient exactness tuck/pike | ^ 0.20 |
| Insufficient exactness in stretched position (arch or pike each) | |
| VT ^ 0.30 UB, BB, FX ^ 0.20 | |
| Failure to maintain stretched body (pike down early) | |
| VT ^ 0.30 UB, BB, FX ^ 0.20 | |
| Insufficient extension (open) of body on landing: | |
| VT saltos, UB/BB dismt, BB/FX acro | ^ 0.30 |
| Insufficient height (amplitude): | |
| UB elements, BB saltos/aerials, FX acro, J/L/H | ^ 0.20 |
| UB/BB salto dismounts, FX saltos | ^ 0.30 |
| UB/BB dism'nt of no value; FX- last salto no value (L8-10) | <u>0.30 SV</u> |
| (no value= restricted, salto not initiated, 3 rd /2 nd time no VP) | |
| Spotting during landing/inadvertent touch: no VP/SR/Bonus | <u>0.50</u> spot |
| Spotting during VP: no VP/SR/Bonus | <u>0.50</u> spot |
| Coach catch a falling gymnast: no ded for spot, only fall | <u>0.50</u> |
| If 2 different restricted elements are performed whether or not it received VP, a <u>0.50</u> deduction for 2 nd restricted element will occur. | |

Insufficient split (dance, non-flight walkover-style acro)
up to 0.20



Insufficient turn/twist (360° example)

up to 0.20



Degree of turn within 90° of target angle to get credit, with deduction up to 0.20.
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

All variation of root Acro skills will receive an "A" VP regardless of entrance, exit, or final position.

CHIEF JUDGE DEDUCTIONS (FROM AVG)

| | |
|---|------------------------------------|
| Coaches: remains between UB/next to BB whole routine | DP <u>0.10</u> Xcel <u>0.00</u> |
| Failure to mark FX boundary on add'l mats | <u>0.10</u> |
| Fail to present before/after(not req'd to face judge) each | <u>0.10</u> |
| Out of Bounds (touch outside FX boundary) each | <u>0.10</u> |
| Overtime | <u>0.10</u> |
| Coach sprays water or chalks bar after routine started | <u>0.20</u> |
| Exceeds warm-up time (after warning) (perform elem on mat after fall, no warning) | <u>0.20</u> |
| Excessive use of chalk, or incorrect use of tape | <u>0.20</u> |
| Failure to begin routine within 30 sec CJ signal | <u>0.20</u> |
| Incorrect attire/jewelry | DP <u>0.20</u> Xcel <u>0.10</u> |
| (after warn- take on next event; one time) | |
| Judge hears vocal technical cues to gymnast: after warning, take 1time per routine (if coach instructs what is next, no warning) | <u>0.20</u> |
| Unsportsmanlike conduct of gymnast (after warning) | <u>0.20</u> |
| Warming up on mat after a fall (no warning) | <u>0.20</u> |
| Wearing padding (hip, heels on UB) | <u>0.20</u> |
| Coach on FX during routine | DP <u>0.30</u> Xcel <u>0.00</u> |
| (move mats/ remove object ok- incl athlete) | |
| Failure to remove board after mount | <u>0.30</u> |
| Failure to remove spotting device ASAP | <u>0.30</u> |
| Incorrect equipment: unauthorized equip: insuff or add'l mat; use hand placement mat on fwd vaults; incorrect apparatus specs; board spring config; board on unauthorized surface; landing dismt/FX salto onto foam pit | each <u>0.30</u> |
| Start ex before signal from CJ (from repeat) | DP <u>0.50</u> Xcel <u>0.00</u> |
| Absence of music on FX (not tech failure) | <u>1.00</u> |
| Short exercise – UB <5 VP== FX/BB <30 sec | <u>2.00</u> |
| Xcel - less than 3 elements | <u>2.00</u> |
| Level 6 BB under 30 sec but has 10 SV | <u>0.50</u> |

*Whenever a 1.00 or greater flat deduction is applied, score ranges DO NOT apply, and scores will be just averaged.

Minimum score: JO = 1.00 Xcel = 4.00

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 | <u>0.05</u> |
| Feet landing wider than hip width, not close | <u>0.10</u> |
| Arm swings to maintain balance | ^ 0.10 |
| Brush/touch foot/feet on mat or apparatus | ^ 0.10 |
| Deviation from straight direction | ^ 0.10 |
| Entire foot slide or lift off floor to join (small step) | ^ 0.10 |
| Slight hop/adjustment of feet/staggered | ^ 0.10 |
| Add'l trunk movements upon landing (to avoid steps) | ^ 0.20 |
| Incorrect body posture on landing elements/dism'ts | ^ 0.20 |
| Add'l trunk movements to balance on BB | ^ 0.30 |
| Brush/touch of hands on mat (no support) | ^ 0.30 |
| Deep squat (hips lower than knees). | ^ 0.30 |
| deep squat then falls | ^ 0.30 + <u>0.50</u> |
| Grasp apparatus to avoid fall (UB, BB) | ^ 0.30 |
| Steps: (max <u>0.40</u>) | each <u>0.10</u> – <u>0.15</u> |
| Large step/jump (approx. 3 ft) | each <u>0.20</u> |
| Fall on mat to knees/hips, hands with support | <u>0.50</u> |
| Fall on or against apparatus | <u>0.50</u> |
| Failure to land on bottom of feet first. | no VP, no SR |
| >>if also no initiation of salto (dism't, last FX salto) = | <u>0.30 SV</u> |

Levels 6 & 7 Vaulting

Except Tsuk entry

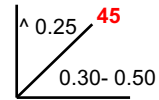
Flight Phases:

| | |
|-----------------|-------|
| Legs crossed | ^0.10 |
| Legs separation | ^0.20 |
| Legs bent | ^0.30 |
| Foot form | ^0.10 |
| | |
| Neutral head | ^0.10 |
| Arched | ^0.20 |
| Piked | ^0.30 |

| | | |
|----------------------------------|--------------------------------|-------------|
| Neutral head | | ^ 0.10 |
| Step/hop hands | ea <u>0.10</u> max <u>0.30</u> | |
| Staggered/alt hand | | ^ 0.10 |
| Alt repulsion | | ^ 0.20 |
| Shoulder angle | | ^ 0.20 |
| Arched (excessive) | | ^ 0.20 |
| Bent legs | | ^ 0.30 |
| Failure to pass thru vertical | | ^ 0.30 |
| Arms bent (except Tsuk lead arm) | | ^ 0.50 |
| One hand on table | | <u>1.00</u> |
| Head touch (includes arms ded.) | | <u>2.00</u> |

| | |
|---|--------|
| Length (center of mass at initial contact on mat stack) | ^ 0.20 |
| Maintain body position | ^ 0.20 |
| Failure to create rotation (excessive arch/pike) | ^ 0.30 |
| Height | ^ 0.50 |

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)



| | |
|------------------|--------|
| Ang of repulsion | ^ 0.50 |
| Too long support | ^ 0.50 |



Table height – up to 135 cm
 Mat stack – MUST be equal to or higher than the underside of the top of the table.
 This does not need to be pushed under the table.

| | |
|-----------|------------------------------------|
| Direction | ^ 0.30 (at initial contact of mat) |
| Dynamics | ^ 0.30 |

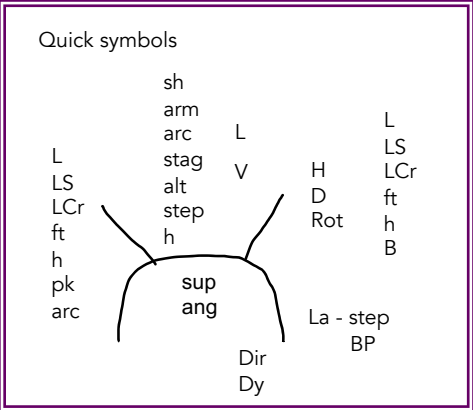
| | |
|--|------------------|
| Coach between board and table (except RO vaults) | <u>0.50</u> |
| Coach aid landing (no deduction after landing) | <u>0.50</u> |
| Coach aiding vault | VOID |
| No contact of hands on table | VOID |
| Salto performed after landing | VOID |
| Not performing allowable choice of vault | VOID |
| 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 | <u>0.20</u> (CJ) |
| Unauthorized matting, unauthorized spring config or incorrect mat stack height | <u>0.30</u> (CJ) |
| Perform vault w/o judge prior signal- off repeated vault | <u>0.50</u> (CJ) |

| | |
|---|--------------|
| Landing | |
| Slight hop/small adj feet towards table | ^ 0.10 |
| Steps: each <u>0.10 – 0.15</u> max <u>0.40</u> | |
| Large step/jump (approx. 3 ft) each <u>0.20</u> max <u>0.20</u> | |
| Brush/hit far end of table | ^ 0.20 |
| Lands on feet alternately, or only one foot (=LS) | <u>0.20</u> |
| Body posture on landing (landing on feet) | ^ 0.50 |
| Lands on mat and falls/support against table | <u>0.50</u> |
| Failure to land on top of mat stack | <u>1.00</u> |
| Failure to land on bottom of feet first: | |
| Handspring: | VOID |
| Yurch & Tsuk: L6 | <u>1.00</u> |
| L7 | NO deduction |
| Land standing/sitting/lying on table | VOID |
| First point of contact on mat is head or neck | 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



| Range -- Avg | |
|--------------|------|
| 9.5 - 10.0 | 0.20 |
| 9.0 - 9.475 | 0.50 |
| 8.0 - 8.975 | 0.70 |
| below 8.0 | 1.00 |

Whenever a zero or 1.00 deduction is applied as one of the counting scores, the score range average does NOT apply.

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 Allow ONE stand on table to jump off per gymnast before time; ONE run back after team presents to judges.

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

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

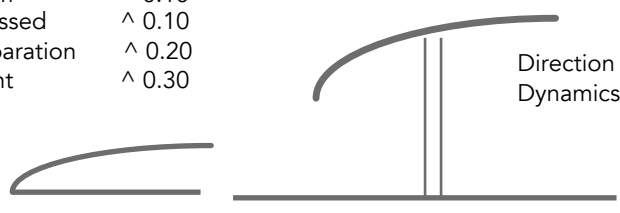
| | |
|-------------------------------------|----------------------------------|
| Staggered/alt hand | ^ 0.10 |
| Alt repulsion | ^ 0.20 |
| Step hands | ea <u>0.10</u> , max <u>0.30</u> |
| Shoulder angle | ^ 0.20 |
| Excessive arch | ^ 0.20 |
| Bent legs (early tuck salto vaults) | ^ 0.30 |
| LA turn too early (on table) | ^ 0.30 |
| Failure to pass through vertical | ^ 0.30 |
| Hop on hands | <u>0.30</u> |
| Bent Arms (except Tsuk lead arm) | ^ 0.50 |
| One hand on table | <u>1.00</u> |
| Head touch (includes arms) | <u>2.00</u> |

First Flight:

| | |
|---------------------------------|--------|
| Arched (excessive) | ^ 0.20 |
| Piked | ^ 0.30 |
| Incomplete twist (1/1+ or -1/4) | ^ 0.30 |

Both Flight Phases:

| | |
|-----------------|--------|
| Foot form | ^ 0.10 |
| Legs crossed | ^ 0.10 |
| Legs separation | ^ 0.20 |
| Legs bent | ^ 0.30 |



| | |
|--------|--------|
| Length | ^ 0.30 |
| Height | ^ 0.50 |

Body shape –

| | |
|---|-------------|
| Insuff Tuck, Pike | ^ 0.30 |
| stretch – (arch or pike) | ^ 0.30 |
| Pike down of stretched | ^ 0.30 |
| Lack of opening | ^ 0.25 |
| total absence (stretch prior to landing, saltos only) | <u>0.30</u> |

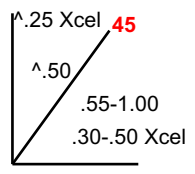
Twists -

| | |
|--|--------|
| Exact twist (crisp) | ^ 0.10 |
| Complete twist late (on mat) (Grps 1, 4&5 w/o salto) | ^ 0.30 |
| Incomplete turn | ^ 0.30 |

Under rotate **all** vaults up to 0.10

Non-salto:

| | |
|------------------|--------------|
| Too long support | ^ 0.50 |
| Ang of repulsion | L8-10 ^ 1.00 |
| | Xcel ^ 0.50 |



| | | |
|--|--------------|--------------------------|
| Coach between board and table (except RO vaults) | DP | <u>0.50</u> |
| XG, XP, XD | NO deduction | |
| Coach aid landing | | <u>0.50</u> |
| >> if also fall, additional | | <u>0.50</u> |
| Coach catching falling gymnast deduct for fall only | | <u>0.50</u> |
| Coach aiding vault | DP: VOID | XG, XP, XD = <u>1.00</u> |
| L8 only: coach spot post flight (salto vaults only) | | <u>1.00</u> |
| No contact of hands on table | VOID | |
| Land standing/sitting/lying on table | VOID | |
| Either vault not on appropriate chart (restricted) | VOID | |
| No safety zone for RO & HdSpr onto brd vaults | VOID | |
| Use of alternate springboard | VOID | XG 9.50 SV |
| Incorrect tape/excessive chalk on table or runway | CJ | <u>0.20</u> |
| Unauthorized matting, unauthorized spring config | CJ | <u>0.30</u> |
| Perform vault w/o judge prior signal (off repeated vault) | CJ | <u>0.50</u> |
| Xcel: | No deduction | |

Angle = hands to body part furthest past the vertical when leaving the table

Landing:

| | |
|---|-------------|
| Feet land max hip width and not close | <u>0.05</u> |
| Feet land <i>wider</i> than hip width, not close | <u>0.10</u> |
| Entire foot/feet slide or lift off floor to join | ^ 0.10 |
| Arm swings to maintain balance | ^ 0.10 |
| Staggered feet, small hop, adjust | ^ 0.10 |
| Add'l trunk movements to maintain balance | ^ 0.20 |
| Body posture (upon landing) | ^ 0.20 |
| Brush/hit body on far end of table | ^ 0.20 |
| Steps: each <u>0.10 – 0.15</u> max <u>0.40</u> | |
| Large step/jump (approx. 3 ft) each <u>0.20</u> max <u>0.20</u> | |
| Brush/touch floor (no support) | ^ 0.30 |
| Squat (hips lower than knees) | ^ 0.30 |
| -> then falls | <u>0.50</u> |
| Falls against table | <u>0.50</u> |
| Falls to hand(s)/knee(s)/hips on floor | <u>0.50</u> |
| Failure to land feet first | VOID |

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 (after injury assessment), ends at salute for 2nd vault

| Range -- Avg | |
|--------------|------|
| 9.5 - 10.0 | 0.20 |
| 9.0 - 9.475 | 0.50 |
| 8.0 - 8.975 | 0.70 |
| below 8.0 | 1.00 |

Whenever a zero or 1.00 deduction is applied as one of the counting scores, the score range average does NOT apply.

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/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.

| 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 |
| 1.108 | 1/4 - 1/4 | repul | | 9.0 | | |
| 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 | 1 1/2 | | 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 | 1 1/2 | face table | | | 9.8 |
| 1.311 | Hsp-1/2 | full | | 9.5 | 9.0 | 8.8 |
| 1.402 | Hdsp | 2 1/2 | | | | 10+ |
| 1.504 | Yami | 2 1/2 | | | | 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 |
| 3.301 | Hsp-Tsuk | bk tuck | | | 9.7 | 9.5 |
| 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+ |

| 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

| | 6 | 7 | 8 | 9 | 10 |
|-------------------------------------|--|---|---|---|---|
| Value Parts and Restricted rules | 5A 1B one allowed C = B other C = 0.5, no VP no rel HB ⇄ LB | 5A 2B allowed C = B other C = 0.5, no VP | 4A 4B allowed C = B one Rst C = B *other C = -0.5, no VP/SR *Whether it meets req't for VP | 3A 4B 1C Any B/C root elem w/ 1/2 to rev/L/mix grip or 1/1 pir allow 1st D/E = C for CV/SR, +.1 D/E bonus *other D/E = -0.5, no VP/SR Unless other D/E is a allow elem | 3A 3B 2C |
| 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 | ^ 0.20 | |
| L8-10 Dismount not up to the level of comp | ^ 0.10 | |
| L9/10 Facing same direction throughout (ex mt/dmt) | <u>0.10</u> | |
| L9/10 Choice of Elements - 2 out of 3 (ex dmt) | | |
| 1. Fwd elem circle/release- min B | } | 2 elem <u>0.00</u> |
| 2. 3/6/7 element- min B | | 1 elem <u>0.10</u> |
| 3. Min 180° LA Turn w/w/o flt- min C | | 0 elem <u>0.20</u> |
| L10- Choice of release elem not up to level comp (two diff D/E releases for no deduction) | ^ 0.20 | |
| L10- Lack of 2 nd bar change | <u>0.20</u> | |
| L10- More than one squat/stoop LB jump to HB | each <u>0.10</u> | |
| ¾ giant with/without grip change | each <u>0.10</u> | |
| Uncharacteristic elem (and breaks series) | each <u>0.10</u> | |
| -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/dismt) |
|-----|--|---|
| 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 = 0.10 D + D = 0.20 |
| L 9 | C + C = 0.1 one/both elem w/o LA turn/flight If none have LA/flt, must be different | C + C = 0.20 If both elem have LA/flight |

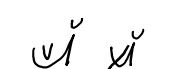
Range (avg)

| | |
|-------------|------|
| 9.5 - 10.0 | 0.20 |
| 9.0 - 9.475 | 0.50 |
| 8.0 - 8.975 | 0.70 |
| below 8.0 | 1.00 |

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

Allowed elements:

B for L6, L7, L8: 

B for L7, L8: 

(Reg grip)

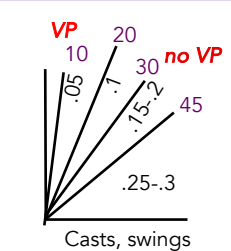
45 sec fall time when on feet (after injury assessment)

APPARATUS DEDUCTIONS

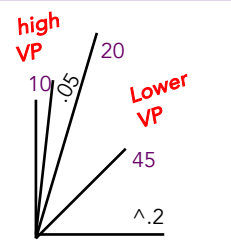
| | |
|--|----------------|
| Insuff angle of arrival- flt to HS on LB | <u>0.05</u> |
| Hesitation in hdst or jump to HB | ^ 0.10 |
| Insuf extension of glides/sw to kip | ^ 0.10 |
| Poor rhythm in element/conn | ^ 0.10 |
| Precision of hdst positions | ^ 0.10 |
| Swing fwd/bwd under horiz | ea ^ 0.10 |
| Touch, brush foot on apparatus/mat | ^ 0.10 |
| Under rotation of release/flight elem | ^ 0.10 |
| Landing too close to bars on dismt | <u>0.10</u> |
| Amplitude of bar elements, releases | ^ 0.20 |
| Dynamics (energy, swingful, effortless) | ^ 0.20 |
| Failure to maintain stretch (pike down) dmt. | ^ 0.20 |
| Hit foot: on apparatus | <u>0.20</u> |
| on mat | <u>0.30</u> |
| Incomplete twist salto dismt | ^ 0.20 |
| Insuff amplitude of salto dismounts | ^ 0.30 |
| Insuff extension/open of tk/pk prior to land | ^ 0.30 |
| Bent arms in support or legs | ^ 0.30 |
| Dismount of no value/ restricted (from SV) | <u>0.30</u> |
| Extra swing/cast (max 0.5 for 2+ consec) | ea <u>0.30</u> |
| Grasp to avoid fall | <u>0.30</u> |
| Incorrect padding (heel/hip) | CJ <u>0.20</u> |
| Coach between bars throughout exercise | CJ <u>0.10</u> |
| Coach sprays water on bar after routine begins | CJ <u>0.20</u> |
| Failure to remove bd/spot block | CJ <u>0.30</u> |
| Exercise fewer than 5 VP elem | CJ <u>2.00</u> |

Dismount UTL - no ded

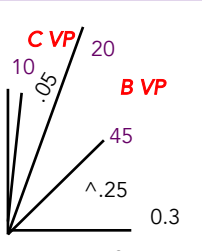
| |
|---|
| L10 D/E + C dismt or D/E dismt |
| L9 C dismt |
| L8 B + A dismt or B dismt |
| L10 UTL - 2 diff D/E release |



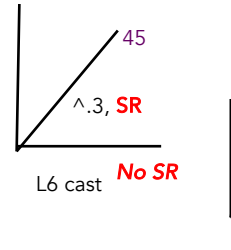
Casts, swings



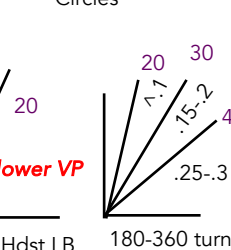
Circles



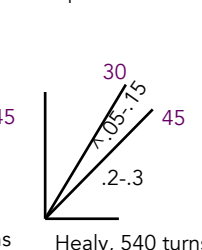
Clear Hips .35 - .4



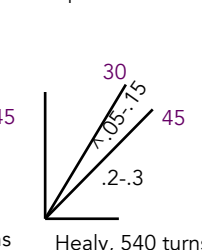
L6 cast **No SR**



Flt to Hdst LB



180-360 turns



Healy, 540 turns

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 restricted D/E = -0.5, 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/flt, must be different | C + C = 0.2 If both elem have LA/flight |

L9 Bonus notes:

All allowable D/E becomes C for CV

First restricted D/E may earn +.10 DV bonus (no fall or spot) one time only

If first D/E has fall with 0 VP and the same element is *repeated and gets VP*, then apply +0.1 D/E bonus.

Any other restricted D/E whether or not it meets the req't to get VP: deduct 0.50 from SV for restricted element. No VP/SR is awarded.

If no VP on restricted elem, and do an allowable D/E, + 0.10 bonus can be given.

GENERAL COMPOSITION

| | | |
|--|--------|--------------------|
| Dismount up to the level of comp | ^ 0.10 | |
| Facing same direction throughout (ex mt/dsmt) | ^ 0.10 | |
| Choice of Elements - 2 out of 3 (ex dmt) | | |
| 1. Fwd elem circle/release- min B | { | 2 elem <u>0.00</u> |
| 2. 3/6/7 element- min B | | 1 elem <u>0.10</u> |
| 3. Min 180° LA Turn w/wo flt- min C | | 0 elem <u>0.20</u> |
| ¾ giant with/without grip change | | <u>0.10</u> |
| Uncharacteristic elem (and breaks series) | ea | <u>0.10</u> |
| -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 |

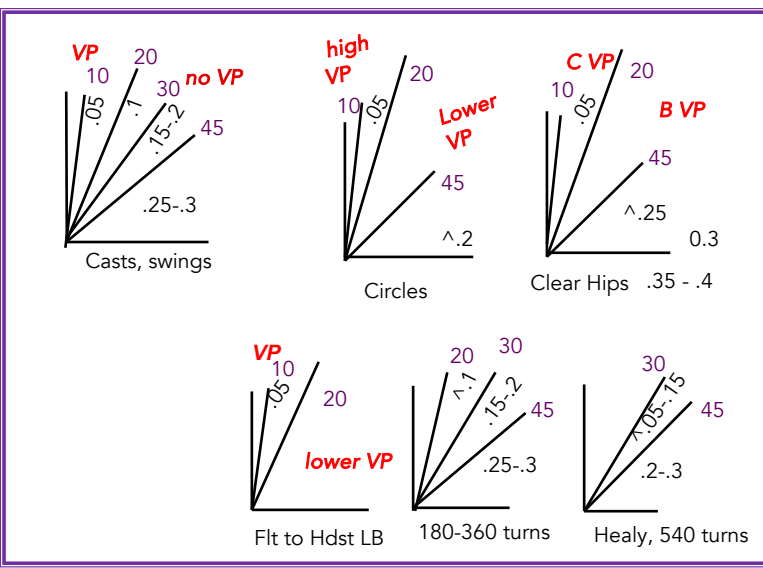
APPARATUS DEDUCTIONS

| | |
|--|----------------|
| Insuff angle of arrival- flt to HS on LB | 0.05 |
| Hesitation in hdst or jump to HB | ^ 0.10 |
| Insuf extension of glides/sw to kip | ^ 0.10 |
| Poor rhythm in element/conn | ^ 0.10 |
| Precision of hdst positions | ^ 0.10 |
| Swing fwd/bwd under horiz | ea ^ 0.10 |
| Touch, brush foot on apparatus/mat | ^ 0.10 |
| Under rotation of release/flight elem | ^ 0.10 |
| Landing too close to bars on dismt | 0.10 |
| Amplitude of bar elements, releases | ^ 0.20 |
| Dynamics (energy, swingful, effortless) | ^ 0.20 |
| Fail to maintain stretch (pike down) dmt. | ^ 0.20 |
| Hit foot: on apparatus | <u>0.20</u> |
| on mat | <u>0.30</u> |
| Incomplete twist salto dismt | ^ 0.20 |
| Insuff amplitude of salto dismounts | ^ 0.30 |
| Insuff extension/open of tk/pk prior to land | ^ 0.30 |
| Bent arms in support or legs | ^ 0.30 |
| Dismount of no value/ restricted (from SV) | <u>0.30</u> |
| Extra swing/cast (max 0.5 for 2+ consec) | ea <u>0.30</u> |
| Grasp to avoid fall | <u>0.30</u> |
| Hit foot on mat | <u>0.30</u> |
| Coach between bars throughout exercise | CJ <u>0.10</u> |
| Coach sprays water on bar/ rtn started | CJ <u>0.20</u> |
| Incorrect padding (heel/hip) | CJ <u>0.20</u> |
| Failure to remove bd/spot block | CJ <u>0.30</u> |
| Exercise fewer than 5 VP elem | CJ <u>2.00</u> |

Range (avg)

| | |
|-------------|------|
| 9.5 - 10.0 | 0.20 |
| 9.0 - 9.475 | 0.50 |
| 8.0 - 8.975 | 0.70 |
| below 8.0 | 1.00 |

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/dismt) C salto dismt |
| No VP = no SR | |
| Start Value | 9.5 (+0.5 bonus) max +.4 CV or DV |
| Deduct from SV > | VP, SR, no dismt |

| Connection Value (CV) (includes mt/dismt) | |
|--|----------------------------------|
| C + C = 0.1 -Both elem must have LA turn or flight -if both Gp 3/6/7, no LA/flt needed, but must be different | C + D = 0.1 <hr/> 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

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

GENERAL COMPOSITION

| | |
|---|--------------------|
| Dismount not up to the level of comp | ^ 0.10 |
| Choice of release elem not up to level comp (two diff D/E releases for no deduction) | ^ 0.20 |
| Choice of Elements - 2 out of 3 (ex dmt) | |
| 1. Fwd elem circle/release- min B | 2 elem <u>0.00</u> |
| 2. 3/6/7 element- min B | 1 elem <u>0.10</u> |
| 3. Min 180° LA Turn w/wo flt- min C | 0 elem <u>0.20</u> |
| Lack of 2 nd bar change | <u>0.20</u> |
| Facing same direction throughout (ex mt/dmt) | <u>0.10</u> |
| More than one squat/stoop LB jump to HB | each <u>0.10</u> |
| ¾ giant with/without grip change | each <u>0.10</u> |
| Uncharacteristic elem (and breaks series) | each <u>0.10</u> |
| -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 | Releases |
|------|--------------------------------|
| 0.0 | D/E D/E |
| 0.05 | D+C conn |
| 0.1 | Isol D & isol C |
| 0.15 | C+C conn or isol D & isol B |
| 0.2 | 2 isol C or isol C & B |

| UTL | Dismounts |
|------|-------------------|
| 0.0 | D/E or D+C dmt |
| 0.05 | C+C+C or D+C+C |
| 0.1 | C+C dismt or less |

45 sec fall time when on feet, after med assessment

APPARATUS DEDUCTIONS

| | |
|--|--------------------|
| Insuff angle of arrival- flt to HS on LB | <u>0.05</u> |
| Hesitation in hdst or jump to HB | ^ 0.10 |
| Insuff extension of glides/sw to kip | ^ 0.10 |
| Poor rhythm in element/conn | ^ 0.10 |
| Precision of hdst positions | ^ 0.10 |
| Swing fwd/bwd under horiz | ea ^ 0.10 |
| Touch, brush foot on apparatus/mat | ^ 0.10 |
| Under rotation of release/flight elem | ^ 0.10 |
| Landing too close to bars on dmt | <u>0.10</u> |
| Amplitude of bar elements, releases | ^ 0.20 |
| Dynamics (energy, swingful, effortless) | ^ 0.20 |
| Fail to maintain stretch (pike down) dmt | ^ 0.20 |
| Incomplete twist salto dmt | ^ 0.20 |
| Hit foot: on apparatus <u>0.20</u> | on mat <u>0.30</u> |
| Insuff amplitude of salto dmts | ^ 0.30 |
| Insuff ext/open of tk/pk prior to land | ^ 0.30 |
| Bent arms in support or legs | ^ 0.30 |
| Dismount of no value/ restricted (from SV) | <u>0.30</u> |
| Extra swing/cast (max 0.5 for 2+ consec) | ea <u>0.30</u> |
| Grasp to avoid fall | <u>0.30</u> |
| Coach between bars throughout exercise | CJ <u>0.10</u> |
| Coach sprays water on bar/ rtn started | CJ <u>0.20</u> |
| Incorrect padding (heel/hip) | CJ <u>0.20</u> |
| Failure to remove bd/spot block | CJ <u>0.30</u> |
| Third run approach | CJ <u>0.50</u> |
| Exercise fewer than 5 VP elem | CJ <u>2.00</u> |

Range (avg)

| | |
|-------------|------|
| 9.5 - 10.0 | 0.20 |
| 9.0 - 9.475 | 0.50 |
| 8.0 - 8.975 | 0.70 |
| below 8.0 | 1.0 |

Casts, swings

Circles

Clear Hips

Flt to Hdst LB

180-360 turns

Healy, 540 turns

Optional Balance Beam

| | 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 ft OR one acro ft elem (iso or in series) Leap/jump 180 split 360° turn A salto/aerial dsmt | Acro series w/wo ft AND acro flight element Leap/jump 180 split 360° turn A salto/aerial dsmt | Acro series, 1 ft elem Leap/jump 180 split 360° turn A salto/aerial dsmt | Acro Series, 2 ft elem Leap/jump 180° split 360° turn B salto/aerial dsmt | Acro Series , 2 ft elem with one min C (or E ft + A non-ft) Leap/jump 180° split 360° turn C dismount (or a B dsmt dir conn to a C acro flight/dance elem or C acro series) |
| SV Deduct=> | 10.0 C, VP, SR, dsmt no value (0.3) | 10.0 C, VP, SR, dsmt no value (0.3) | 10.0 Rst C, VP, SR, dsmt no value (0.3) | 9.7 (+0.3 bonus) .3 CV, max +.1 DV Rst D/E, VP, SR, dsmt no value (0.3) | 9.5 (+0.5 bonus) max +.4 CV or DV VP, SR, dsmt no value (0.3) |

| Connection Value (CV) | 2 acro flight no dsmt | 3 acro flight (try 2-acro bonus) | dance/mixed (acro ft, no dsmt) | 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 | 0.20 |
| 9.0 - 9.475 | 0.50 |
| 8.0 - 8.975 | 0.70 |
| below 8.0 | 1.00 |

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

| GENERAL COMPOSITION (8-10) | |
|---|----------------------------|
| Show 2 directions (F/S/B) choreography | ea <u>0.05</u> |
| Level changes | ^ 0.10 |
| Spatially (use whole beam) | ^ 0.10 |
| Choice of dismount not up to level of comp | ^ 0.10 |
| Fail to perform acro in 2 diff dir (Fw/Sw and Bw) if only Fw/Sw or Bw in dsmt | <u>0.10</u> <u>0.05</u> |
| More than 2 dance of same shape V, W, or I | ea <u>0.10</u> |
| More than 1 pivot (1/2) turns (releve', str legs) | <u>0.10</u> |
| Choice of acro up to level of competition | ^ 0.20 |
| Choice of dance up to level of comp | ^ 0.20 |
| Lack of dance series | <u>0.20</u> |

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 ft + C dsmt -or- D/E ft + B dsmt -or- D/E dsmt

L9: UTL 2 ele-C ser plus salto/aerial and D/E flight
 UTLd C C
 UTL→ B flight + B dsmt -or- C dsmt

L8: UTL B + B ser, plus acro B, A
 UTLd B B A
 UTL→ B acro + A dsmt -or- B dsmt

Overtime: CJ 0.10 Shorter than 30 sec = CJ 2.00

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

L7 - 1:20 -- warning 1:10

L6 - 1:15 -- warning 1:05 → shorter than 30 sec, w 10 SV = 0.50 CJ

| APPARATUS DEDUCTIONS | |
|--|----------------|
| Failure to land feet together in L/J (land side) | ea ^ 0.10 |
| Failure to perform turns in high relevé | ea ^ 0.10 |
| Hesitation in jump/press/swing to hdst | ^ 0.10 |
| Incorrect body position in VP dance | ea ^ 0.10 |
| Lack of precision in VP dance | ea ^ 0.10 |
| Direction of landing on dsmt | <u>0.10</u> |
| Landing too close to beam on dismount | <u>0.10</u> |
| Artistry of presentation: | |
| ~quality of expression - projection, focus | ^ 0.10 |
| ~variety of choreography | ^ 0.10 |
| ~quality of movement | ^ 0.10 |
| Rhythm during acro connection (fwd/back, fwd/side, non-flight) | |
| continuous body, slow, slight extend-bend knees | ^ 0.10 |
| torso out of line with beam | .15 to 0.20 |
| Failure to maintain stretch body (pk down dsmt) | ^ 0.20 |
| Height of acro/dance/saltos | ^ 0.20 |
| Incomplete turn or twist | ^ 0.20 |
| Incorrect body position landing elements/dismounts | ^ 0.20 |
| Insuff dynamics (energy, effortless) | ^ 0.20 |
| Insuf exactness of tuck/pike/stretch position | ^ 0.20 |
| Insuff leg split in L/J, walkover (less than 135 = A) | ^ 0.20 |
| Insuff sureness of performance throughout | ^ 0.20 |
| Legs not parallel to beam in split/strad L/J | ^ 0.20 |
| Rhythm during dance/mix conn. | ^ 0.20 |
| Variation of rhythm and tempo throughout | ^ 0.20 |
| Concentration pause: 2 sec ea <u>0.10</u> more than 2 sec | ea <u>0.20</u> |
| Support of leg against beam, hit | ea <u>0.20</u> |
| Direction of gainer dismount off end | ^ 0.30 |
| Height of salto dismount | ^ 0.30 |
| Incorrect body alignment, posture in non-VP | ^ 0.30 |
| Insuf extension of body (open) prior to land | ^ 0.30 |
| Relaxed/incorr footwork in non-VP throughout | ^ 0.30 |
| Balance: ^ 0.30 Grasp to prevent fall | <u>0.30</u> |
| Use supplement support (feet on floor or base) | <u>0.30</u> |
| Coach next to beam throughout exercise | CJ <u>0.10</u> |

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 = -.05, 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 | 9.7 (+0.3 bonus) .3 CV, max +.1 DV Rst D/E, VP, SR, no dismt |
| Deduct from SV> | |

| 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 are not eligible for +.1 D/E
First Acro D/E (restricted) may earn +.1 D/E bonus (no fall or spot).

The same restricted element may be repeated if the element receives 0 VP the first time.
Any additional restricted element performed whether or not they receive VP credit: deduct 0.50, No VP/No SR.

| GENERAL COMPOSITION (8-10) | |
|--|----------------------------|
| Show 2 directions (F/S/B) choreography | ea <u>0.05</u> |
| Level changes | ^ 0.10 |
| Spatially (use whole beam) | ^ 0.10 |
| Choice of dismount not up to level of comp | ^ 0.10 |
| Fail to perform acro in 2 diff dir (Fw/Sw and Bw) if only Fw/Sw or Bw in dismt | <u>0.10</u> <u>0.05</u> |
| More than 2 dance of same shape ^, v, or / | ea <u>0.10</u> |
| More than 1 pivot (1/2) turns (releve', str legs) | <u>0.10</u> |
| Choice of acro up to level of competition | ^ 0.20 |
| Choice of dance up to level of comp | ^ 0.20 |
| Lack of dance series | <u>0.20</u> |

| |
|------------------------------------|
| Time: 1:30 |
| Overtime CJ <u>0.10</u> |
| Ex less than 30 sec CJ <u>2.00</u> |

| Range (avg decides) | |
|---------------------|------|
| 9.5 - 10.0 | 0.20 |
| 9.0 - 9.475 | 0.50 |
| 8.0 - 8.975 | 0.70 |
| below 8.0 | 1.00 |

45 sec fall time when back on feet

| APPARATUS DEDUCTIONS | |
|--|----------------|
| Failure to land feet together in L/J (land side) | ea ^ 0.10 |
| Failure to perform turns in high relevé | ea ^ 0.10 |
| Hesitation in jump/press/swing to hdst | ^ 0.10 |
| Incorrect body position in VP dance | ea ^ 0.10 |
| Lack of precision in VP dance | ea ^ 0.10 |
| Direction of landing on dismt | <u>0.10</u> |
| Landing too close to beam on dismount | <u>0.10</u> |
| Artistry of presentation: | |
| ~quality of expression - projection, focus | ^ 0.10 |
| ~variety of choreography | ^ 0.10 |
| ~quality of movement | ^ 0.10 |
| Rhythm during acro connection (fwd/back, fwd/side, non-flight) | |
| continuous body, slow, slight extend-bend knees | ^ 0.10 |
| torso out of line with beam | .15 to 0.20 |
| Failure to maintain stretch body (pk down dsmt) | ^ 0.20 |
| Height of acro/dance/saltos | ^ 0.20 |
| Incomplete turn or twist | ^ 0.20 |
| Incorrect body position landing elements/dismounts | ^ 0.20 |
| Insuff dynamics (energy, effortless) | ^ 0.20 |
| Insuf exactness of tuck/pike/stretch position | ^ 0.20 |
| Insuff leg split in L/J, walkover (less than 135 = A) | ^ 0.20 |
| Insuff sureness of performance throughout | ^ 0.20 |
| Legs not parallel to beam in split/strad L/J | ^ 0.20 |
| Rhythm during dance/mix conn. | ^ 0.20 |
| Variation of rhythm and tempo throughout | ^ 0.20 |
| Concentration pause: 2 sec ea <u>0.10</u> more than 2 sec | ea <u>0.20</u> |
| Support of leg against beam, hit | ea <u>0.20</u> |
| Direction of gainer dismount off end | ^ 0.30 |
| Height of salto dismount | ^ 0.30 |
| Incorrect body alignment, posture in non-VP | ^ 0.30 |
| Insuf extension of body (open) prior to land | ^ 0.30 |
| Relaxed/incorr footwork in non-VP throughout | ^ 0.30 |
| Balance: ^ 0.3 Grasp to prevent fall | <u>0.30</u> |
| Use supplement support (feet on floor or base) | <u>0.30</u> |
| Coach next to beam throughout exercise | CJ <u>0.10</u> |

Level 10 Optional Balance Beam

| | |
|---|--|
| | 10 |
| Value Parts | 3A 3B 2 C |
| Special Reqmts 0.5 each No VP = no SR | 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) |
| Start Value Deduct from SV> | 9.5 (+0.5 bonus) max +.4 CV or DV 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

| 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 |

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 | 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 |

| APPARATUS DEDUCTIONS | |
|--|-----------------------------------|
| Failure to land feet together in L/J (land side) | ea ^ 0.10 |
| Failure to perform turns in high relevé | ea ^ 0.10 |
| Hesitation in jump/press/swing to hdst | ^ 0.10 |
| Incorrect body position in VP dance | ea ^ 0.10 |
| Lack of precision in VP dance | ea ^ 0.10 |
| Direction of landing on dismt | <u>0.10</u> |
| Landing too close to beam on dismount | <u>0.10</u> |
| Artistry of presentation: | |
| ~quality of expression - projection, focus | ^ 0.10 |
| ~variety of choreography | ^ 0.10 |
| ~quality of movement | ^ 0.10 |
| Rhythm during acro connection (fwd/back, fwd/side, non-flight) | |
| continuous body, slow, slight extend-bend knees | ^ 0.10 |
| torso out of line with beam | .15 to 0.20 |
| Failure to maintain stretch body (pk down dsmt) | ^ 0.20 |
| Height of acro/dance/saltos | ^ 0.20 |
| Incomplete turn or twist | ^ 0.20 |
| Incorrect body position landing elements/dismounts | ^ 0.20 |
| Insuff dynamics (energy, effortless) | ^ 0.20 |
| Insuf exactness of tuck/pike/stretch position | ^ 0.20 |
| Insuff leg split in L/J, walkover (less than 135 = A) | ^ 0.20 |
| Insuff sureness of performance throughout | ^ 0.20 |
| Legs not parallel to beam in split/strad L/J | ^ 0.20 |
| Rhythm during dance/mix conn. | ^ 0.20 |
| Variation of rhythm and tempo throughout | ^ 0.20 |
| Concentration pause: 2sec ea <u>0.10</u> | more than 2 sec ea <u>0.20</u> |
| Support of leg against beam, hit | ea <u>0.20</u> |
| Direction of gainer dismount off end | ^ 0.30 |
| Height of salto dismount | ^ 0.30 |
| Incorrect body alignment, posture in non-VP | ^ 0.30 |
| Insuf extension of body (open) prior to land | ^ 0.30 |
| Relaxed/incorr footwork in non-VP throughout | ^ 0.30 |
| Balance: ^ 0.3 | Grasp to prevent fall <u>0.30</u> |
| Use supplement support (feet on floor or base) | <u>0.30</u> |
| Coach next to beam throughout exercise | CJ <u>0.10</u> |

| GENERAL COMPOSITION (8-10) | |
|---|----------------|
| Show 2 directions (F/S/B) choreography | ea <u>0.05</u> |
| Level changes | ^ 0.10 |
| Spatially (use whole beam) | ^ 0.10 |
| Choice of dismount not up to level of comp | ^ 0.10 |
| Fail to perform acro in 2 diff dir (Fw/Sw and Bw) | <u>0.10</u> |
| if only Fw/Sw or Bw in dismt | <u>0.05</u> |
| More than 2 dance of same shape V, W, or I | ea <u>0.10</u> |
| More than 1 pivot (1/2) turns (relevé, str legs) | <u>0.10</u> |
| Choice of acro up to level of competition | ^ 0.20 |
| Choice of dance up to level of comp | ^ 0.20 |
| Lack of dance series | <u>0.20</u> |

Time: 1:30
Overtime CJ 0.10
Ex less than 30 sec CJ 2.00

| Range (avg decides) | |
|---------------------|------|
| 9.5 - 10.0 | 0.20 |
| 9.0 - 9.475 | 0.50 |
| 8.0 - 8.975 | 0.70 |
| below 8.0 | 1.00 |

45 sec fall time starts when back on feet

Optional Floor Exercise

| | 6 | 7 | 8 | 9 | 10 |
|---|---|--|---|---|---|
| Value Parts and Restricted rules | 5A 1B one dance C = B Rstr 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 Rstr 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 Rstr 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 <div style="border-left: 1px solid black; padding-left: 5px;"> 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 </div> | 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 Rstr 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) |
|-----------------|--|--|------------------------------------|
| + 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

Overtime: 0.10 CJ
L7- 10 1:30 L6 1:15

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

Range (avg decides)

| | |
|-------------|------|
| 9.5 - 10.0 | 0.20 |
| 9.0 - 9.475 | 0.50 |
| 8.0 - 8.975 | 0.70 |
| below 8.0 | 1.00 |

GENERAL COMPOSITION (L8-10)

| | |
|---|---------|
| Insuff use of FX (spatially) | ^ 0.10 |
| Last salto (iso or in last conn) up to level of comp | ^ 0.10 |
| Fail to perform saltos in 2 different direction F/S & B | 0.10 |
| Overuse of dance of same shape \wedge or \vee or \cap | ea 0.10 |
| Choice of dance not up to level of comp | ^ 0.20 |
| Choice of saltos not up to level of competition | ^ 0.20 |
| Lack of one foot turn, min B | 0.20 |
| Fail to perform last salto of value (from SV) | 0.30 |
| Lack min 3A salto (L8) /B salto (L9) /C salto (L10) | 0.30 |

Up To Level of Competition – for No deduction:

UTL dance

L10: C C C or D D

L9: C C

L8: B B A

UTL Salto*

D D D A or D D C B

C C C A

B B B A

*UTL acro based on 4 saltos performed regardless of connection, isolated or within a pass. Additional 0.05 for each missing salto.

| UTL Acro Deduction | Level 8 | Level 9 | Level 10 |
|--|--------------|--------------|--------------------------|
| No Deduction (0.05 for each missing salto) | B B B A | C C C A | D D D A OR D D C B |
| 0.05 | B B A A | C C B B | D D C A |
| 0.10 | B A A A | C C B A | D C C B |
| 0.15 | B A A - | C B B B | D C C A |
| 0.20 | No "B" Salto | No "C" Salto | No "D"/"E" Salto |

APPARATUS DEDUCTIONS

| | |
|--|-----------|
| Poor relationship of music: Not hold ending pose | 0.05 |
| Artistry of presentation | |
| • quality of expression- projection, focus | ^ 0.10 |
| • variety of choreography | ^ 0.10 |
| • quality of movement | ^ 0.10 |
| Failure to land feet together in L/J | ea ^ 0.10 |
| Incorrect body posture in VP dance | ea ^ 0.10 |
| Lack of precision in VP dance | ea ^ 0.10 |
| Legs crossed in twisting saltos | ^ 0.10 |
| Rhythm during direct connection | ea ^ 0.10 |
| Turns not in high relevé | ea ^ 0.10 |
| Concentration pauses (2 sec or more) | ea 0.10 |
| Poor relationship of music: Not ending with music | 0.10 |
| Incomplete turn/twist | ea ^ 0.20 |
| Insuff dynamics (energy, effortless) | ^ 0.20 |
| Insuff exactness of tuck/pike/layout positions | ^ 0.20 |
| Insuff height of dance, acro w/hands, aerials | ea ^ 0.20 |
| Insuff leg split in leaps/jumps/walkovers | ^ 0.20 |
| Legs not parallel to the floor in split/straddle | ^ 0.20 |
| Pike down of stretched salto | ^ 0.20 |
| Rhythm and tempo (whole exercise) | ^ 0.20 |
| Insuff height of salto (not apply to accel elem) | ^ 0.30 |
| Insuff opening prior to landing (saltos) | ^ 0.30 |
| Poor rel'p of music and movement: throughout exercise | ^ 0.30 |
| Relaxed body posture, alignment, position | ^ 0.30 |
| Relax/incorrect footwork on non-VP | ^ 0.30 |
| Failure to mark boundary on mat | CJ 0.10 |
| Unauthorized matting (no more than 2 on floor, 1 per pass) | CJ 0.30 |
| Coach on Floor (one time only) | CJ 0.30 |
| Coach/teammate touch/push to prevent run/fall out of bounds: | |
| 0.50 spot, and 0.10 out of bounds (CJ), no bonus | |
| Absence of music (not technical failure) or music with voice | CJ 1.00 |
| Exercise less than 30 sec | CJ 2.00 |

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 = -.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

| | UTL acro <u>0.05</u> for each salto missing from formula | Dance |
|------|---|-----------|
| 0.0 | C C C A | Min 2 C's |
| 0.05 | C C B B | C B |
| 0.1 | C C B A | C |
| 0.15 | C B B B | B B |
| 0.2 | No C saltos | B |

L9 Bonus notes:

Any D/E becomes C for CV
Dance D/E are not eligible for +.1 D/E
First Acro D/E (restricted) may earn +.1 D/E bonus (no fall or spot).

The same restricted element may be repeated if the element receives 0 VP the first time.
Any additional restricted element performed whether or not they receive VP credit: deduct 0.50, No VP/No SR.

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

APPARATUS DEDUCTIONS

| | |
|---|----------------|
| Poor relationship of music: Not hold ending pose | <u>0.05</u> |
| Artistry of presentation | |
| • quality of expression- projection, focus | ^ 0.10 |
| • variety of choreography | ^ 0.10 |
| • quality of movement | ^ 0.10 |
| Failure to land feet together in L/J | ea ^ 0.10 |
| Incorrect body posture in VP dance | ea ^ 0.10 |
| Lack of precision in VP dance | ea ^ 0.10 |
| Legs crossed in twisting saltos | ^ 0.10 |
| Rhythm during direct connection | ea ^ 0.10 |
| Turns not in high relevé | ea ^ 0.10 |
| Concentration pauses (2 sec or more) | ea <u>0.10</u> |
| Poor relationship of music: Not ending with music | <u>0.10</u> |
| Incomplete turn/twist | ea ^ 0.20 |
| Insuff dynamics (energy, effortless) | ^ 0.20 |
| Insuff exactness of tuck/pike/layout positions | ^ 0.20 |
| Insuff height of dance, acro w/hands, aerials | ea ^ 0.20 |
| Insuff leg split in leaps/jumps/walkovers | ^ 0.20 |
| Legs not parallel to the floor in split/straddle | ^ 0.20 |
| Pike down of stretched salto | ^ 0.20 |
| Rhythm and tempo (whole exercise) | ^ 0.20 |
| Insuff height of salto (not apply to accel elem) | ^ 0.30 |
| Insuff opening prior to landing (saltos) | ^ 0.30 |
| Poor rel'p of music and movement: throughout exercise | ^ 0.30 |
| Relaxed body posture, alignment, position | ^ 0.30 |
| Relax/incorrect footwork on non-VP | ^ 0.30 |

GENERAL COMPOSITION

| | |
|--|----------------|
| Insuff use of FX (spatially) | ^ 0.10 |
| Last salto(iso or in last conn) not up to level of comp | ^ 0.10 |
| Fail to perform saltos in 2 different direction F/S & B | <u>0.10</u> |
| Overuse of dance of same shape Λ or ∇ or V | ea <u>0.10</u> |
| Choice of dance not up to level of comp | ^ 0.20 |
| Choice of saltos not up to level of competition | ^ 0.20 |
| Lack of one foot turn, min B | <u>0.20</u> |
| Fail to perform last salto of value (from SV) | <u>0.30</u> |
| Lack of min B salto | <u>0.30</u> |

Range (avg decides)

| | |
|-------------|------|
| 9.5 - 10.0 | 0.20 |
| 9.0 - 9.475 | 0.50 |
| 8.0 - 8.975 | 0.70 |
| below 8.0 | 1.00 |

| | |
|---------------------|----------------|
| Time: L7- 10 1:30 | |
| Overtime | CJ <u>0.10</u> |
| Ex less than 30 sec | CJ <u>2.00</u> |

| | |
|--|----------------|
| Failure to mark boundary on mat | CJ <u>0.10</u> |
| Unauthorized matting(no more than 2 on floor,1 per pass) | CJ <u>0.30</u> |
| Coach on Floor (one time only) | CJ <u>0.30</u> |
| Coach/teammate touch/push to prevent run/fall out of bounds: | |
| 0.50 spot, and 0.10 out of bounds (CJ), no bonus | |
| Absence of music (not technical failure) or music with voice | CJ <u>1.00</u> |
| Exercise less than 30 sec | CJ <u>2.00</u> |

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

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

| | UTL acro *0.05 for each salto missing from formula | Dance |
|------|--|--------------|
| 0.0 | D D D D D D C B | C C C D D |
| 0.05 | D D C A | C C B D C |
| 0.1 | D C C B | C C D B |
| 0.15 | D C C A | C B D |
| 0.2 | No D/E saltos | C B B |

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

GENERAL COMPOSITION

| | |
|---|---------|
| Insuff use of FX (spatially) | ^ 0.10 |
| Last salto(iso or in last conn) not up to level of comp | ^ 0.10 |
| Fail to perform saltos in 2 different direction F/S & B | 0.10 |
| Overuse of dance of same shape Λ or ∇ or Π | ea 0.10 |
| Choice of dance not up to level of comp | ^ 0.20 |
| Choice of saltos not up to level of competition | ^ 0.20 |
| Lack of one foot turn, min B | 0.20 |
| Fail to perform last salto of value (from SV) | 0.30 |
| Lack of min C salto | 0.30 |

APPARATUS DEDUCTIONS

| | |
|---|-----------|
| Poor relationship of music: Not hold ending pose | 0.05 |
| Artistry of presentation | |
| • quality of expression- projection, focus | ^ 0.10 |
| • variety of choreography | ^ 0.10 |
| • quality of movement | ^ 0.10 |
| Failure to land feet together in L/J | ea ^ 0.10 |
| Incorrect body posture in VP dance | ea ^ 0.10 |
| Lack of precision in VP dance | ea ^ 0.10 |
| Legs crossed in twisting saltos | ^ 0.10 |
| Rhythm during direct connection | ea ^ 0.10 |
| Turns not in high relevé | ea ^ 0.10 |
| Concentration pauses (2 sec or more) | ea 0.10 |
| Poor relationship of music: Not ending with music | 0.10 |
| Incomplete turn/twist | ea ^ 0.20 |
| Insuff dynamics (energy, effortless) | ^ 0.20 |
| Insuff exactness of tuck/pike/layout positions | ^ 0.20 |
| Insuff height of dance, acro w/hands, aerials | ea ^ 0.20 |
| Insuff leg split in leaps/jumps/walkovers | ^ 0.20 |
| Legs not parallel to the floor in split/straddle | ^ 0.20 |
| Pike down of stretched salto | ^ 0.20 |
| Rhythm and tempo (whole exercise) | ^ 0.20 |
| Insuff height of salto (not apply to accel elem) | ^ 0.30 |
| Insuff opening prior to landing (saltos) | ^ 0.30 |
| Poor rel'p of music and movement: throughout exercise | ^ 0.30 |
| Relaxed body posture, alignment, position | ^ 0.30 |
| Relax/incorrect footwork on non-VP | ^ 0.30 |

| | |
|--|---------|
| Failure to mark boundary on mat | CJ 0.10 |
| Unauthorized matting(no more than 2 on floor,1 per pass) | CJ 0.30 |
| Coach on Floor (one time only) | CJ 0.30 |
| Coach/teammate touch/push to prevent run/fall out of bounds: 0.50 spot, and 0.10 out of bounds (CJ), no bonus | |
| Absence of music (not technical failure) or music with voice | CJ 1.00 |
| Exercise less than 30 sec | CJ 2.00 |

Range (avg decides)

| | |
|-------------|------|
| 9.5 - 10.0 | 0.20 |
| 9.0 - 9.475 | 0.50 |
| 8.0 - 8.975 | 0.70 |
| below 8.0 | 1.00 |

| | |
|---------------------|---------|
| Time: 1:30 | |
| Overtime | CJ 0.10 |
| Ex less than 30 sec | CJ 2.00 |