

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 4 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, Healy's, overshoot ½ to or from handstand, Giengers, other C,D,E twisting releases.
- 4) **One single bar release, min. D**

	Element choices performed
Expected NO Deduction	2 <i>Two out of the four choices</i>
0.10	1 <i>One out of the four choices</i>
0.20	0 <i>None of the 4 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 ↑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 ↑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 ↑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

More than 2 ea: 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 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 <i>2 flight</i>	C <i>Salto or Aerial</i>
	B C <i>2 flight</i>	D <i>hand support</i>
	Acro series with salto or aerial	C <i>hand support</i>
0.05	B C <i>2 flight</i>	C <i>hand support</i>
0.10	B C <i>2 flight</i>	B <i>or more B flight</i>
0.15	B B <i>1-2 B flights</i>	C <i>Salto or Aerial</i>
0.20	B B <i>1-2 B flights</i>	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 <i>Acro connect</i>	C B <i>Dance connect</i>
0.05		A B <i>Acro connect</i>	B B <i>Dance connect</i>
0.10	B <i>Isolated</i>	A <i>Any A dmt</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

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	B C <i>1 C-salto</i>	D <i>Aerial/salto/hand</i>	C <i>or D/E Acro flight</i>
	B B C <i>Salto or hand OK</i>	D <i>Aerial/salto/hand</i>	C <i>or D/E Acro flight</i>
	C C <i>2 C-saltos or BCC</i>	D <i>Aerial/salto/hand</i>	
	B D <i>Min of 1 D/E flight</i>	D <i>Aerial/salto/hand</i>	
0.05	B C <i>1 C-salto</i>	D <i>Aerial/salto/hand</i>	
	B D <i>D/E flight</i>		C <i>Salto</i>
0.10	B C <i>1 C-salto</i>		C <i>Salto</i>
	B C <i>Hands, NO salto</i>	D <i>Aerial/salto/hand</i>	C <i>Salto</i>
	B D <i>D/E flight</i>	B or C <i>Flight on Hands</i>	
0.15	B C <i>1 C-salto</i>		
	B C <i>Hands, NO salto</i>	D <i>Aerial/salto/hand</i>	
	B D <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>
	B C <i>Hands only or less</i>		

DANCE elements not up to competitive level ↑0.20

Expected 0.0	C C C	or	D D or E D
0.05	C C B	or	D C or E C
0.10	C C	or	D B or E B
0.15	C B	or	D or E
0.20	C	or	B B or less

DISMOUNT not up to competitive level ↑0.1

	Dismount	Acro Connect	Dance Connect
Expected 0.0	D	B C <i>B-Acro to C-Dmt</i>	C C <i>C-Dance to C-Dmt</i>
0.05		A C <i>A-Acro to C-Dmt</i>	B C <i>B-Dance to C-Dmt</i>
		C B B <i>C in Acro series to B-Dmt</i>	
		D B or E B <i>D/E-Acro flight to B-Dmt</i>	
0.10	C	C B <i>C-Acro to B-Dmt</i>	C B <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
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)
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 <i>or less than above</i>			

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	A A <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 <i>or less than above</i>			

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 or less than above

LAST SALTO in connection or isolated ↑ 0.1

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

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

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.

↑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)