

# LEVEL 10 BARS

## 9.2 SV

- 3 A's @ .1 ea
- 3 B's @ .3 ea
- 2 C's @ .5 ea
- no restrictions
- **max .5 CV / DV**
  - min. of .1 CV
  - min. of .1 D/E
- **max .3 CC Credit**
  - all elements receiving VP may be used

## SPECIAL REQ (.5 ea)

- "C" flight
- different flight - min. "B"
- "C" LA turn
- "C" salto dismount

## **Add'l 0.1 bonus if:**

- start value = 10.0
- total bonus = 0.6 or more
- min. one E release (not dismt)  
*or* single bar D release (no fall or spot)

## COMPOSITION DEDUCTIONS

- .1 facing same direction thru-out
- .1 ea fail to perform 2 of 4, min B
  - fwd circle or fwd release
  - 3,6,7 element
  - C w/180° LA
  - single bar release (min D)
- .2 lack of 2 bar changes
- .1 ea > 1 squat (2nd OK after fall)
- .1 ea ¾ giant fwd (w/wo grip chg)
- .1 ea uncharacteristic element

## COMPOSITION CREDIT

### **(CC - Added to SV)**

### Difficulty (Releases)

- + .2 2 different D/E's
- or*
- + .1 1 D/E

### Dismount

- + .1 D/E dismount
- or*
- + .1 D/E + C dismount

<u>RANGE</u>	(average score determines range)
9.5 - 10.0	.2
9.0 - 9.475	.5
8.0 - 8.975	.7
Below 8.0	1.0

## **Connection Value (CV) - Level 10**

$$C + C = +.1$$

(both must have flight/turn—except mts/dsmts)

$$C + C = +.1$$

(Grp 3/6/7 w/o flight/turn—C's must be different)

$$C + D/E = +.1 \text{ (no flight/turn requirement)}$$

$$D + D = +.2 \text{ (all D's may be used)}$$

## **In addition -**

### **LB to HB release + C (3,6,7 to hdst) = +.2**

(applies only to the following releases)

- 3.401 - Clear hip to hdst w/flight to HB (Shaposhnikova)
- 6.405 - Stalder to hdst w/flight to hang on HB
- 7.410 - Pike sole to hdst w/flight to HB (Maloney)
- 7.510 - Pike sole to hdst, 1/1 to catch HB (Ramler)

## **In addition -**

### **HB to LB release + C (3,6,7 to hdst) = +.2**

(applies only to the following releases)

- 2.406 - Counterswing front lay 1/2 to catch LB (Cox)
- 4.406 - Pak salto
- 4.506 - Pak 1/1
- 5.503 - Swing down fwd, bwd, 1/2 to catch LB (Ejova)

# LEVEL 10 BEAM

## 9.2 SV

3 A's @ .1 ea  
3 B's @ .3 ea  
2 C's @ .5 ea

- no restrictions
- **max .5 CV / DV**
  - min. of .1 CV
  - min. of .1 D/E
- **max .3 CC Credit**
  - all elements receiving VP may be used

## COMPOSITION DEDUCTIONS

- .2 no dance series
- .1 no fwd/swd or no bwd acro
  - .05 if only dismount
- .1 > 2 same shape dance (tuck/wolf or straddle)
- .1 > 1 180° pivot (straight legs)

<b>RANGE</b>	(average score determines range)
9.5 - 10.0	.2
9.0 - 9.475	.5
8.0 - 8.975	.7
Below 8.0	1.0

Adkins  
5/26

## SPECIAL REQ (.5 ea)

- acro series w/2 flights, 1 a C **or** E with non-flight A
- leap / jump w/ 180°
- 360° turn
- "C" salto / aerial dismount **or** C acro flight / dance + B **or** acro series w/C + B

## Add'l 0.1 bonus if:

- start value = 10.0
- total bonus = 0.6 or more
- min. one acro E (no fall/spot)

## COMPOSITION CREDIT

(CC - Added to SV)

### Difficulty (Acro)

- + .2 2 different acro flight D/E's (not dismount) **or**
- + .1 1 acro flight D/E (not dismount)

### Dismount

- + .1 D/E dismount **or**
- + .1 B acro + C dismount **or**
- + .1 C dance + C dismount

## CONNECTION VALUE (CV)

	<u>Dance/Mixed</u> * not dismt	<u>2 Acro Flight</u> * not dismt	<u>3 Acro Flight</u> * includes mt/dismt
.1	A + C (turns only) A + D/E B + C <small>* acro must have flight</small>	B + C  <small>* C must be salto (or aerial for L9 only)</small>	B + B + C  <small>* see below</small>
.2	B + D/E C + C (same or diff) C + D/E	C + C B + D/E C/D + E	B + C + C B + B + D/E B + C + D/E

\* +.1 CV - any 3 acro flight w/C salto/aer/D/E (incls mt/not dsmt)

## ARTISTIC PERFORMANCE

(Applies to non-VP's)

- ^ .4 **Choreography**
  - ^ .2 - purposeful choreography
  - ^ .1 - movements in all directions
  - ^ .1 - variety - focus, poses, phrases
- ^ .2 **Rhythm and Tempo**
  - ^ .1 - variation in rhythm/tempo
  - ^ .1 - disconnected, lacks continuity
- ^ .2 **Sureness** - cautious, tentative
- ^ .3 **Body Posture** - head, shoulders, trunk
- ^ .3 **Footwork** - releve, extended, toe-ball-heel
- ^ .2 **Dynamics**
  - ^ .1 - amplitude of movements
  - ^ .1 - energy throughout

# LEVEL 10 FLOOR

## 9.2 SV

- 3 A's @ .1 ea
- 3 B's @ .3 ea
- 2 C's @ .5 ea
- no restrictions
- **max .5 CV / DV**
  - min. of .1 CV
  - min. of .1 D/E
- **max .3 CC Credit**
  - all elements receiving VP may be used

## SPECIAL REQ (.5 ea)

- dance passage w/leap
- acro pass w/2 saltos
- 3 different saltos
- "C" last salto

## Add'l 0.1 bonus if:

- start value = 10.0
- total bonus = 0.6 or more
- min. one acro E (no fall/spot) (6.501 - front 2/1 not eligible)

## COMPOSITION DEDUCTIONS

- .2 no min "B" turn on 1 foot
- .2 no "D" salto
- .1 no fwd/swd or no bwd (salto)
- .1 > 2 same shape dance

## RANGE

(average score determines range)

9.5 - 10.0	.2
9.0 - 9.475	.5
8.0 - 8.975	.7
Below 8.0	1.0

## COMPOSITION CREDIT

(CC - Added to SV)

### Difficulty (Saltos)

- + .2 2 different D/E saltos  
+ 1 C salto  
*or*  
1 E + 1 D/E salto

- + .1 2 different D saltos  
*or*  
1 E + 1 C salto

### Dance

- + .1 3 different C's  
*or*  
1 D + 1 C or better

## CONNECTION VALUE (CV)

	Indirect	Direct	Dance or Mixed
.1	saltos/aerials (may be in any order) B + C A + D A/B + A/B + C	saltos/aerials  A + C B + B A + A + C	acro=saltos or flight w/wo hands C + C (same or different) B + D/E D + A (salto + jump)
.2	C + C B/C + D/E A + E A + A + D	A/B + D/E B/C + C A + A + D/E	C + D/E

- \* Turns on 1 foot followed by jump from 2 feet = no CV; reverse possible
- \* 3 or more acro - apply direct principle prior to indirect principle

## ARTISTIC PERFORMANCE

(Applies to non-VP's)

### ^ .4 Choreography

- ^ .15 - purposeful choreography
  - more than 1 step to prepare for acro pass (.05 ea)
  - steps/arms should be choreographed
- ^ .15 - focus changes, projection
- ^ .1 - Variety - poses, connections

### ^ .2 Musicality

- move w/music, theme, tempo changes

### ^ .2 Expression - emotion, engaging

### ^ .3 Body Posture - head, shoulders, trunk

### ^ .3 Footwork - releve, extended, toe-ball-heel

### ^ .2 Dynamics

- ^ .1 - amplitude of movements
- ^ .1 - energy throughout