

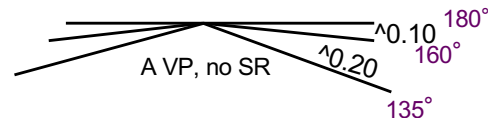
# General Optional and Xcel Deductions

J. Lippert 3/26

## EXECUTION

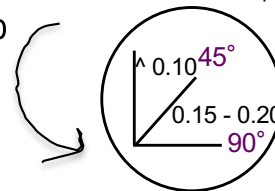
Flexed/sickled feet during value parts	0.05 each
Legs: Crossed: ^ 0.10      Separated: ^ 0.20	Bent: ^ 0.30 each
Not landing with feet together in jumps/leaps	^ 0.10
Bent arms in support	VT ^ 0.50      ^ 0.30
Insufficient exactness tuck/pike	^ 0.20
Insufficient exactness in stretched position (arch or 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't of no value; FX- last salto no value (L8-10)	<u>0.30 SV</u>
(no value= restricted, salto not initiated, 3 <sup>rd</sup> /2 <sup>nd</sup> time no VP)	
Spotting during landing/inadvertent touch: no VP/SR/Bonus	<u>0.50 spot</u>
Spotting during VP: no VP/SR/Bonus	<u>0.50 spot</u>
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 <sup>nd</sup> 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/chalks bar routine started (no warn)	<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 (after warn- take on next event; one time)	<u>0.20</u>
Judge hears vocal technical cues to gymnast: after warning, take 1 time 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 (move mats/ remove object ok- incl athlete)	{ DP <u>0.30</u> Xcel <u>0.00</u>
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>0.50</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 small <u>0.10</u> medium <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
Gymnast leaves the floor during the floor routine	<u>0.50</u>

**Equipment Failure-** Do not deduct 0.50 for fall

Ex. Bar cable tension slides during the routine and coach previously tightened or if beam end caps comes off during the dismount only. Resume routine at point of interruption or beginning of bonus combination.

## Floor Matting

Only one 4" or 2x4" stacked mats per pass with no more than 2 total mats on the floor at one time. Mats must be placed prior to the start of the routine. Mats may not be added but can be removed.

# Levels 6 & 7 Vaulting

Except Tsuk entry

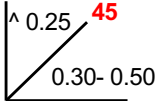
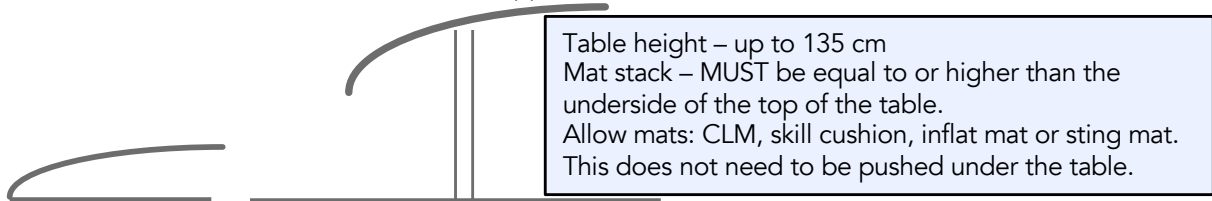
**Flight Phases:**

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>
Ang of repulsion	^ 0.50
Too long support	^ 0.50

Length (center of mass at initial contact on mat stack)	^ 0.20
Maintain body position	^ 0.50
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)



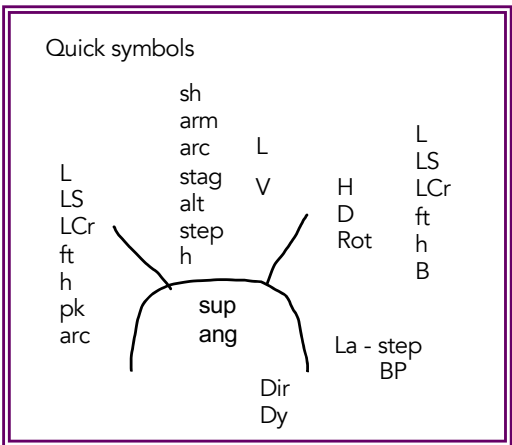
Direction	^ 0.30 (at initial contact of mat)
Dynamics	^ 0.30

Fails to punch board simultaneously with 2 feet	<u>0.20</u>
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)

<b>Landing</b>	
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>
Incorrect Body posture on landing (does not apply to Lv 7 who chose to land on back)	^ 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. 2<sup>nd</sup> /3<sup>rd</sup> 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 2<sup>nd</sup> 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, 9, 10 VAULT VALUES

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	Hdsp-hdsp	hdsp		9.1	8.6	8.2
1.110	Hdsp-hdsp	1/2		9.2	8.7	8.3
1.111	Hsp-1/2	repul		9.1	7.1	7.1
1.201	Hdsp	1		9.5	9.0	8.8
1.202	Hdsp	1 1/2		9.7	9.4	9.2
1.203	Yami	1		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	1		9.4	8.9	8.7
1.207	1	hdsp/yami		9.5	9.0	8.9
1.208	1	1/2		9.7	9.3	9.1
1.209	Hsp-hdsp	1		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	1	1			9.8	9.7
1.308	1	1 1/2	face table			9.8
1.311	Hsp-1/2	1		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 1/1				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 1/1				10+
2.409	1	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 1/1				10+
2.508	Hdsp	fr layout 1 1/2				10+
2.509	1	fr pike				10+
2.607	Hdsp	fr layout 2/1				10+
2.609	1	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 1/1			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+
3.403	Tsuk	bk pike 1/1				9.9
3.404	Tsuk	bk layout 1/1				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	1/1 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	2/1 twist			9.8	9.7
4.303	RO	bk tuck 1/1	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 1/1				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 2/1				10+
4.506	RO	bk layout 2/1				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 1/1	1/2			9.2	9.2
5.108	RO 1/1	repul			8.2	8.2
5.201	RO 1/2	1/1 twist		9.6	9.2	9.2
5.202	RO 1/2	1 1/2 tw		9.8	9.4	9.4
5.207	RO 1/1	1/1 twist			9.3	9.3
5.301	RO 1/2	fr tuck			10.0	10.0
5.312	RO 1/2	2/1 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 1/1	bk tuck	face table			10.0
5.409	RO 1/1	bk pike				10.0
5.410	RO 1/1	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 1/1	bk layout				10+
5.510	RO 1/1	bk tuck 1/1				10+
5.511	RO 1/1	bk layout 1/1				10+

# Optional Uneven Bars

	6	7	8	9	10
Value Parts and Restricted rules	<b>5A 1B</b> one allowed C = B other C = 0.5, no VP no rel HB↔LB	<b>5A 2B</b> allowed C = B other C = 0.5, no VP	<b>4A 4B</b> allowed C = B one Rst C = B *other C = -0.5, no VP/SR *Whether it meets req't for VP	<b>3A 4B 1C</b> 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	<b>3A 3B 2C</b>
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) <b>or</b> LA turn (not mt/dsmt) A salto dismt	2 bar change B flight elem C flight elem (diff) <b>-OR-</b> 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	10.0  C, VP, SR	10.0  Rst C, VP, SR	9.7 (+0.3 bonus) .3 CV, max +.1 DV Rst D/E, VP, SR	9.5 (+0.5 bonus) max +.4 CV or DV VP, SR

### 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 4 (ex dmt) 1 element=1 choice	
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>
4. Single Bar Release- min of D	
L10- Choice of release elem not up to level comp (two diff D/E releases for no deduction)	^ 0.20
L10- Lack of 2 <sup>nd</sup> bar change	<u>0.20</u>
L10- More than one squat/stoop LB jump to HB	each <u>0.10</u>
3/4 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) (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/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  
10.0 SV, +0.6 bonus w/1 E elem (no fall/spot).

#### Allowed elements:

B for L6, L7, L8: 

B for L7, L8: 

(Reg grip)

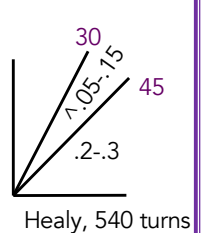
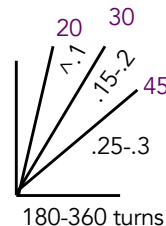
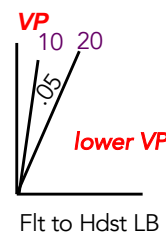
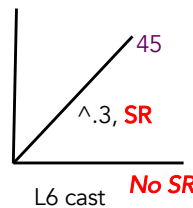
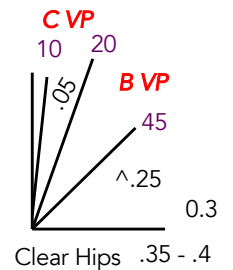
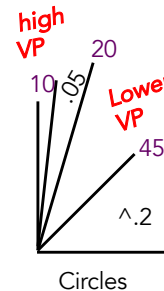
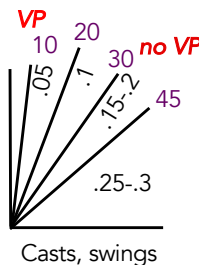
45 sec fall time when on feet  
(after injury assessment)

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

#### Dismount UTL – no ded

L10 D/E + C dismt <b>or</b> D/E dismt
L9 C dismt
L8 B + A dismt <b>or</b> B dismt
L10 UTL – 2 diff D/E release



# Level 9 Optional Uneven Bars

Level 9	
Value Parts and Restricted rules	<b>3A 4B 1C</b> 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 = -.5, no VP
Special Reqmts 0.5 each	2 bar change B flight elem
No VP = no SR	C flight elem (diff) <b>-OR-</b> B LA turn elem (not mt/dsmt) B salto dismt
Start Value	<b>9.7</b> (+0.3 bonus) .3 CV, max +.1 DV
Deduct from SV >	Rst D/E, VP, SR

Connection Value (CV) (includes mt/dsmt)	
<b>C + C = 0.1</b> one/both elem w/o LA turn/flight If none have LA/flt, must be different	<b>C + C = 0.2</b> 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.

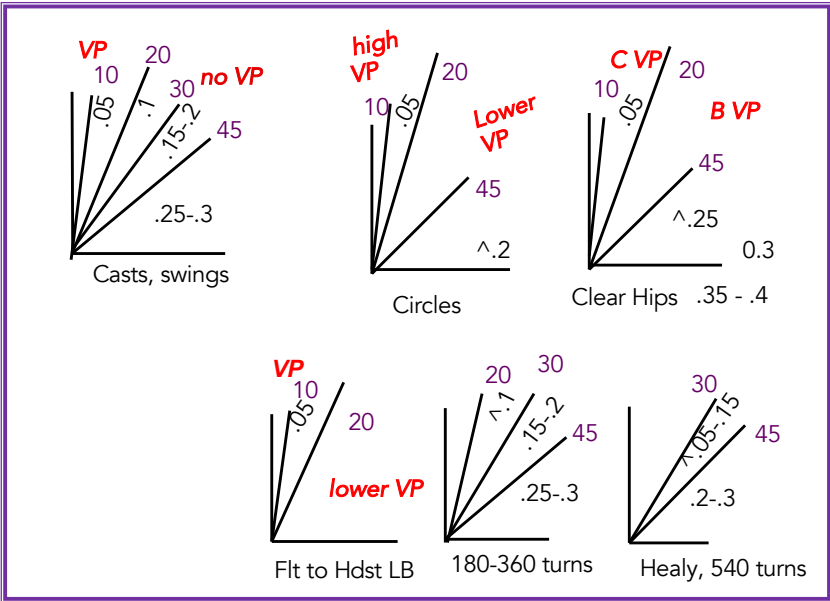
GENERAL COMPOSITION	
Dismount up to the level of comp	^ 0.10
Facing same direction throughout (ex mt/dsmt)	^ 0.10
Choice of Elements - 2 out of 4 (ex dmt) 1 element = 1 choice	
1. Fwd elem circle/release- min B	2 elem <u>0.00</u>
2. 3/6/7 element- min B	1 elem <u>0.10</u>
3. Min 180° LA Turn w/wo flt- min C	0 elem <u>0.20</u>
4. Single Bar Release- min of D	
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

45 sec fall time when on feet, after med assessment

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

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
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



# Level 10 Optional Uneven Bars

Level 10	
Value Parts	<b>3A 3B 2 C</b>
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

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 2<sup>nd</sup> 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 element = 1 choice	
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>
4. Single Bar Release- min of D	
Lack of 2 <sup>nd</sup> 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

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>
Hit foot: 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
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

45 sec fall time when on feet, after med assessment

Casts, swings

Circles

Clear Hips .35 - .40

Flt to Hdst LB

180-360 turns

Healy, 540 turns

# Optional Balance Beam

J. Lippert 11/25

	6	7	8	9	10
Value Parts and Restricted rules	<b>5A 1B</b> one dance C = B Rst C = -0.5, no VP	<b>5A 2B</b> any dance C = B acro C = -0.5, no VP No D/E	<b>4A 4B</b> dance C = B one acro C = B Rst C = -0.5, no VP No D/E	<b>3A 4B 1C</b> Dance D/E = C 1st acro D/E = C for CV, +.1 D/E bonus Rst D/E = -0.5, no VP	<b>3A 3B 2C</b>
Special Reqmts 0.5 each  No VP = no SR	Acro series w/o flt <b>OR</b> one acro flt elem (iso or in series)  Leap/jump 180 split 360° turn A salto/aerial dismt	Acro series w/wo flt <b>AND</b> acro flight element  Leap/jump 180 split  360° turn A salto/aerial dismt	Acro series, 1 flt elem  Leap/jump 180 split  360° turn A salto/aerial dismt	Acro Series, 2 flt elem  Leap/jump 180° split  360° turn  B salto/aerial dismt	<b>Acro Series</b> , 2 flt elem with one min C (or E flt + A non-flt) <b>Leap/jump 180° split 360° turn</b> <b>C dismount</b> (or a B dismt dir conn to a C acro flight/dance elem or C acro series)
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=>	Rst C, VP, SR,	Acro C, rst D/E, VP,SR	Rst C, VP	Rst D/E, VP, SR	VP, SR

Connection Value (CV)	2 Acro Flight no dismt	3 Acro Flight (try 2-acro bonus)	Dance/Mixed (acro flt, no dismt)	Turns
<b>+ 0.1</b>	B + C (salto)	B + B + C	A + D/E B + C	A + C
<b>+ 0.2</b>	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	

**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

**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.

**GENERAL COMPOSITION (8-10)**

Show 2 directions (F/S/B) choreography	ea <u>0.05</u>
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) if only Fw/Sw or Bw in dismt	<u>0.10</u> <u>0.05</u>
More than 2 leap/jump/hop of same shape V, U, or W	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 flt + C dismt –or- D/E flt + 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	<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:      ^ 0.30      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

# Level 9 Optional Balance Beam

Level 9	
Value Parts and Restricted rules	<b>3A 4B 1C</b> 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 Series, 2 ft elem
No VP = no SR	Leap/jump 180° split  360° turn B salto/aerial dismt
SV  Deduct from SV>	<b>9.7</b> (+0.3 bonus) .3 CV, max +.1 DV Rst D/E, VP, SR

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 salto, 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 ft, no dismt)	turns
<b>+ 0.1</b>	B + C (salto)	B + B + C	B + C	A + C
<b>+ 0.2</b>	C + C	B + C + C	C + C	

UTL	Dismt	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 ft series CV BONUS: +0.1** land on beam (no dsmt), with min C salto/aerial or D/E ft 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 /, ^, or v/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>

<b>Time:</b> 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 releve	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>
<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

# Level 10 Optional Balance Beam

Level 10	
Value Parts	<b>3A 3B 2 C</b>
Special Reqmts 0.5 each	<b>Acro Series</b> , 2 flt elem with one min C (or E flt + A non-flt)
No VP = no SR	<b>Leap/jump 180° split</b> <b>360° turn</b>
Start Value	<b>9.5</b> (+0.5 bonus) max +.4 CV or DV
Deduct from SV>	VP, SR

UTL acro	Additional elements with:		
	<b>C salto series</b>	<b>D series</b>	<b>C series (hand sup)</b>
0	D and D / C salto (can be 2 <sup>nd</sup> 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 2<sup>nd</sup> 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

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 leap/jump/hop of same shape\w\or\l	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>

<b>Time:</b> 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 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
Insuff 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>
<b>Throughout:</b>	
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

	6	7	8	9	10
Value Parts and Restricted rules	<b>5A 1B</b> one dance C = B Rst C = -0.5, no VP	<b>5A 2B</b> any dance C = B acro C = -0.5, no VP No D/E	<b>4A 4B</b> dance C = B one acro C = B Rst C = -0.5, no VP No D/E	<b>3A 4B 1C</b> dance D/E = C 1st acro D/E = C for CV, +.1 D/E bonus Rst D/E = -0.5, no VP	<b>3A 3B 2C</b>
Special Reqmts 0.5 each  No VP = no SR	<b>Acro pass</b> (3 elem, 2 w/flight, no rolls) <b>One salto/aerial</b> (iso, or in separate pass)  <b>Dance passage</b> (2 diff Gp 1 elem, one 180° leap) <b>360° turn</b>	Max 1.0 <b>1 Acro pass w salto bkwd</b> (2 or more elem) <b>1 Acro pass salto fwd</b> (1 or more elem) <b>1 salto is stretched</b> w/o twist, land 2 ft <b>Dance passage</b> (2 diff Gp 1 elem, one 180° leap) <b>360° turn</b>	<b>Acro pass with 2 saltos</b> (2 or more elem) <b>3 different saltos</b>  <b>Dance passage</b> (2 diff Gp 1 elem, one 180° leap)  <b>A last salto</b>	<b>Acro pass with 2 saltos</b> (2 or more elem) <b>3 different saltos</b>  <b>Dance passage</b> (2 diff Gp 1 elem, one 180° leap)  <b>B last salto</b>	<b>Acro pass with 2 saltos</b> (2 or more elem) <b>3 different saltos</b>  <b>Dance passage</b> (2 diff Gp 1 elem, one 180° leap)  <b>C last salto</b>
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)	<b>9.7</b> (+0.3 bonus) .3 CV, max +.1 DV Rst D/E, VP, SR, last salto of no value (0.3)	<b>9.5</b> (+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)
<b>+ 0.1</b>	B + C A + D A/B + A/B + C	A + C A + A + C B + B	B + D C + C D salto + A jump
<b>+ 0.2</b>	C + C B/C + D A + E A + A + D	B + C A/B + D C + C A + A + D	C + D

**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 $\cup$ or $\wedge$ or $\cup$ 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>

**L 10 ADD'L BONUS: +0.1**  
Must have 10 SV, 0.6+ bonus, 1 E acro (no fall/spot).

Range (avg decides)

9.5-10.0	0.20
9.0-9.4750	0.50
8.0-8.9750	0.70
↓ 8.0	1.00

→ Bonus: possible to connect  
L-H-J to 1 ft to a turn or turn to hop

**Up To Level of Competition – for No deduction:**  
**UTL dance**                      **UTL last Salto\***  
**L10:** C C C or D D              D or E salto or C+B direct or C+C indir  
**L9:** C C                              C salto or B+B direct  
**L8:** B B A                              B salto

UTL Acro Ded	Level 8		Level 9		Level 10	
	4 Salto	3 Salto incl 0.05 deduct for missing salto	4 Salto	3 Salto incl 0.05 deduct for missing salto	4 Salto	3 Salto incl 0.05 deduct for missing salto
0.00	BBBA	N/A	CCCA	N/A	DDDA OR DDCB	N/A
0.05	BBAA	BBB-	CCBB	CCC-	DDCA	DDD-
0.10	BAAA	BBA-	CCBA		DCCB	DDC-
0.15	BAA -	N/A	CBBB	CCB-	DCCA	DDB-
0.20	No "B" Salto or < than		No "C" Salto or < than		No "D"/"E" Salto or < than	

**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:	
<u>0.50</u> spot, and <u>0.10</u> out of bounds (CJ), no bonus	
Absence of music (not technical failure) or music with voice	CJ <u>0.50</u>
Exercise less than 30 sec	CJ <u>2.00</u>
<b>Throughout:</b>	
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
Gymnast leaves the floor during the floor routine	<u>0.50</u>

# Level 9 Optional Floor Exercise

J. Lippert 4/26

Level 9	
Value Parts and Restricted rules	<b>3A 4B 1C</b> 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  No VP = no SR	<b>Acro pass with 2 saltos</b> (2 or more elem) <b>3 different saltos</b>  <b>Dance passage</b> (2 diff Gp 1 elem, one 180° leap)  <b>B last salto</b>
SV Deduct=>	<b>9.7</b> (+0.3 bonus) .3 CV, max +.1 DV Rst D/E, VP, SR

Conn Value (CV)	Indirect Acro	Direct Acro	Dance/mixed (no turn to jump)
<b>+ 0.1</b>	B + C A/B + A/B + C	A + C A + A + C B + B	C + C
<b>+ 0.2</b>	C + C A + E	B + C C + C	

→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 they receive VP credit or not: deduct 0.50, No VP/No SR.

	UTL acro		Dance
Ded	4 Salto	3 salto incl 0.05 for missing salto	
0.0	C C C A	N/A	Min 2 C's
0.05	C C B B	C C C -	C B
0.1	C C B A		C
0.15	C B B B	C C B -	B B
0.2	No C salto or less than above		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	<u>0.10</u>
Overuse of dance of same shape <i>U</i> or <i>Λ</i> or <i>W</i>	ea <u>0.10</u>
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	<u>0.20</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

### 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 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
Gymnast leaves the floor during the floor routine	<u>0.50</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>0.50</u>

Time: L7- 10 1:30

Overtime CJ 0.10  
Ex less than 30 sec CJ 2.00

# Level 10 Optional Floor Exercise

Level 10	
Value Parts	<b>3A 3B 2 C</b>
Special Reqmts 0.5 each	<b>Acro pass with 2 saltos</b> (2 or more elem) <b>3 different saltos</b>
No VP = no SR	<b>Dance passage</b> (2 diff Gp 1 elem, one 180° leap)  <b>C last salto</b>
Start Value	9.5 (+0.5 bonus) max 0.4 CV or DV
Deduct=>	VP, SR

Conn Value (CV)	Indirect Acro	Direct Acro	Dance/mixed (no turn to jump)
+ 0.1	<b>B + C</b> <b>A + D</b> <b>A/B + A/B + C</b>	<b>A + C</b> <b>A + A + C</b> <b>B + B</b>	<b>B + D</b> <b>C + C</b> <b>D salto + A jump</b>
+ 0.2	<b>C + C</b> <b>B/C + D</b> <b>A + E</b> <b>A + A + D</b>	<b>B + C</b> <b>A/B + D</b> <b>C + C</b> <b>A + A + D</b>	<b>C + D</b>

Bonus:  
possible to connect  
  
L-H-J to 1 ft  
→ 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 2<sup>nd</sup> time

	UTL acro	Dance
Ded	4 Salto	3 salto incl 0.05 for missing salto
0.0	D D D A D D C B	N/A  C C C D D
0.05	D D C A	D D D -  C C B D C
0.1	D C C B	D D C -  C C D B
0.15	D C C A	D D B -  C B D
0.2	No D/E salto or less than above	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 leap/hop/jump same shape N or ^ or W	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
Lack of min C salto	0.30

**APPARATUS DEDUCTIONS**

Flexed/sickle feet 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 VP dance	ea ^ 0.10
Lack of precision in VP dance	ea ^ 0.10
Legs crossed in twisting saltos	^ 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
Gymnast leaves the floor during the floor routine	<u>0.50</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>0.50</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: 1:30

Overtime	CJ <u>0.10</u>
Ex less than 30 sec	CJ <u>2.00</u>