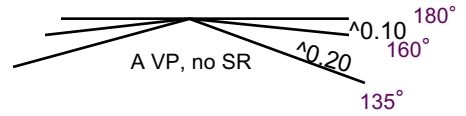


General Optional and Xcel Deductions

EXECUTION

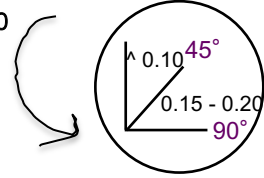
Flexed/sickled feet during value parts	0.05 each
Legs: Crossed: ^ 0.10 Separated: ^ 0.20	Bent: ^ 0.30 each
Not landing with feet together in jumps/leaps	^ 0.10
Bent arms in support VT ^ 0.50	^ 0.30
Insufficient exactness tuck/pike	^ 0.20
Insufficient exactness in stretched position (arch or pike each)	
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>
(after warn- take on next event; one time)	Xcel <u>0.10</u>
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 (dismt, last FX salto) =	<u>0.30 SV</u>

Levels 6 & 7 Vaulting

Except Tsuk entry

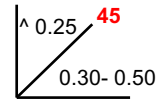
Flight Phases:

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

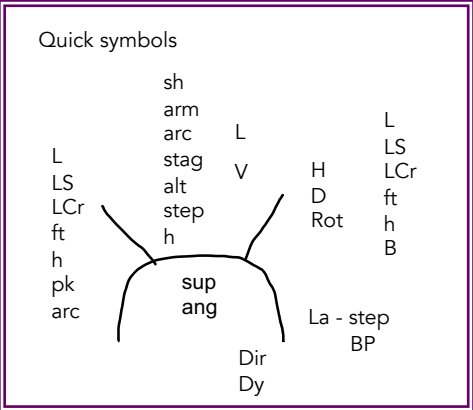
Coach between board and table (except RO vaults)	<u>0.50</u>
Coach aid landing (no deduction after landing)	<u>0.50</u>
Coach aiding vault	VOID
No contact of hands on table	VOID
Salto performed after landing	VOID
Not performing allowable choice of vault	VOID
Use of alternate springboard	VOID
Failure 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 0.10, max 0.30
- Shoulder angle ^ 0.20
- Excessive arch ^ 0.20
- Bent legs (including early tuck) ^ 0.30
- LA turn too early (on table) ^ 0.30
- Failure to pass through vertical ^ 0.30
- Hop on hands 0.30
- Bent Arms (except Tsuk lead arm) ^ 0.50
- One hand on table 1.00
- Head touch (includes arms) 2.00

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



Direction ^ 0.30
Dynamics ^ 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 0.30
(stretch prior to landing, saltos only)

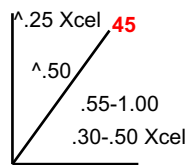
Twists -

- 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 0.50
XG, XP, XD NO deduction

Coach aid landing 0.50
>> if also fall, additional 0.50

Coach catching falling gymnast deduct for fall only 0.50

Coach aiding vault DP: VOID XG, XP, XD = 1.00

L8 only: coach spot **post** flight (salto vaults only) 1.00

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 0.20

Unauthorized matting, unauthorized spring config CJ 0.30

Perform vault w/o judge prior signal (off repeated vault) CJ 0.50
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 0.05
- Feet land **wider** than hip width, not close 0.10
- 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 0.10 – 0.15 max 0.40
- Large step/jump (approx. 3 ft) each 0.20 max 0.20
- Brush/touch floor (no support) ^ 0.30
- Squat (hips lower than knees) ^ 0.30
-> then falls 0.50
- Falls against table 0.50
- Falls to hand(s)/knee(s)/hips on floor 0.50
- 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 2 C
Special Reqmts 0.5 each No VP = no SR	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
SV Deduct=	10.0 C, VP, SR, no dismt	10.0 C, VP, SR, no dismt	10.0 Rst C, VP, SR, no dismt	9.7 (+0.3 bonus) .3 CV, max +.1 DV Rst D/E, VP, SR, no dismt	9.5 (+0.5 bonus) max +.4 CV or DV 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) 0.10
- L9/10** Choice of Elements - 2 out of 3 (ex dmt)
 - 1. Fwd elem circle/release- min B 2 elem 0.00
 - 2. 3/6/7 element- min B 1 elem 0.10
 - 3. Min 180° LA Turn w/wo flt- min C 0 elem 0.20
- L10-** Choice of release elem not up to level comp (two diff D/E releases for no deduction) ^ 0.20
- L10-** Lack of 2nd bar change 0.20
- L10-** More than one squat/stoop LB jump to HB each 0.10
- 3/4 giant with/without grip change each 0.10
- Uncharacteristic elem (and breaks series) each 0.10
- 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)	(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/fit 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/fit, 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

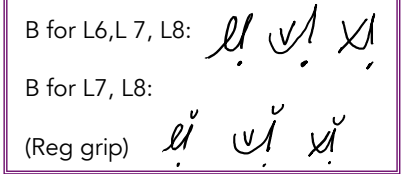
APPARATUS DEDUCTIONS

- Insuff angle of arrival- fit 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
- 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
- Failure to maintain stretch (pike down) dmt. ^ 0.20
- Hit foot: on apparatus 0.20 on mat 0.30
- 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) 0.30
- Extra swing/cast (max 0.5 for 2+ consec) ea 0.30
- Grasp to avoid fall 0.30
- Incorrect padding (heel/hip) CJ 0.20
- Coach between bars throughout exercise CJ 0.10
- Coach sprays water on bar after routine begins CJ 0.20
- Failure to remove bd/spot block CJ 0.30
- Exercise fewer than 5 VP elem CJ 2.00
- Throughout:**
- Precision of hdst positions ^ 0.10
- Dynamics (energy, swingful, effortless) ^ 0.20

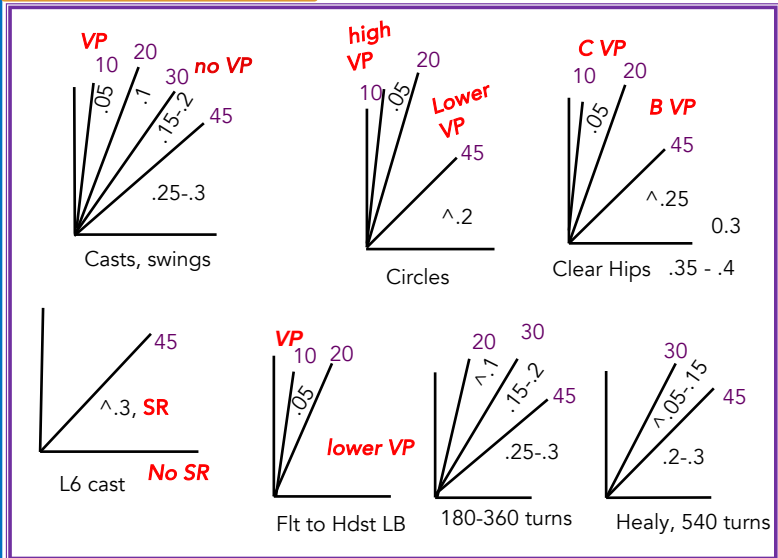
Dismount UTL - no ded

- 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:



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 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 VP, and serves as C for CV

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

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

If another restricted D/E is performed, 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.

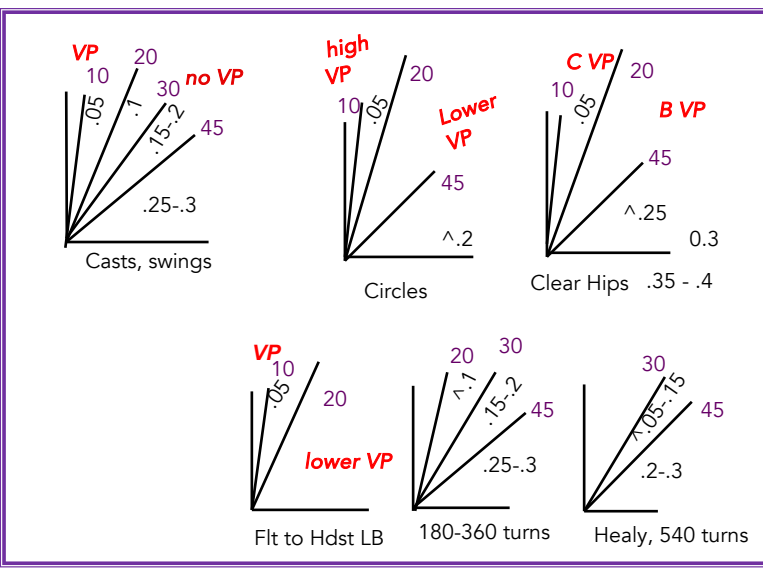
GENERAL COMPOSITION		
Dismount up to the level of comp	^ 0.10	
Facing same direction throughout (ex mt/dsmt)	^ 0.10	
Choice of Elements - 2 out of 3 (ex dmt)		
1. Fwd elem circle/release- min B	{	
2. 3/6/7 element- min B		2 elem <u>0.00</u>
3. Min 180° LA Turn w/wo flt- min C		1 elem <u>0.10</u>
¾ giant with/without grip change	0 elem <u>0.20</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	<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
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
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/chalks bar/rtn began	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>
<i>Throughout:</i>	
Precision of hdst positions thru out	^ 0.10
Dynamics (energy, swingful, effortless)	^ 0.20

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	C + D = 0.1
-if both Gp 3/6/7, no LA/flt needed, but must be different	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/w/o 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

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
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
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/chalks bar/ rtn began	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>
<i>Throughout:</i>	
Precision of hdst positions	^ 0.10
Dynamics (energy, swingful, effortless)	^ 0.20

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

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

No VP

Casts, swings

High VP
Lower VP

Circles

C VP
B VP

Clear Hips

Lower VP

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 dismt	Acro series w/wo ft AND acro flight element Leap/jump 180 split 360° turn A salto/aerial dismt	Acro series, 1 ft elem Leap/jump 180 split 360° turn A salto/aerial dismt	Acro Series, 2 ft elem Leap/jump 180° split 360° turn B salto/aerial dismt	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 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 ft, 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	0.20
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 0.05
- Insuff 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) 0.10
- if only Fw/Sw or Bw in dismt 0.05
- More than 2 leap/jump/hop of same shape V, U, or W ea 0.10
- More than 1 pivot (1/2) turns (releve', str legs) 0.10
- Choice of acro up to level of competition ^ 0.20
- Choice of dance up to level of comp ^ 0.20
- Lack of dance series 0.20

- 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 dismt -or- D/E ft + 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: 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 dismt 0.10
- Landing too close to beam on dismount 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
- Insuf exactness of tuck/pike/stretch position ^ 0.20
- Insuff leg split in L/J, walkover (less than 135 = A) ^ 0.20
- Legs not parallel to beam in split/strad L/J ^ 0.20
- Rhythm during dance/mix conn. ^ 0.20
- Concentration pause: 2 sec ea 0.10 more than 2 sec ea 0.20
- Support of leg against beam, hit ea 0.20
- Direction of gainer dismount off end ^ 0.30
- Height of salto dismount ^ 0.30
- Insuf extension of body (open) prior to land ^ 0.30
- Balance: ^ 0.30 Grasp to prevent fall 0.30
- Use supplement support (feet on floor or base) 0.30
- Coach next to beam throughout exercise CJ 0.10
- Throughout:*
- Artistry of presentation:
 - ~quality of expression: projection, focus ^ 0.10
 - ~variety of choreography (incl unrec foot adj) ^ 0.10
 - ~quality of movement to reflect personal style ^ 0.10
- Insuff dynamics (energy, effortless) ^ 0.20
- Insuff sureness of performance throughout ^ 0.20
- Variation of rhythm and tempo throughout ^ 0.20
- Incorrect body alignment, posture in non-VP ^ 0.30
- Relaxed/incorr footwork in non-VP throughout ^ 0.30

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	Acro Series, 2 flt elem
No VP = no SR	Leap/jump 180° split
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 eligible D/E becomes C for CV
- ~Dance D/E are not eligible for +.1 D/E
- ~First restricted Acro D/E earns +.1 D/E bonus (no fall/spot)-one time only
- ~The same restricted acro element may be repeated if the element receives 0 VP the first time to get +.1 D/E bonus.
- ~If restricted D/E receives VP and falls- no bonus
- ~Any additional restricted acro element performed whether or not they receive VP credit: deduct 0.50, No VP/No SR.

GENERAL COMPOSITION

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 leap/hop/jump of same shape $\lfloor, \wedge, \text{or } \vee$	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 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 when back on feet

J. Lippert 10/24

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>
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
Insuf exactness of tuck/pike/stretch position	^ 0.20
Insuff leg split in L/J, walkover (less than 135 = A)	^ 0.20
Legs not parallel to beam in split/strad L/J	^ 0.20
Rhythm during dance/mix conn.	^ 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
Insuf extension of body (open) prior to land	^ 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>
Throughout:	
Artistry of presentation:	
~quality of expression: projection, focus	^ 0.10
~variety of choreography (incl unnec foot adj)	^ 0.10
~quality of movement to reflect personal style	^ 0.10
Insuff dynamics (energy, effortless)	^ 0.20
Insuff sureness of performance throughout	^ 0.20
Variation of rhythm and tempo throughout	^ 0.20
Incorrect body alignment, posture in non-VP	^ 0.30
Relaxed/incorr footwork in non-VP throughout	^ 0.30

Level 10 Optional Balance Beam

	10
Value Parts	3A 3B 2 C
Special Reqmts 0.5 each No VP = no SR	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 dismt dir conn to a C acro flight/dance elem or C acro series)
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:	D series	C series (hand sup)
		C salto series		
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 ft, 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 ft series CV BONUS: +0.1 land on beam (no dsmt), with min C salto/aerial or D/E ft 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

GENERAL COMPOSITION (8-10)

- Show 2 directions (F/S/B) choreography ea 0.05
- 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) 0.10
- if only Fw/Sw or Bw in dismt 0.05
- More than 2 leap/jump/hop of same shape ea 0.10
- More than 1 pivot (1/2) turns (releve', str legs) 0.10
- Choice of acro up to level of competition ^ 0.20
- Choice of dance up to level of comp ^ 0.20
- Lack of dance series 0.20

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

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>
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/salto	^ 0.20
Incomplete turn or twist	^ 0.20
Incorrect body position landing elements/dismounts	^ 0.20
Insuf exactness of tuck/pike/stretch position	^ 0.20
Insuff leg split in L/J, walkover (less than 135 = A)	^ 0.20
Legs not parallel to beam in split/strad L/J	^ 0.20
Rhythm during dance/mix conn.	^ 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
Insuff extension of body (open) prior to land	^ 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>
<i>Throughout:</i>	
Artistry of presentation:	
~quality of expression: projection, focus	^ 0.10
~variety of choreography (incl unnec foot adj)	^ 0.10
~quality of movement to reflect personal style	^ 0.10
Insuff dynamics (energy, effortless)	^ 0.20
Insuff sureness of performance throughout	^ 0.20
Variation of rhythm and tempo throughout	^ 0.20
Incorrect body alignment, posture in non-VP	^ 0.30
Relaxed/incorr footwork in non-VP throughout	^ 0.30

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 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 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	<u>0.10</u>
Overuse of leap/hop/jump of same shape \vee or \wedge or W	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 min 3A salto (L8) /B salto (L9) /C salto (L10).	<u>0.30</u>

Up To Level of Competition – for No deduction:

UTL dance	UTL Salto*
L10: C C C or D D	D D D A or D D C B
L9: C C	C C C A
L8: B B 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

Flexed/sickled feet on on VP elements	0.05
Poor relationship of music: Not hold ending pose	<u>0.05</u>
Failure to land feet together in L/J	ea ^ 0.10
Incorrect body posture: in dance	ea ^ 0.10
in VP	ea ^ 0.20
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 exactness of tuck/pike/layout positions	^ 0.20
Insuff height of leaps/jumps/hops, aerials & acro w/hands,	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
Insuff height of salto (not apply to accel elem)	^ 0.30
Insuff opening prior to landing (saltos)	^ 0.30
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>
<i>Throughout:</i>	
Artistry of presentation:	
~quality of expression: projection, focus	^ 0.10
~variety of choreography (incl unnec foot adj)	^ 0.10
~quality of movement to reflect personal style	^ 0.10
Insuff dynamics (energy, effortlessness)	^ 0.20
Insuff variation in Rhythm and tempo	^ 0.20
Incorrect body alignment, position or posture in non-VP	^ 0.30
Poor rel'p of music and movement: throughout exercise	^ 0.30
Relax/incorrect footwork on non-VP	^ 0.30

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

L9 Bonus notes:

- ~Any eligible D/E becomes C for CV
- ~Dance D/E are not eligible for +.1 D/E
- ~First restricted Acro D/E earns +.1 D/E bonus (no fall/spot)-one time only
- ~The same restricted acro element may be repeated if the element receives 0 VP the first time to get +.1 D/E bonus.
- ~If restricted D/E receives VP and falls- no bonus
- ~Any additional restricted acro element performed whether or not they receive VP credit: deduct 0.50, No VP/No SR.

	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

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

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 salto 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 salto 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 B salto 0.30

APPARATUS DEDUCTIONS

- Poor relationship of music: Not hold ending pose 0.05
- 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 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
- Insuff height of salto (not apply to accel elem) ^ 0.30
- Insuff opening prior to landing (saltos) ^ 0.30
- Throughout:*
- Artistry of presentation:
 - ~quality of expression: projection, focus ^ 0.10
 - ~variety of choreography (incl unnec foot adj) ^ 0.10
 - ~quality of movement to reflect personal style ^ 0.10
- Insuff dynamics (energy, effortless) ^ 0.20
- Insuff variation in Rhythm and tempo ^ 0.20
- Incorrect body alignment, position or posture in non-VP ^ 0.30
- Poor rel'p of music and movement: throughout exercise ^ 0.30
- Relax/incorrect footwork on non-VP ^ 0.30

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 0.10
Ex less than 30 sec CJ 2.00

- Failure to mark boundary on mat CJ 0.10
- Out of bounds each CJ 0.10
- Overtime 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
- Land acro element in solid/loose foam pit No VP/SR/bonus CJ 0.30
- Absence of music (not technical failure) or music with voice CJ 1.00

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	<u>0.10</u>
Overuse of leap/hop/jump of same shape ∇ or \wedge or w/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 C salto	<u>0.30</u>

APPARATUS DEDUCTIONS

Poor relationship of music: Not hold ending pose	<u>0.05</u>
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 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
Insuff height of salto (not apply to accel elem)	^ 0.30
Insuff opening prior to landing (saltos)	^ 0.30
<i>Throughout:</i>	
Artistry of presentation:	
~quality of expression: projection, focus	^ 0.10
~variety of choreography (incl unnec foot adj)	^ 0.10
~quality of movement to reflect personal style	^ 0.10
Insuff dynamics (energy, effortless)	^ 0.20
Insuff variation in Rhythm and tem	^ 0.20
Incorrect body alignment, position or posture in non-VP	^ 0.30
Poor rel'p of music and movement: throughout exercise	^ 0.30
Relax/incorrect footwork on non-VP	^ 0.30

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 <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>
Out of bounds	each CJ <u>0.10</u>
Overtime	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: <u>0.50</u> spot, and <u>0.10</u> out of bounds (CJ), no bonus	
Land acro element in solid/loose foam pit No VP/SR/bonus	CJ <u>0.30</u>
Absence of music (not technical failure) or music with voice	CJ <u>1.00</u>