

BARS COMPOSITION

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

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

LEVEL 10 DISMOUNT not up to competitive level

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

LEVEL 9 - 8 DISMOUNT not up to competitive level

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

LEVELS 9-10 CHOICE of elements ↑0.2

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

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

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

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

0.10 Uncharacteristic Element (*each time*)

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

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

- Not horizontal also ↑0.1
- Breaks connection

0.10 Facing same direction throughout exercise

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

(Levels 9 & 10 only)

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

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

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

↑ 0.20 Lack of Elements that Achieve Vertical

or pass through vertical (Level 8 only)

BEAM LEVEL 8 COMPOSITION

L8 ACRO not up to competitive level $\uparrow 0.2$

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

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

L8 DANCE not up to competitive level $\uparrow 0.20$

| Expected | |
|-------------|------------------------|
| 0.0 | B B A |
| 0.05 | B B |
| 0.10 | B A A |
| 0.15 | B A |
| 0.20 | Only A elements |

L8 DISMOUNT not up to competitive level $\uparrow 0.1$

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

| | |
|-----------------|---|
| 0.10 | Failure to perform Acros in 2 different directions: Backward & Forward/Sideward |
| 0.05 | Dismount is the only Fwd/ Swd or Bwd |
| 0.10 | Overuse of Dance elements with same shape <i>More than 2 ea: Wolf / Tuck or Straddle</i> |
| 0.10 | More than 1 pivot turn <i>(2-feet & straight legs)</i> |
| 0.20 | Lack of a Dance Series <i>(Min of 2 dance elements)</i> |
| $\uparrow 0.10$ | Insufficient level changes throughout exercise |
| $\uparrow 0.10$ | Spatial use: Entire length of beam |
| 0.05 ea | Must show 2 of 3 Directions: Fwd/Bwd/Swd Movements in Non-VP/Choreo |

BEAM LEVEL 9 COMPOSITION

L9 ACRO not up to competitive level ↑0.2

Includes acro mount & elements on beam (not Dmt)

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

L9 DANCE not up to competitive level ↑0.20

| | |
|--------------|------------|
| Expected 0.0 | C C |
| 0.05 | C B |
| 0.10 | C |
| 0.15 | B B |
| 0.20 | B |

L9 DISMOUNT not up to competitive level ↑0.1

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

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

0.05 Dismount is the only Fwd/ Swd or Bwd

0.10 Overuse of Dance elements with same shape

More than 2 each: Wolf / Tuck or Straddle

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

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

↑0.10 Insufficient level changes throughout exercise

↑0.10 Spatial use: Entire length of beam

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

BEAM LEVEL 10 COMPOSITION

ACRO elements not up to competitive level ↑0.2

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

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

DANCE elements not up to competitive level ↑0.20

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

DISMOUNT not up to competitive level ↑0.1

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

| | |
|----------------|---|
| 0.10 | Failure to perform Acros in 2 different directions Backward & Forward/Sideward |
| 0.05 | Dismount is the only Fwd/ Swd or Bwd |
| 0.10 | Overuse of Dance elements with same shape <i>More than 2 each: Wolf / Tuck or Straddle</i> |
| 0.10 | More than 1 pivot turn (<i>2-feet & straight legs</i>) |
| 0.20 | Lack of a Dance Series (<i>Min of 2 dance elements</i>) Leaps / hops / jumps / turns |
| ↑0.10 | Insufficient level changes throughout exercise |
| ↑0.10 | Spatial use: Entire length of beam |
| 0.05 ea | Must show 2 of 3 Directions: Fwd/Bwd/Swd Movements in Non-VP/Choreo |

FLOOR LEVEL 8 COMPOSITION

4 SALTOS not up to competitive level ↑ 0.2

Each missing salto in formula = additional 0.05

| | |
|-------------------------------|--------------------|
| 0.0 <i>Expected</i> | B B B A |
| 0.05 | B B A A |
| 0.10 | B A A A |
| 0.15 | B A A - |
| 0.20 | No B saltos |

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

3 SALTOS - Includes the 0.05 deduction

| | |
|-------------|--------------|
| 0.05 | B B B |
| 0.10 | B B A |

(see 7.101) A 1-foot take-off will NOT be considered a salto for SR or Composition. Will appear as an aerial or side salto.

LAST SALTO in connection or isolated ↑ 0.1

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

DANCE not up to competitive level ↑ 0.20

| | |
|-------------------------------|---------------------------|
| 0.0 <i>Expected</i> | B B A |
| 0.05 | B B |
| 0.10 | B A A |
| 0.15 | B A |
| 0.20 | ONLY A_s |

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

FLOOR LEVEL 9 COMPOSITION

4 SALTOS not up to competitive level ↑ 0.2

Each missing salto in formula = additional 0.05

| | |
|-------------------------------|--------------------|
| 0.0 <i>Expected</i> | C C C A |
| 0.05 | C C B B |
| 0.10 | C C B A |
| 0.15 | C B B B |
| 0.20 | No C saltos |

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

3 SALTOS - Includes the 0.05 deduction

| | |
|-------------|--------------|
| 0.05 | C C C |
| 0.10 | |
| 0.15 | C C B |

(see 7.101) A 1-foot take-off will NOT be considered a salto for SR or Composition. Will appear as an aerial or side salto.

LAST SALTO in connection or isolated ↑ 0.1

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

DANCE not up to competitive level ↑ 0.20

| | |
|-------------------------------|------------|
| 0.0 <i>Expected</i> | C C |
| 0.05 | C B |
| 0.10 | C |
| 0.15 | B B |
| 0.20 | B |

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

FLOOR LEVEL 10 COMPOSITION

4 SALTOS not up to competitive level ↑ 0.2

Each missing salto in formula = additional 0.05

| | |
|-------------------------------|-----------------------------|
| 0.0 <i>Expected</i> | D D D A |
| | <i>or</i> D D C B |
| 0.05 | D D C A |
| 0.10 | D C C B |
| 0.15 | D C C A |
| 0.20 | No D or E saltos |

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

3 SALTOS - Includes the 0.05 deduction

| | |
|-------------|--------------|
| 0.05 | D D D |
| 0.10 | D D C |
| 0.15 | D D B |

(see 7.101) A 1-foot take-off will NOT be considered a salto for SR or Composition. Will appear as an aerial or side salto.

LAST SALTO in connection or isolated ↑ 0.1

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

DANCE not up to competitive level ↑ 0.20

| | | |
|-------------------------------|-----------------|-------------------|
| 0.0 <i>Expected</i> | C C C or | D D or ED |
| | | |
| 0.05 | C C B or | D C or EC |
| | | |
| 0.10 | C C or | D B or EB |
| | | |
| 0.15 | C B or | D or E |
| | | |
| 0.20 | C or | BB or less |
| | | |

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