BARS

LEVEL 7

1. ONE CAST TO HANDSTAND (**SR** AWARDED WHEN ANGLE IS A MINIMUM OF **45*** - CAST HDST DEDUCTIONS APPLY)

2/3. TWO **360*** CLEAR CIRCLING ELEMENTS, SAME or DIFFERENT
- A. ONE **360*** CLEAR CIRCLING, MIN. " **B** "
- B. ONE **360*** CLEAR CIRCLING **3/6/7** ELEMENT

4. SALTO DISMOUNT, MIN. " **A** "

ALLOWABLE :

ALL " **A** " / " **B** " ELEMENTS

DIFFICULTY : ALLOWABLE

ANY NUMBER OF FOLLOWING " **C** " ELEMENTS

 # 2.301 CAST TO HANDSTAND BWD WITH 1/2 TURN **C**
 # 3.304 CLEAR HIP CIRCLE BWD TO HANDSTAND **C**
 # 3.305 CLEAR HIP CIRCLE BWD TO HDST W/ 1/2 TURN **C**
 # 6.304 STALDER CIRCLE BWD TO HANDSTAND **C**
 # 6.304 STALDER CIRCLE BWD TO HDST W/ 1/2 TURN **C**
 # 7.309 PIKE SOLE CIRCLE BWD TO HANDSTAND **C**
 # 7.309 PIKE SOLE CIRCLE BWD TO HDST W/ 1/2 TURN **C**

ALLOWABLE " C " ELEMENTS :

AWARD **SR** BONUS (IF APPLICABLE)

" **B** " **VP** CREDIT AWARDED

RESTRICTED :

ANY OTHER " **C** " ---- ALL " **D** " / " **E** " ELEMENTS

OTHER RESTRICTED " C " or ANY " D " / " E " PERFORMED

DEDUCT **0.50** FROM **SV** - **NO VP** CREDIT - **NO SR** CREDIT (IF APPLICABLE)

4	**A**	0.1
3	**B**	0.3
0	**C**	0.5

ALLOWABLE
C = B
10.00 SV

4	**A**	0.1
2	**B**	0.3
0	**C**	0.5

ALLOWABLE
C = B
10.00 SV

BARS

LEVEL 6

1. ONE CAST **45*** ABOVE HORIZONTAL (**SR** AWARDED WHEN ANGLE IS ABOVE HORIZONTAL ~ ANGLE DEDUCTIONS BELOW **45*** WILL APPLY)

2. MIN. OF ONE BAR CHANGE

3. ONE **360*** CLEAR CIRCLING ELEMENT FROM GROUP **3/6/7**

4. SALTO DISMOUNT, MIN " **A** "

ALLOWABLE :

ALL " **A** " / " **B** " ELEMENTS (NO FLIGHT / RELEASE)

DIFFICULTY : ALLOWABLE

ANY NUMBER OF FOLLOWING " **C** " ELEMENTS

 # 3.304 CLEAR HIP CIRCLE BWD TO HANDSTAND **C**
 # 6.304 STALDER CIRCLE BWD TO HANDSTAND **C**
 # 7.309 PIKE SOLE CIRCLE BWD TO HANDSTAND **C**

ALLOWABLE " C " ELEMENTS:

AWARD **SR** BONUS (IF APPLICABLE)

" **B** " **VP** CREDIT AWARDED

RESTRICTED :

ANY OTHER " **C** " ---- ALL " **D** " / " **E** "

ANY FLIGHT / RELEASE ELEMENTS HB TO LB/LB TO HB

OTHER RESTRICTED " C " or ANY " D " / " E " PERFORMED

DEDUCT **0.50** FROM **SV** **NO VP** CREDIT

NO SR CREDIT (IF APPLICABLE)

SPOTS DURING AN ELEMENT

DEDUCT **0.50** FOR SPOT

NO VP -- **NO SR** -- **NO CC**

NO CV or **DV BONUS**

IF FALLS AFTER SPOT, DEDUCT **0.50** FOR FALL

SPOTS UPON LANDING DISMOUNT

DEDUCT **0.50** SPOT

VP / **CC** / **SR** AWARDED

NO CV or **DV BONUS**

IF FALLS AFTER SPOT, DEDUCT **0.50** FOR FALL

SPOTS WITHOUT ASSISTING

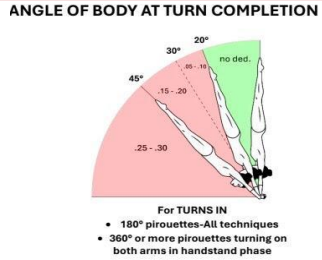
DEDUCT **0.50** FOR SPOT

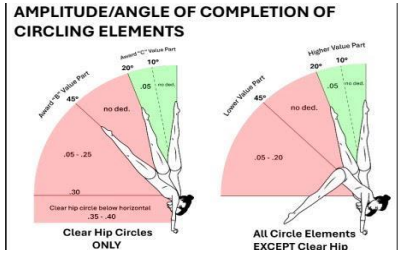
VP / **SR** / **CC** AWARDED

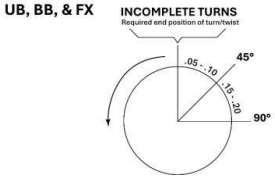
NO CV or **DV**

COACH CATCHES FALLING GYMNAST

DEDUCT ONLY FOR SPOT **0.50**







FALLS ON SALTO DISMOUNT

NEVER INITIATES SALTO or INITIATES & FALLS

NO VP -- NO SR -- NO BONUS -- NO CC

DEDUCT **0.50** FALL

DEDUCT **0.50** FROM **SV**

LANDS ON HANDS & BOTTOMS OF FEET

DEDUCT **0.50** FALL

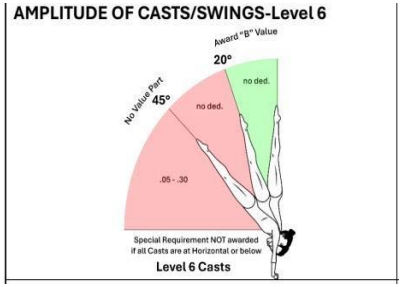
VP AWARDED

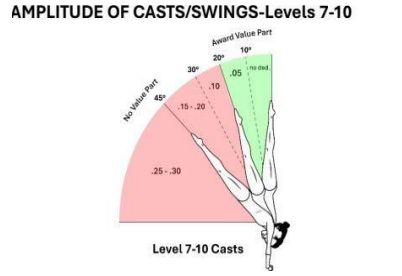
CC AWARDED (IF APPLICABLE)

RESTRICTED " C " / " D " / " E "

DEDUCT **0.50** FROM **SV** FOR EACH RESTRICTED ELEMENT

NO VP, **SR**, **BONUS**, or **CC** AWARDED





BARS

LEVEL 8

1. ONE CAST TO HANDSTAND

2/3. TWO "**B**" ELEMENTS, SAME or DIFFERENT
- A. ONE " **B** " ELEMENT W/ FLIGHT (NO DISMOUNT)
- or ONE " **B** " MIN. 1/2 TURN (NO MOUNT / NO DISMOUNT)
- B. ONE " **B** " 360* CIRCLING ELEMENT **3 / 6 / 7** (NO DISMOUNT)

4. SALTO DISMOUNT, MIN " **A** "

4 **A**	0.1
4 **B**	0.3
0 **C**	0.5
ALLOWABLE	
C = B	
9.80 SV	

DIFFICULTY: ALLOWABLE & RESTRICTED

ONLY " **A** " & " **B** " ELEMENTS

ANY NUMBER OF FOLLOWING " **C** " ELEMENTS

# 2.301	CAST TO HANDSTAND BWD WITH 1/2 TURN **C**
# 3.304	CLEAR HIP CIRCLE BWD TO HANDSTAND **C**
# 3.305	CLEAR HIP CIRCLE BWD TO HDST WITH 1/2 TURN **C**
# 6.304	STALDER CIRCLE BWD TO HANDSTAND **C**
# 6.304	STALDER CIRCLE BWD TO HDST WITH 1/2 TURN **C**
# 7.309	PIKE SOLE CIRCLE BWD TO HANDSTAND **C**
# 7.309	PIKE SOLE CIRCLE BWD TO HDST WITH 1/2 TURN **C**

ALLOWABLE :

ALL " **A** " / " **B** " ELEMENTS

ANY NUMBER OF THE FOLLOWING SELECTED " **C** "
- ~ CAST TO HANDSTAND WITH 1/2 TURN
- ~ CLEAR HIP / STALDER / PIKE SOLE CIRCLE BWD TO HANDSTAND
- ~ ABOVE CIRCLE ELEMENTS W/ 1/2 TURN TO REGULAR GRIP

ONE RESTRICTED " **C** " ELEMENT - CONSIDERED IN CHRONOLOGICAL ORDER

RESTRICTED :

ANY ADDITIONAL **C**

ALL **D** / **E**

LEVEL 8 ALLOWED TO PERFORM :

# 2.205	COUNTERSWING, STRADDLE BK TO HANG **B**
# 4.204	UNDERSWING WITH 1/2 TURN OVER LB TO HANG **B**

ALLOWABLE " C " ELEMENTS:

AWARD **SR** BONUS (IF APPLICABLE)

AWARD **CC** (IF APPLICABLE)

" **B** " **VP** CREDIT AWARDED

LEVEL 8 ALLOWED TO PERFORM ONE RESTRICTED " **C** "

BONUS :

NOT ELIGIBLE FOR BONUS

COMPOSITIONAL **C**REDIT : **+ 0.20**

LEVEL 8 ~ CAST HANDSTAND W/ 1/2 PIROUETTE MAY FILL **SR #1** & **SR#2**

0.20 LACK OF ELEMENTS THAT ACHIEVE (or PASS THOUGH) VERTICAL (LEVEL 8 ONLY)

CC MAXIMUM + 0.20

DIFFICULTY

+ 0.10 DIRECT CONNECTION OF " **B** " + " **B** "

~ MAY INCLUDE CIRCLES, PIROUETTES, or RELEASES

~ DOES NOT INCLUDE CAST HANDSTAND (**# 2.201**)

DISMOUNT

+ 0.10 ANY " **B** " or HIGHER DISMOUNT

or " **B** " or HIGHER **VP** CONNECTED TO " **A** " DSMT

ONLY 1ST RESTRICTED " C " RECEIVES

" **B** " **VP** CREDIT

CC / **SR** AWARDED (IF APPLICABLE)

SAME RESTRICTED ELEMENT CAN BE REPEATED IF RECEIVES " **0** " **VP** THE 1ST TIME

SPOTS DURING AN ELEMENT

DEDUCT **0.50** FOR SPOT **NO CV** or **DV** BONUS

NO VP / **NO SR** / **NO CC**

IF FALLS AFTER SPOT, DEDUCT **0.50** FOR FALL

SPOTS UPON LANDING DISMOUNT

DEDUCT **0.50** SPOT **NO CV** or **DV** BONUS

VP / **SR** / **CC** AWARDED

IF FALLS AFTER SPOT, DEDUCT **0.50** FOR FALL

SPOTS WITHOUT ASSISTING

DEDUCT **0.50** FOR SPOT **NO CV** or **DV** BONUS

CC / **SR** / **VP** AWARDED

HB TO LB RELEASE ELEMENTS THAT MUST GRASP / TOUCH BAR WITH TWO HANDS

*** PERFORMS RELEASE ELEMENT, GRASP / TOUCHES THE BAR WITH TWO HANDS & FALLS

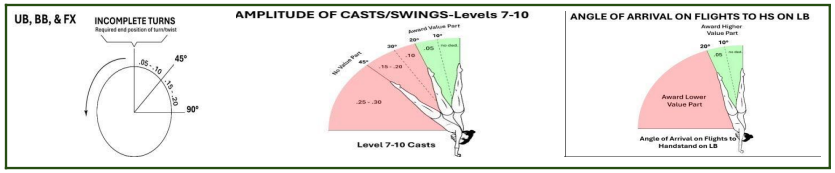
NO BONUS DUE TO FALL **SR** FULFILLED (IF APPLICABLE)

VP AWARDED **CC** AWARDED (IF APPLICABLE)

EXECUTION and AMPLITUDE ERRORS ARE TAKEN

GYMNAST MAY REPEAT FOR **VP**, **SR**, **CC** and **BONUS**

TOUCH 1 HAND - **NO VP**, **NO BONUS**, **NO SR**, **NO CC**, **0.50** FALL - MAY REPEAT FOR **VP, SR, CC, BONUS**



OTHER RESTRICTED " C " or ANY " D " / " E " PERFORMED

DEDUCT **0.50** FROM **SV** **NO VP** CREDIT

NO CC / **NO SR** CREDIT (IF APPLICABLE)

RESTRICTED " C " / " D " / " E "

DEDUCT **0.50** FROM **SV** FOR EACH RESTRICTED ELEMENT

NO VP, **SR**, **BONUS**, or **CC** AWARDED

FALLS ON SALTO DISMOUNT

NEVER INITIATES SALTO or INITIATES & FALLS

NO VP **NO SR** **NO BONUS** **NO CC**

DEDUCT **0.50** FALL DEDUCT **0.50** FROM **SV**

LANDS ON HANDS & BOTTOMS OF FEET

DEDUCT **0.50** FALL **VP** AWARDED

CC AWARDED (IF APPLICABLE)

COACH CATCHES FALLING GYMNAST

DEDUCT ONLY FOR SPOT **0.50**

LB TO HB RELEASE ELEMENTS, GRASP / TOUCHES THE BAR WITH 1 or 2 HANDS & FALLS

*** PERFORMS RELEASE ELEMENT, GRASP / TOUCHES THE BAR W/ 1 or 2 HANDS & FALLS

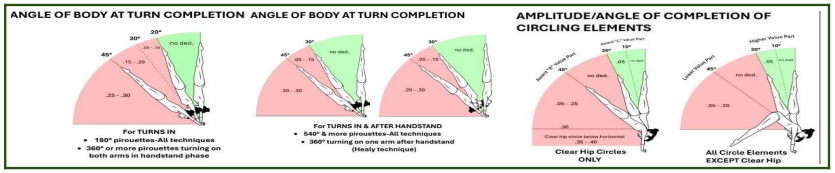
VP AWARDED **NO BONUS**

CC AWARDED **SR** FULFILLED

EXECUTION and AMPLITUDE ERRORS ARE TAKEN

GYMNAST MAY REPEAT FOR **VP**, **SR**, **CC** and **BONUS**

NEVER TOUCHES - **NO VP**, **NO BONUS**, **NO SR**, **NO CC**, **0.50** FALL * MAY REPEAT FOR **SR, BONUS, VP, CC**



BARS

LEVEL 9
1. MIN. OF TWO BAR CHANGES
2. ONE FLIGHT ELEMENT, MIN. " **B** " (NO DISMOUNT)
3. 2ND DIFFERENT FLIGHT ELEMENT MIN. " **C** " (NO DSMT) or ONE ELEMENT WITH LA TURN, MIN " **B** " (NO MOUNT / NO DSMT)
4. SALTO DISMOUNT, MIN " **B** "

3 **A**	0.1
4 **B**	0.3
1 **C**	0.5
ALLOWABLE D / E = C	
9.50 SV	

CV BONUS	
C + C	**+ 0.10**
ONE or BOTH ELEMENTS WITHOUT TURN or FLIGHT. BOTH ELEMENTS WITHOUT TURN or FLIGHT MUST BE DIFFERENT.	
C + C	**+ 0.20**
BOTH ELEMENTS WITH TURN or FLIGHT	

ALLOWABLE :
ALL " **A** " / " **B** " / " **C** " ELEMENTS
ANY NUMBER OF " **B** " or " **C** " ROOT ELEMENTS WITH 1/2 TURN TO REVERSE, L, or MIXED-L GRIP IN HANDSTAND or WITH 1/1 TO HANDSTAND
ONE RESTRICTED " **D** " / " **E** " ELEMENT - CONSIDERED IN CHRONOLOGICAL ORDER

RESTRICTED : ANY ADDITIONAL **D / E**	" **D** " / " **E** " ELEMENT PERFORMED IN CONNECTION
	THE 1ST RESTRICTED " **D** " / " **E** " ELEMENT and ANY ALLOWABLE " **D** " / " **E** " ELEMENTS PERFORMED:
	AWARD " **C** " **VP** CREDIT
	AWARD **CV BONUS** (IF APPLICABLE)
	ONLY 1ST RESTRICTED or ALLOWABLE " **D** " / " **E** " ELEMENT RECEIVING **VP** CREDIT, PERFORMED WITHOUT A FALL or SPOT, IS ELIGIBLE FOR **+ 0.10 DV**

BONUS :
MAX OF **0.30 CV** or **0.20 CV** & **0.10 DV**
ONLY 1ST " **D** " / " **E** " ELIGIBLE FOR **DV BONUS**
COMPOSITIONAL **C**REDIT : **+ 0.20**
LEVEL 9 **TOTAL BONUS**
POSSIBLE **+ 0.30 TB**
NO MORE THAN **+ 0.30** MAY BE AWARDED FOR **CV**
NO MORE THAN **+ 0.10** MAY BE AWARDED FOR **DV**
CC **MAXIMUM** **+ 0.20**
DIFFICULTY
+ 0.10 2 DIFFERENT " **C** " or HIGHER VPS
DISMOUNT
+ 0.10 ANY " **C** " or HIGHER DISMOUNT or " **C** " or HIGHER **VP** CONNECTED TO " **B** " DISMOUNT

DV BONUS
MAXIMUM OF **+ 0.10** AWARDED FOR **DV**
1ST RESTRICTED or ALLOWABLE " **D** " / " **E** " ELEMENT PERFORMED MAY BE CONSIDERED FOR **+ 0.10 DV** BONUS ONE TIME ONLY. IF RESTRICTED or ALLOWABLE " **D** " / " **E** " ELEMENT RESULTS IN **0 VP**: **NO BONUS** AWARDED
SAME RESTRICTED or ALLOWABLE " **D** " / " **E** " MAY BE REPEATED TO RECEIVE **VP** CREDIT AND MAY BE CONSIDERED FOR **+ 0.10 DV.**
AN ALLOWABLE " **D** " / " **E** " MAY BE PERFORMED LATER IN ROUTINE, **VP** CREDIT AWARDED and MAY BE CONSIDERED FOR **+ 0.10 DV BONUS**
IF 1ST RESTRICTED or ALLOWABLE " **D** " / " **E** " RECEIVES **VP** CREDIT BUT IS PERFORMED WITH A FALL: **NO BONUS**

CHOICE OF ELEMENTS
FAILURE TO PERFORM TWO ELEMENTS THAT FULFILL 2 OUT OF 4 OF THE FOLLOWING REQUIREMENTS (NO DISMOUNT)
1. ONE FORWARD ELEMENT (CIRCLE or RELEASE) MIN. OF " **B** "
2. ONE ELEMENT FROM GROUP 3/6/7 MIN. OF " **B** "
3. ONE ELEMENT WITH A MINIMUM OF 1/2 LA TURN WITH or WITHOUT FLIGHT (MIN. OF " **C** ")
4. ONE SINGLE BAR RELEASE (MIN. OF " **D** ")
0.00 2 OUT OF 4 REQUIREMENTS
0.10 1 OUT OF 4 REQUIREMENTS
0.20 0 OUT OF 4 REQUIREMENTS

EACH **0.10** UNCHARACTERISTIC ELEMENTS
0.10 3/4 GIANT CIRCLE FWD W/ or W/OUT GRIP CHANGE
0.10 FACING SAME DIRECTION THROUGHOUT

FALLS ON SALTO DISMOUNT			
NEVER INITIATES SALTO or INITIATES & FALLS			
NO VP	**NO SR**	**NO BONUS**	**NO CC**
DEDUCT **0.50** FALL		DEDUCT **0.50** FROM **SV**	
LANDS ON HANDS & BOTTOMS OF FEET			
DEDUCT **0.50** FALL		**VP** AWARDED	
CC AWARDED (IF APPLICABLE)			

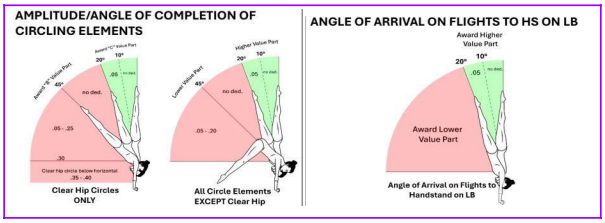
RESTRICTED " D " / " E "
DEDUCT **0.50** FROM **SV** FOR EACH RESTRICTED ELEMENT
NO VP, **SR**, **BONUS**, or **CC** AWARDED

COACH CATCHES FALLING GYMNAST
DEDUCT ONLY FOR SPOT **0.50**

HB TO LB RELEASE ELEMENTS THAT MUST GRASP / TOUCH BAR WITH TWO HANDS	
*** PERFORMS RELEASE ELEMENT, GRASP / TOUCHES THE BAR WITH TWO HANDS & FALLS	
VP AWARDED	**SR** FULFILLED (IF APPLICABLE)
NO **BONUS** DUE TO FALL	**CC** AWARDED (IF APPLICABLE)
EXECUTION and AMPLITUDE ERRORS ARE TAKEN	
GYMNAST MAY REPEAT FOR **VP**, **SR**, **CC** and **BONUS**	
TOUCH 1 HAND - **NO VP**, **NO BONUS**, **NO SR**, **NO CC**, **0.50** FALL - MAY REPEAT FOR **VP, SR, CC, BONUS**	

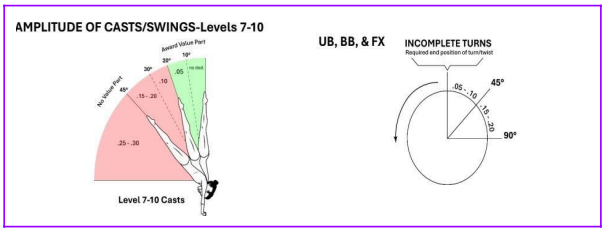
SPOTS DURING AN ELEMENT	
DEDUCT **0.50** FOR SPOT	
NO VP	**NO CV or DV BONUS**
NO SR	**NO CC**
IF FALLS AFTER SPOT, DEDUCT **0.50** FOR FALL	

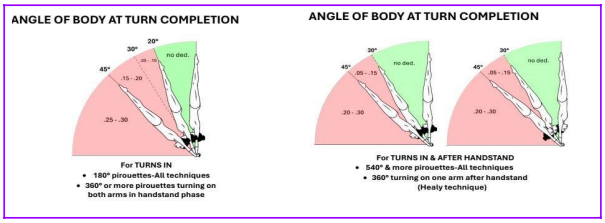
SPOTS WITHOUT ASSISTING	
DEDUCT **0.50** FOR SPOT	
VP AWARDED	**NO CV** or **DV**
SR AWARDED	**CC** AWARDED



LB TO HB RELEASE ELEMENTS, GRASP / TOUCHES THE BAR WITH 1 or 2 HANDS & FALLS	
*** PERFORMS RELEASE ELEMENT, GRASP / TOUCHES THE BAR W/ 1 or 2 HANDS & FALLS	
VP AWARDED	**SR** FULFILLED
NO BONUS	**CC** AWARDED
EXECUTION and AMPLITUDE ERRORS ARE TAKEN	
GYMNAST MAY REPEAT FOR **VP**, **SR**, **CC** and **BONUS**	
NEVER TOUCHES - **NO VP**, **NO BONUS**, **NO SR**, **NO CC**, **0.50** FALL * MAY REPEAT FOR **SR, BONUS, VP, CC**	

SPOTS UPON LANDING DISMOUNT	
DEDUCT **0.50** SPOT	
VP AWARDED	**NO CV** or **DV BONUS**
SR AWARDED	**CC** AWARDED
IF FALLS AFTER SPOT, DEDUCT **0.50** FOR FALL	





BARS

LEVEL 10

1. MIN. ONE " **C** " FLIGHT (NO DISMOUNT)
2. 2ND DIFFERENT FLIGHT MIN. " **B** " (NO DISMOUNT)
3. MIN. " **C** " ELEMENT W/ LA TURN (NO MOUNT / NO DISMOUNT)

~ PIROUETTE - TURN FLIGHT - TURN LONG SWING - TURN UNDERSWING

4. SALTO DISMOUNT, MIN " **C** "

3 **A**	0.1
3 **B**	0.3
2 **C**	0.5
D	
E	
9.20 SV	

CV BONUS

TURN / FLIGHT *** C + C** **+ 0.10**

* 2 GROUP **3/6/7** CONNECTION - MUST BE DIFFERENT DO NOT NEED TURN or FLIGHT TO RECEIVE **CV** *

--- ALL " **C** " / " **D** " / " **E** " MOUNTS and DISMOUNTS MAY BE USED FOR **CV** BONUS ---

D + D or MORE DIFFICULT **+ 0.20**

C + D / E or D / E + C **+ 0.10**

" **C** " CONNECTED TO " **D** " / " **E** "

" **C** " NOT REQUIRED TO HAVE TURN or FLIGHT

~ " **D** " / " **E** " ARE NEVER REQUIRED TO HAVE TURN or FLIGHT FOR **CV** ~

EXTRA + 0.10 (NOT IN S.V.) IF ROUTINE HAS :

10.0 START VALUE

-MET ALL **D**IFFICULTY, **S**PECIAL **R**EQUIREMENT & **C**OMPOSITIONAL **C**REDIT

-MINIMUM OF **0.60 T**OTAL **B**ONUS

-MINIMUM SINGLE BAR " **D** " RELEASE ELEMENT or ANY " **E** " RELEASE ELEMENT

MINIMUM OF **+ 0.10** FOR **DV** / MINIMUM OF **+ 0.10** FOR **CV**
-REMAINING **0.30 CV** / **DV** BONUS

BONUS :

MAX OF **0.50**

MINIMUM **+0.10 D**IFFICULTY **V**ALUE & MINIMUM **+0.10 C**ONNECTION **V**ALUE

COMPOSITIONAL **C**REDIT : **+ 0.30**

LEVEL 10 ONLY : " **B** " RELEASE ELEMENT FROM HB TO LB RAISES TO " **C** " if DIRECTLY FOLLOWS " **D** "/ " **E** " RELEASE WITHOUT COUNTERSWING

**** LB TO HB " D " / " E " RELEASE + " C " (GR 3,6,7) CIRCLE TO HANDSTAND** ** ONLY # 3.401 **SHAPOSH**, # 6.405 **RAY**, # 7.410 **MALONEY**, # 7.510 **RAMLER**

**** HB TO LB " D " / " E " RELEASE + " C " (GR 3,6,7) CIRCLE TO HANDSTAND** ** ONLY # 2.406 **COX**, # 4.406 **PAK**, # 4.506 **PAK 1/1**, # 5.503 **EJOVA**

**MAY ONLY USE RELEASE ELEMENTS ABOVE and MUST BE IN THAT ORDER

LEVEL 10 TOTAL BONUS

POSSIBLE **+ 0.50 TB**

NO MORE THAN **+ 0.40** MAY BE AWARDED FOR **CV**

NO MORE THAN **+ 0.40** MAY BE AWARDED FOR **DV**

DV BONUS

MAXIMUM OF **+ 0.40** AWARDED FOR **DV**

" **D** " ELEMENTS RECEIVE **+ 0.10**

" **E** " ELEMENTS RECEIVE **+ 0.20**

SAME " **D** " or " **E** " ELEMENT ELIGIBLE FOR **DV** BONUS ONE TIME ONLY

SAME " **D** " or " **E** " ELEMENT PERFORMED SECOND TIME IN DIFFERENT CONNECTION :

-- RECEIVES **VP** CREDIT TWICE -- ELIGIBLE FOR **CC** (IF APPLICABLE)

-ELIGIBLE FOR **CV** BONUS EACH TIME - ELIGIBLE FOR **DV** BONUS ONLY ONCE

CC MAXIMUM + 0.30

DIFFICULTY

+ 0.20 2 DIFFERENT " **D** " / " **E** " RELEASE **VP**S

or **+ 0.10** 1 " **D** " / " **E** " RELEASE **VP**

DISMOUNT

+ 0.10 " **D** " / " **E** " DISMOUNT

or " **D** " / " **E** " **VP** CONNECTED TO " **C** " DISMOUNT

HB TO LB RELEASE ELEMENTS THAT MUST GRASP / TOUCH BAR WITH TWO HANDS

***** PERFORMS RELEASE ELEMENT, GRASP / TOUCHES THE BAR WITH TWO HANDS & FALLS**

VP AWARDED **CC** AWARDED (IF APPLICABLE)

NO BONUS DUE TO FALL - **0.50** FALL **SR** FULFILLED (IF APPLICABLE)

EXECUTION and AMPLITUDE ERRORS ARE TAKEN

GYMNAST MAY REPEAT FOR **VP**, **SR**, **CC** and **BONUS**

TOUCH 1 HAND - **NO VP**, **NO BONUS**, **NO SR**, **NO CC**, **0.50** FALL - MAY REPEAT FOR **VP, SR, CC, BONUS**

LB TO HB RELEASE ELEMENTS, GRASP / TOUCHES THE BAR WITH 1 or 2 HANDS & FALLS

***** PERFORMS RELEASE ELEMENT, GRASP / TOUCHES THE BAR W/ 1 or 2 HANDS & FALLS**

VP AWARDED **CC** AWARDED

NO BONUS **0.50** FALL **SR** FULFILLED

EXECUTION and AMPLITUDE ERRORS ARE TAKEN

GYMNAST MAY REPEAT FOR **VP**, **SR**, **CC** and **BONUS**

NEVER TOUCHES - **NO VP**, **NO BONUS**, **NO SR**, **NO CC**, **0.50** FALL * MAY REPEAT FOR **SR, BONUS, VP, CC**

SPOTS DURING AN ELEMENT

IF FALLS AFTER SPOT, DEDUCT **0.50** FOR FALL

DEDUCT **0.50** FOR SPOT **NO SR**

NO VP **NO CC** **NO CV or DV BONUS**

SPOTS WITHOUT ASSISTING

DEDUCT **0.50** FOR SPOT **SR** AWARDED

NO CV or **DV BONUS**

VP AWARDED **CC** AWARDED

SPOTS UPON LANDING DISMOUNT

DEDUCT **0.50** SPOT **SR** AWARDED

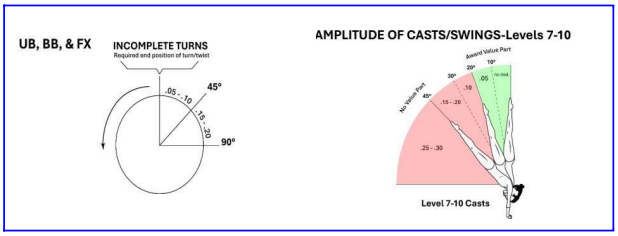
VP AWARDED **CC** AWARDED **NO CV** or **DV BONUS**

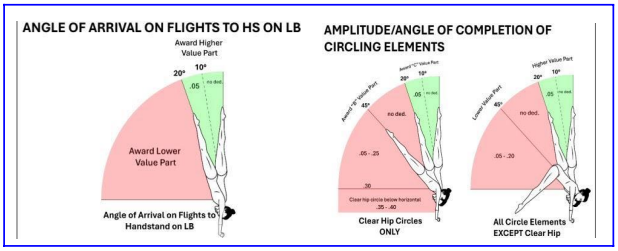
IF FALLS AFTER SPOT, DEDUCT **0.50** FOR FALL

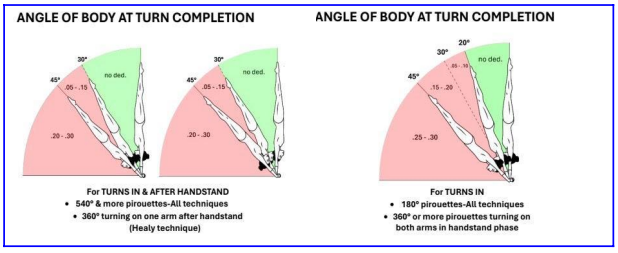
FALLS ON SALTO DISMOUNT			
NEVER INITIATES SALTO or INITIATES & FALLS			
NO VP	**NO SR**	**NO BONUS**	**NO CC**
DEDUCT **0.50** FALL		DEDUCT **0.50** FROM **SV**	

LANDS ON HANDS & BOTTOMS OF FEET
DEDUCT **0.50** FALL
VP AWARDED **CC** AWARDED (IF APPLICABLE)

COACH CATCHES FALLING GYMNAST ~
DEDUCT ONLY FOR SPOT 0.50







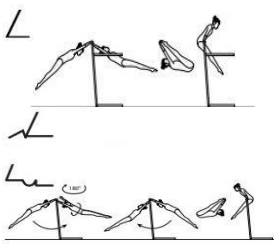
CHOICE OF ELEMENTS
FAILURE TO PERFORM TWO ELEMENTS THAT FULFILL 2 OUT OF 4 OF THE FOLLOWING REQUIREMENTS (NO DISMOUNT)
1. ONE FORWARD ELEMENT (CIRCLE or RELEASE) MIN. OF " **B** "
2. ONE ELEMENT FROM GROUP **3/6/7** MIN. OF " **B** "
3. ONE ELEMENT WITH A MINIMUM OF 1/2 LA TURN WITH or WITHOUT FLIGHT (MIN. OF " **C** ")
4. ONE SINGLE BAR RELEASE (MIN. OF " **D** ")
0.00 2 OUT OF 4 REQUIREMENTS
0.10 1 OUT OF 4 REQUIREMENTS
0.20 0 OUT OF 4 REQUIREMENTS

0.10	FACING SAME DIRECTION THROUGHOUT
0.20	LACK OF TWO BAR CHANGES (**LEVEL 10 ONLY**)
EACH **0.10**	MORE THAN ONE SQUAT ON (**LEVEL 10 ONLY**)
EACH **0.10**	UNCHARACTERISTIC ELEMENTS
0.10	3/4 GIANT CIRCLE FWD W/ or W/OUT GRIP CHANGE

LV 10 - PERFORMS SAME FLIGHT ELEMENT 2 TIMES -- ONLY ONE FLIGHT **SR** FULFILLED

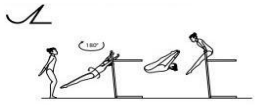
BARS " A " SKILLS

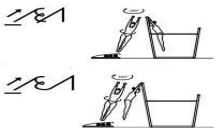
1.101 GLIDE KIP ON LB / REVERSE GRIP



GLIDE 1/2 GLIDE KIP

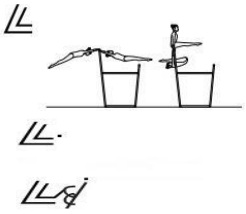
1.102 JUMP 1/2 KIP TO SUPPORT



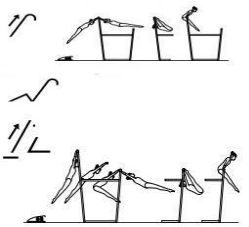


1.107 FACING HB - JUMP 1/2 / 1/1

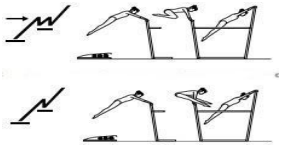
1.104 GLIDE STOOP THROUGH BK KIP UP



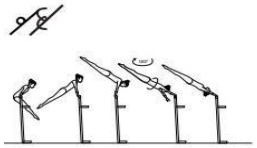
1.106 HB KIP / REVERSE GRIP



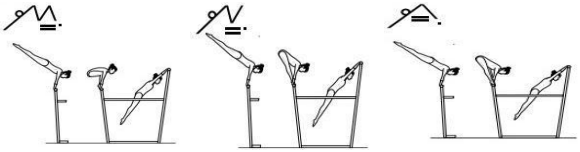
1.108 SQUAT / STRADDLE VAULT OVER LB



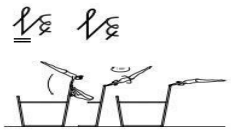
2.101 CAST 21* - 45* FROM VERTICAL 1/2



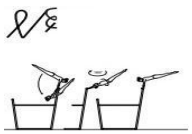
2.102 CAST SQUAT / STOOP / STRADDLE ON LB JUMP TO HB



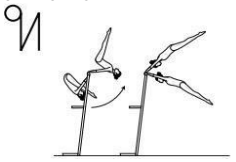
3.102 TOE ON - CLEAR UNDERSWING HB 1/2



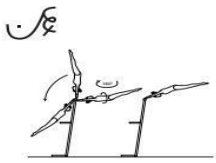
3.105 CLEAR HIP 1/2 ON UPSWING



3.106 UNDERSWING BWD - INVERTED PIKE SWING



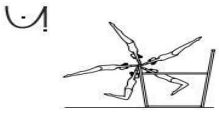
4.101 HDST HB SWING DOWN B/W BARS SWING FWD 1/2



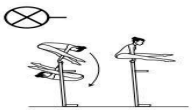
4.102 LONG HANG PULLOVER



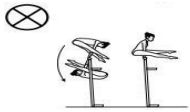
LB BWD GIANT



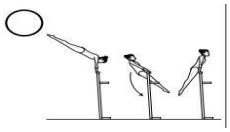
6.101 CLEAR STRADDLE CIRCLE FWD TO SUPPORT



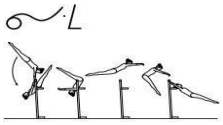
6.104 CLEAR STRADDLE CIRCLE BWD TO SUPPORT



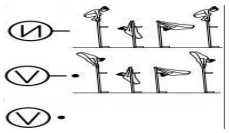
7.101 BWD HIP CIRCLE



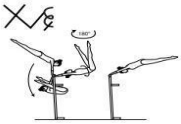
7.102 FREE HIP CIRCLE BWD (FALSE POP)



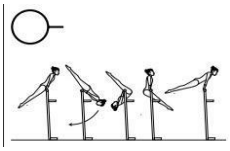
7.103 SOLE CIRCLE FWD / BWD



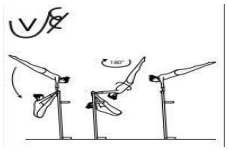
CLEAR STRADDLE CIRCLE 1/2 ON UPSWING



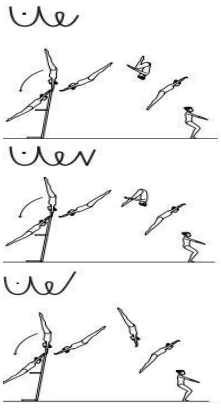
FWD HIP CIRCLE



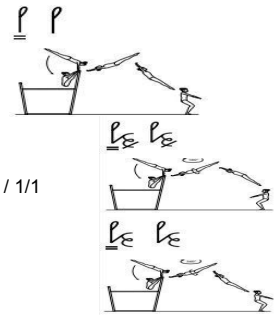
7.109 PIKE SOLE CIRCLE BWD 1/2 ON UPSWING



8.103 FLYAWAY - TUCK / PIKE / STRETCHED

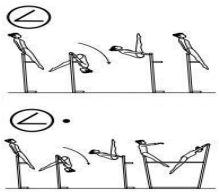


8.101 TOE ON - CLEAR UNDERSWING TO STAND

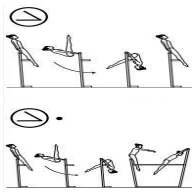


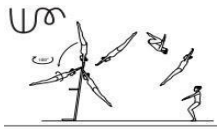
1/2 / 1/1

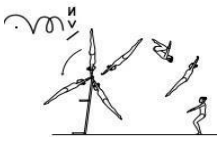
7.104 SEAT PIKE CIRCLE FWD TO SUPPORT / TO HB

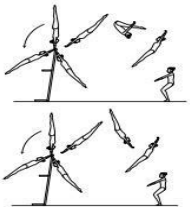


7.106 SEAT PIKE CIRCLE BWD TO SUPPORT / TO HB









8.107 REVERSE GRIP FWD TUCK / PIKE / STRETCHED

BEAM

LEVEL 7

1. ACRO SERIES (WITH / W-OUT FLIGHT) (NO MOUNT or DISMOUNT) and ACRO FLIGHT ELEMENT (ISOLATED or IN CONNECTION)
2. ONE LEAP / JUMP **180*** CROSS / SIDE SPLIT
3. MIN. **1/1** TURN ON ONE FOOT
4. AERIAL / SALTO DISMOUNT, MIN. " **A** "

ALLOWABLE :

ALL " **A** " / " **B** " ELEMENTS

ALL " **C** " DANCE ELEMENTS
~ COUNTS AS " **B** " **VP**

RESTRICTED :

ALL " **D** " / " **E** " DANCE ELEMENT

ALL " **C** " / " **D** " / " **E** " ACRO ELEMENTS

LEVEL 6 / 7 ONLY : IF ANY RESTRICTED ELEMENT ATTEMPTED IS INCOMPLETE and RECEIVES **NO VP** CREDIT, IT MAY NOT BE REPEATED. DEDUCT **0.50 SV** FOR RESTRICTED ELEMENT **NO VP, NO SR, NO CC**

C.J. DEDUCTION **0.50 LEVEL 6 ONLY** ~ COMPLETED ROUTINE WITH ALL REQUIRED **VP'S** and **10.0 SV** (LESS THAN 30 SECONDS)

MAX TIME 1:20

4 **A**	0.1
3 **B**	0.3
0 **C**	0.5
ALLOWABLE	
C = B	
10.00 SV	

4 **A**	0.1
2 **B**	0.3
0 **C**	0.5
ALLOWABLE	
C = B	
10.00 SV	

BEAM

LEVEL 6

1. NON-FLIGHT ACRO SERIES (NO MOUNT / NO DISMOUNT) or ONE ACRO FLIGHT ELEMENT (ISOLATED / IN CONNECTION)
2. ONE LEAP / JUMP **180*** CROSS / SIDE SPLIT
3. MIN. **1/1** TURN ON ONE FOOT
4. AERIAL / SALTO DISMOUNT, MIN " **A** "

ALLOWABLE :

ALL " **A** " / " **B** " ELEMENTS

ONE " **C** " DANCE ELEMENT
~ COUNTS AS " **B** " **VP**

RESTRICTED :

ANY ADDITIONAL " **C** " DANCE ELEMENT

ALL " **C** " / " **D** " / " **E** " ACRO ELEMENTS

CONCENTRATION PAUSES	
EACH **0.10**	TWO SECONDS
EACH **0.20**	MORE THAN TWO SECONDS

LV 6 / 7 - VERTICAL HANDSTAND - NO HOLD, **NO VP**, **NO ACRO SERIES**

LV 7 - TURNING HDST or PRESS HDST - NO HOLD REQUIRED

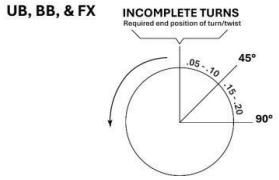
FALLS ON SALTO DISMOUNT
NEVER INITIATES SALTO or INITIATES & FALLS
NO VP NO SR NO BONUS NO CC
DEDUCT **0.50** FALL
DEDUCT **0.50** FROM **SV**
LANDS ON HANDS & BOTTOMS OF FEET
DEDUCT **0.50** FALL
VP AWARDED
CC AWARDED (IF APPLICABLE)

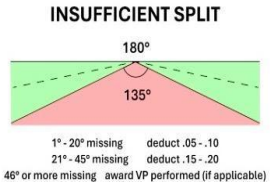
RESTRICTED " C " / " D " / " E "
DEDUCT **0.50** FROM **SV** FOR EACH RESTRICTED
ELEMENT **NO VP**, **SR**, **BONUS**, or **CC** AWARDED

SPOTS UPON LANDING DISMOUNT
DEDUCT **0.50** SPOT
NO CV or **DV BONUS**
VP / SR / CC AWARDED
IF FALLS AFTER SPOT, DEDUCT **0.50** FOR FALL
SPOTS DURING AN ELEMENT
DEDUCT **0.50** FOR SPOT
NO CV or **DV BONUS**
NO VP / NO SR / NO CC
IF FALLS AFTER SPOT, DEDUCT **0.50** FOR FALL
SPOTS WITHOUT ASSISTING
DEDUCT **0.50** FOR SPOT
NO CV or **DV BONUS**
VP / SR / CC AWARDED

COACH CATCHES FALLING GYMNAST
DEDUCT ONLY FOR SPOT **0.50**

ARTISTRY	
^ 0.40	**CHOREOGRAPHY**
^ 0.20	LACK OF PURPOSEFUL CHOREOGRAPHY
^ 0.10	CHOREOGRAPHY IN ALL DIRECTIONS (MISSING SIDE AND BACK) 0.05 FOR EACH
^ 0.10	LACK OF VARIETY OF FOCUS CHANGES, POSES, PHASES / CONNECTIONS
^ 0.20	**RHYTHM AND TEMPO**
^ 0.10	INSUFFICIENT VARIATION
^ 0.10	DISCONNECTED MOVEMENT
^ 0.20	**SURENESS**
^ 0.30	**BODY POSTURE**
^ 0.30	**FOOTWORK**
^ 0.20	**DYNAMICS**
^ 0.10	INSUFFICIENT AMPLITUDE OF CHOREOGRAPHED MOVEMENT
^ 0.10	ENERGY MAINTAINED





BEAM

LEVEL 8	4 A 0.1
1. ACRO SERIES, TWO ELEMENTS, ONE WITH FLIGHT (NO MOUNT / NO DISMOUNT)	4 B 0.3
	0 C 0.5
2. ONE LEAP or JUMP **180*** CROSS or SIDE SPLIT	**ALLOWABLE**
3. MIN. **1/1** TURN ON ONE FOOT	**C = B**
4. AERIAL / SALTO DISMOUNT, MIN " **A** "	**9.80 SV**

ALLOWABLE :
ALL " **A** " / " **B** " ELEMENTS
ALL " **C** " DANCE ELEMENTS
ONE RESTRICTED " **C** " ACRO ELEMENT (INCLUDES MOUNT / DISMOUNT) CONSIDERED IN CHRONOLOGICAL ORDER
RESTRICTED ~ ALL " **D** " / " **E** " DANCE ELEMENTS ADDITIONAL " **C** " ACRO & ANY " **D** " / " **E** " ACRO

BONUS :
NOT ELIGIBLE FOR BONUS
COMPOSITIONAL **C**REDIT : **+ 0.20**

CC	MAXIMUM	+ 0.20
DIFFICULTY		
+ 0.10	DIRECTLY CONNECTED ACRO FLIGHT SERIES, MIN. OF " **B** " + " **B** " BOTH ELEMENTS MUST HAVE FLIGHT	
DISMOUNT		
+ 0.10	ANY " **B** " or HIGHER SALTO / AERIAL DISMOUNT	
or	MIN. " **B** " or HIGHER ACRO DIRECTLY CONNECTED TO AN " **A** " SALTO / AERIAL DISMOUNT	

ARTISTRY	
^ 0.40	**CHOREOGRAPHY**
^ 0.20	LACK OF PURPOSEFUL CHOREOGRAPHY
^ 0.10	CHOREOGRAPHY IN ALL DIRECTIONS (MISSING SIDE AND BACK) 0.05 FOR EACH
^ 0.10	LACK OF VARIETY OF FOCUS CHANGES, POSES, PHASES / CONNECTIONS
^ 0.20	**RHYTHM AND TEMPO**
^ 0.10	INSUFFICIENT VARIATION
^ 0.10	DISCONNECTED MOVEMENT
^ 0.20	**SURENESS**
^ 0.30	**BODY POSTURE**
^ 0.30	**FOOTWORK**
^ 0.20	**DYNAMICS**
^ 0.10	INSUFFICIENT AMPLITUDE OF CHOREOGRAPHED MOVEMENT
^ 0.10	ENERGY MAINTAINED

CONCENTRATION PAUSES	
EACH	**0.10** TWO SECONDS
EACH	**0.20** MORE THAN TWO SECONDS

LACK OF VARIETY IN CHOICE OF ACRO ELEMENTS
0.10 FAILURE TO PERFORM ACRO ELEMENTS IN 2 DIFFERENT DIRECTIONS (**BACKWARD** and **FORWARD / SIDEWARD**)
0.05 IF DISMOUNT ELEMENT IS ONLY **FORWARD** / **SIDEWARD** or ONLY **BACKWARD** ELEMENT
LACK OF VARIETY IN CHOICE OF DANCE ELEMENTS
0.10 OVERUSE OF DANCE ELEMENTS WITH SAME SHAPE
0.10 MORE THAN ONE PIVOT TURN ON TWO FEET W/ STRAIGHT LEGS
LACK OF DANCE SERIES
0.20 MOUNTS / LEAPS / HOPS / JUMPS / TURNS

ALLOWABLE DIFFICULTY

1. ALL " **C** " DANCE ELEMENTS
2. ONE " **C** " ACRO ELEMENT (INCLUDES MOUNT / DISMOUNT)
3. COUNT AS " **B** " **VP**

LEVELS ALLOWING ONE RESTRICTED ACRO ELEMENT; MAY USE MOUNT, DISMOUNT, or ELEMENT ON THE BEAM. MAY BE USED TO FULFILL **SR** and **CC** (IF APPLICABLE). RESTRICTED ELEMENTS WILL BE CONSIDERED IN CHRONOLOGICAL ORDER. ~ AWARD **VP**, **SR**, **CC** (IF APPLICABLE) ~ **LEVEL 8 ONLY** - THE SAME RESTRICTED ELEMENT MAY BE REPEATED IF THE ELEMENT RECEIVES " **0** " **VP** CREDIT THE FIRST TIME. ANY ADDITIONAL RESTRICTED ELEMENT PERFORMED or ATTEMPTED AT **LEVEL 8** EVEN IF INCOMPLETE ~ **NO VP**, **SR**, **CC**, DEDUCT **0.50** FROM **SV**.

NEVER INITIATES SALTO or INITIATES & FALLS

NO VP / **NO CC** / **NO SR** AWARDED

DEDUCT **0.50** FALL

DEDUCT **0.50** FROM **SV**

SPOTS DURING AN ELEMENT

DEDUCT **0.50** FOR SPOT

NO SR / **NO VP**

NO CC (IF APPLICABLE)

IF FALLS AFTER SPOT, DEDUCT **0.50** FOR FALL

SPOTS WITHOUT ASSISTING

DEDUCT **0.50** FOR SPOT

VP / **SR** / **CC** AWARDED

SPOTS UPON LANDING DISMOUNT

DEDUCT **0.50** SPOT

VP AWARDED

SR / **CC** AWARDED (IF APPLICABLE)

IF FALLS AFTER SPOT, DEDUCT **0.50** FOR FALL

COACH CATCHES FALLING GYMNAST

DEDUCT ONLY FOR FALL **0.50**

ELEMENT INCOMPLETE (NO CONTACT WITH TOP OF BEAM WITH FOOT / FEET) & FALLS

DEDUCT **0.50** FALL

NO VP AWARDED

NO SR AWARDED (IF APPLICABLE)

NO CC AWARDED (IF APPLICABLE)

IF FALL OCCURS ON 2ND ELEMENT IN ACRO SERIES, SR NOT AWARDED

DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

ELEMENT COMPLETE (CONTACT W/ TOP OF BEAM WITH FOOT / FEET) & FALLS

DEDUCT **0.50** FALL, BUT NOT BALANCE ERRORS

VP AWARDED

CC AWARDED (IF APPLICABLE)

SR AWARDED (IF APPLICABLE)

DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

FAILURE TO LAND ON BOTTOM OF FEET 1ST ON SALTO DISMOUNT

DEDUCT **0.50** FALL

NO VP AWARDED ~ DEDUCT FROM **SV**

NO CC AWARDED

NO SR AWARDED ~ DEDUCT FROM **SV**

DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

LANDS ON HANDS & BOTTOM OF FEET

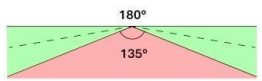
DEDUCT **0.50** FALL

VP AWARDED

CC AWARDED (IF APPLICABLE)

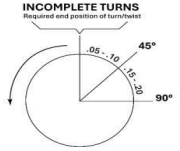
SR AWARDED (IF APPLICABLE)

INSUFFICIENT SPLIT



1° - 20° missing deduct .05 - .10
21° - 45° missing deduct .15 - .20
46° or more missing award VP performed (if applicable)

UB, BB, & FX **INCOMPLETE TURNS**



MAX TIME LIMIT 1:30

BEAM

LEVEL 9

1. ACRO SERIES, MIN. TWO DIRECTLY CONNECTED FLIGHT ELEMENTS (NO MOUNT / NO DISMOUNT)
2. ONE LEAP or JUMP **180*** CROSS or SIDE SPLIT
3. MIN. **1/1** TURN ON ONE FOOT
4. AERIAL / SALTO DISMOUNT, MIN " **B** "

3 **A**	0.1
4 **B**	0.3
1 **C**	0.5
ALLOWABLE	
D / E = C	
9.50 SV	

ALLOWABLE :

- ALL " **A** " / " **B** " / " **C** " ELEMENTS
- ALL " **D** " / " **E** " DANCE ELEMENTS
- ONE RESTRICTED " **D** " / " **E** " ACRO ELEMENT - CONSIDERED IN CHRONOLOGICAL ORDER (INCLUDES MOUNT/ DISMOUNT)

RESTRICTED :
ANY ADDITIONAL
D / E
ACRO ELEMENT
ALL **D / E** DANCE

BONUS :

- MAX OF **0.30 CV** or **0.20 CV** & **0.10 DV**
- ONLY 1ST ACRO " **D** " / " **E** " ELIGIBLE FOR **DV** BONUS
- **C**OMPOSITIONAL **C**REDIT : **+ 0.20**

LEVEL 9 TOTAL BONUS

POSSIBLE **+ 0.30** TB

- NO MORE THAN **+ 0.30** MAY BE AWARDED FOR **CV**
- NO MORE THAN **+ 0.10** MAY BE AWARDED FOR **DV**

CC MAXIMUM + 0.20

DIFFICULTY

+ 0.10 2 DIFFERENT " **C** " or HIGHER ACRO FLIGHT ELEMENTS (NO DISMOUNT)

DISMOUNT

+ 0.10 ANY " **C** " or HIGHER SALTO / AERIAL DISMOUNT

or ~ MIN. " **B** " ACRO FLIGHT CONNECTED TO " **B** " DISMOUNT

~ " **C** " DANCE **VP** DIRECTLY CONNECTED TO " **B** " DISMOUNT

LACK OF VARIETY IN CHOICE OF ACRO ELEMENTS

0.10 FAILURE TO PERFORM ACRO ELEMENTS IN 2 DIFFERENT DIRECTIONS (**BACKWARD** and **FORWARD / SIDEWARD**)

0.05 IF DISMOUNT ELEMENT IS ONLY **FORWARD** / **SIDEWARD** or ONLY **BACKWARD** ELEMENT

LACK OF VARIETY IN CHOICE OF DANCE ELEMENTS

0.10 OVERUSE OF DANCE ELEMENTS WITH SAME SHAPE

0.10 MORE THAN ONE PIVOT TURN ON TWO FEET W/ STRAIGHT LEGS

LACK OF DANCE SERIES

0.20 MOUNTS / LEAPS / HOPS / JUMPS / TURNS

CONCENTRATION PAUSES

EACH **0.10**	TWO SECONDS
EACH **0.20**	MORE THAN TWO SECONDS

DV BONUS

MAXIMUM OF **+ 0.10** AWARDED FOR **DV**

1ST RESTRICTED " **D** "/" **E** " ACRO ELEMENT PERFORMED & RECEIVED **VP**, CAN BE CONSIDERED FOR **+ 0.10 DV BONUS** ONE TIME ONLY. **NO DV BONUS** FOR " **D** " / " **E** " DANCE ELEMENTS. IF 1ST RESTRICTED " **D** " / " **E** " ACRO ELEMENT RESULTS IN **0 VP** : **NO BONUS** AWARDED.

SAME RESTRICTED " **D** " / " **E** " ELEMENT MAY BE REPEATED TO RECEIVE **VP** CREDIT and MAY BE CONSIDERED FOR **+ 0.10 DV**.

ADDITIONAL DIFFERENT RESTRICTED " **D** " / " **E** " ELEMENT PERFORMED WHETHER or NOT RECEIVE **VP** CREDIT : DEDUCT **0.50 SV** - **NO VP NO CC** (IF APPLICABLE) - **NO SR** (IF APPLICABLE)

IF 1ST RESTRICTED " **D** " / " **E** " ELEMENT RECEIVES **VP** CREDIT BUT PERFORMED WITH A FALL : **NO DV BONUS** AWARDED

1ST RESTRICTED " **D** " / " **E** " ELEMENT COUNTS AS " **C** " IN **CV** PRINCIPLES

CV BONUS

TWO ACRO FLIGHT ELEMENT (NO DISMOUNT)	
B + C (SALTO)	**+ 0.10**
B + D	**+ 0.20**
C + C	**+ 0.20**
B + E	**+ 0.20**
C + D or MORE DIFFICULT	**+ 0.20**

LEVEL 9 : " **C** " ELEMENT (ALLOWABLE " **D** " / " **E** " AWARDED " **C** ") MAY BE SALTO / AERIAL

THREE ACRO FLIGHT (MOUNT / DISMOUNT)	
B + B + C	**+ 0.10**
B + C + C	**+ 0.20**
B + B + D / E	**+ 0.20**
B + C + D / E	**+ 0.20**

AN ADDITIONAL **+0.10** CONNECTION / SERIES BONUS TO BE AWARDED FOR ANY 3 ELEMENT ACRO FLIGHT SERIES WITH A MIN. " **C** " SALTO / AERIAL or " **D** " / " **E** " FLIGHT ELEMENT WITH or W-OUT HAND SUPPORT (NO DISMOUNT)

2 DANCE / MIXED / TURN ELEMENTS

TURN SERIES : TURN ON ONE FOOT - MIN. " **A** " + " **C** "
DANCE SERIES : DANCE / DANCE
MIXED SERIES : DANCE / ACRO FLIGHT or FLIGHT ACRO / DANCE (NO DSMT)

" A " TURN + " C " TURN	**+ 0.10**
A + D / E DANCE or **MIXED SERIES**	**+ 0.10**
B + C	**+ 0.10**
B + D / E	**+ 0.20**
C + C	**+ 0.20**
C + D and **MORE DIFFICULT** (**SAME / DIFFERENT**)	**+0.20**

MAX TIME LIMIT 1:30

ELEMENT INCOMPLETE (NO CONTACT W/ BOTTOM OF FOOT / FEET ON TOP OF BEAM)

DEDUCT **0.50** FALL

NO VP AWARDED **NO BONUS** AWARDED

NO SR / **NO CC** AWARDED (IF APPLICABLE)

DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

IF FALL OCCURS ON 2ND ELEMENT IN ACRO SERIES, **SR** NOT AWARDED

ELEMENT COMPLETE (CONTACT W/ TOP OF BEAM WITH FOOT / FEET) & FALLS

DEDUCT **0.50** FALL, BUT NOT BALANCE ERRORS

NO BONUS AWARDED DUE TO FALL

DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

VP AWARDED

CC / **SR** AWARDED (IF APPLICABLE)

SPOTS DURING AN ELEMENT

DEDUCT **0.50** FOR SPOT

NO VP / **NO SR**

NO CV or **DV BONUS**

NO CC (IF APPLICABLE)

IF FALLS AFTER SPOT, DEDUCT **0.50** FOR FALL

SPOTS WITHOUT ASSISTING

DEDUCT **0.50** FOR SPOT

VP / **SR** AWARDED

NO CV or **DV BONUS**

CC AWARDED

SPOTS UPON LANDING DISMOUNT

DEDUCT **0.50** SPOT

VP AWARDED

SR / **CC** AWARDED (IF APPLICABLE)

NO CV or **DV BONUS** AWARDED

IF FALLS AFTER SPOT, DEDUCT **0.50** FOR FALL

ARTISTRY

^ 0.40 CHOREOGRAPHY

^ **0.20** LACK OF PURPOSEFUL CHOREOGRAPHY

^ **0.10** CHOREOGRAPHY IN ALL DIRECTIONS (MISSING **SIDE** and **BACK**) **0.05 FOR EACH**

^ **0.10** LACK OF VARIETY OF FOCUS CHANGES, POSES, PHASES / CONNECTIONS

^ 0.20 RHYTHM AND TEMPO

^ **0.10** INSUFFICIENT VARIATION

^ **0.10** DISCONNECTED MOVEMENT

^ 0.20 SURENESS

^ 0.30 BODY POSTURE

^ 0.30 FOOTWORK

^ 0.20 DYNAMICS

^ **0.10** INSUFFICIENT AMPLITUDE OF CHOREOGRAPHED MOVEMENT

^ **0.10** ENERGY MAINTAINED

1ST RESTRICTED " **D** " / " **E** " ACRO ELEMENT & ANY ALLOWABLE " **D** " / " **E** " DANCE ELEMENT PERFORMED : AWARD " **C** " **VP** CREDIT **:** AWARD **CV BONUS** (IF APPLICABLE) : ONLY 1ST RESTRICTED " **D** " / " **E** " ACRO ELEMENT RECEIVING **VP** CREDIT, PERFORMED WITHOUT A SPOT or FALL, IS ELIGIBLE FOR **+ 0.10 DV BONUS**

ALLOWABLE DIFFICULTY

ONE RESTRICTED ACRO ELEMENT ; MAY USE MOUNT, DISMOUNT or ELEMENT ON THE BEAM. **LEVEL 9 :** ALLOWABLE " **D** " / " **E** " ELEMENT MAY SERVE AS IN A " **C** " ELEMENT ANY APPLICABLE **CV BONUS**. : ONLY FIRST " **D** " / " **E** " ACRO ELEMENT RECEIVING **VP** CREDIT CAN BE CONSIDERED FOR **+ 0.10 DV**. RESTRICTED ELEMENT WILL BE CONSIDERED IN CHRONOLOGICAL ORDER. AWARD **VP**, **SR**, **CC** (IF APPLICABLE), **CV BONUS** (IF APPLICABLE

~ **LEVEL 9 ONLY** - THE SAME RESTRICTED ELEMENT MAY BE REPEATED IF THE ELEMENT RECEIVES " **0** " **VP** CREDIT THE FIRST TIME. ANY ADDITIONAL RESTRICTED ELEMENT PERFORMED or ATTEMPTED AT **LEVEL 9** EVEN IF INCOMPLETE

~ **NO VP**, **SR**, **CC**, DEDUCT **0.50** FROM **SV**.

SAME " **D** " / " **E** " PERFORMED A SECOND TIME IN DIFFERENT CONNECTION : **LEVEL 9** ~ " **D** " / " **E** " DANCE ELEMENT PERFORMED TWICE IN DIFFERENT CONNECTION : RECEIVES " **C** " **VP** CREDIT TWICE, ELIGIBLE FOR **CV BONUS** EACH TIME, IF APPLICABLE. ~ " **D** " / " **E** " ACRO ELEMENT PERFORMED TWICE IN DIFFERENT CONNECTION : FIRST TIME - RECEIVES " **C** " **VP**, **SR** (IF APPLICABLE), **DV BONUS** (**+ 0.10**), **CV BONUS** (IF APPLICABLE), and **CC** (IF APPLICABLE) SECOND TIME - RECEIVES **NO** CREDIT FOR **VP**, **SR**, **CV BONUS**, AND **NO CC**. DEDUCT **0.50** FROM **SV** RESTRICTED ELEMENT.

FAILURE TO LAND ON BOTTOM OF FEET 1ST ON SALTO DISMOUNT

DEDUCT **0.50** FALL **NO CC** AWARDED

NO VP / **NO SR** AWARDED ~ DEDUCT FROM **SV**

NO BONUS AWARDED (IF APPLICABLE)

DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

LANDS ON HANDS & BOTTOM OF FEET

DEDUCT **0.50** FALL

VP AWARDED **NO BONUS**

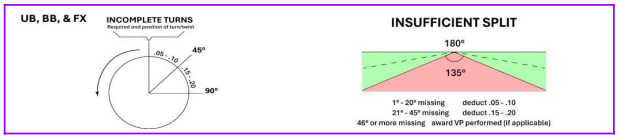
CC / **SR** AWARDED (IF APPLICABLE)

NEVER INITIATES SALTO or INITIATES & FALLS

NO VP / **NO CC** / **NO SR** AWARDED

DEDUCT **0.50** FALL NO BONUS

DEDUCT **0.50** FROM SV



COACH CATCHES FALLING GYMNAST

DEDUCT ONLY FOR FALL **0.50**

BEAM

LEVEL 10

1. ACRO SERIES (NO MOUNT / NO DISMOUNT), MIN. TWO DIRECTLY CONNECTED FLIGHT ELEMENTS, MIN. ONE " **C** " (WITH or W-OUT HAND SUPPORT) or " **A** " NON FLIGHT ACRO ELEMENT (**GROUP 7**) DIRECTLY CONNECTED TO " **E** " ACRO FLIGHT ELEMENT
2. ONE LEAP or JUMP **180*** CROSS or SIDE SPLIT
3. MIN. OF **1/1** TURN ON ONE FOOT (**GROUP 3**)
4. AERIAL / SALTO DISMOUNT, MIN " **C** " or
   - ~ ACRO SERIES MIN. " **C** " CONNECTED TO " **B** " DSMT
   - ~ MIN. " **C** " ACRO FLIGHT ELEMENT CONNECTED TO " **B** " DSMT
   - ~ MIN " **C** " DANCE ELEMENT CONNECTED TO " **B** " DSMT

3 **A**	0.1
3 **B**	0.3
2 **C**	0.5
D	
E	
9.20 SV	

LEVEL 10 TOTAL BONUS

POSSIBLE **+ 0.50** TB

NO MORE THAN **+ 0.40** MAY BE AWARDED FOR **CV**

NO MORE THAN **+ 0.40** MAY BE AWARDED FOR **DV**

CC MAXIMUM + 0.30

DIFFICULTY

+ 0.20 2 DIFFERENT " **D** " / " **E** " ACRO FLIGHT (NO DSMT)

or **+0.10** 1 " **D** " / " **E** " ACRO FLIGHT (NO DSMT)

DISMOUNT

+ 0.10 ANY " **D** " / " **E** " SALTO / AERIAL DISMOUNT

or MIN. " **B** " ACRO FLIGHT CONNECTED TO " **C** " SALTO / AERIAL DISMOUNT

or MIN. " **C** " DANCE CONNECTED TO " **C** " SALTO / AERIAL DISMOUNT

EXTRA + 0.10 (NOT IN S.V.) IF ROUTINE HAS :

10.0 START **V**ALUE

-MET ALL **D**IFFICULTY, **S**PECIAL **R**EQUIREMENT & **C**OMPOSITIONAL **C**REDIT

-MINIMUM OF **0.60 T**OTAL **B**ONUS

- " **E** " ACRO ELEMENTS ~ NO FALL / SPOT

MINIMUM OF **+ 0.10** FOR **DV** / MINIMUM OF **+ 0.10** FOR **CV**

-REMAINING **0.30 CV** / **DV** BONUS

BONUS :

MAX OF **0.50**

MINIMUM **+0.10 D**IFFICULTY **V**ALUE & MINIMUM **+0.10 C**ONNECTION **V**ALUE

COMPOSITIONAL **C**REDIT : **+ 0.30**

CV BONUS

TWO ACRO FLIGHT ELEMENT (NO DISMOUNT)	
B + C (SALTO)	**+ 0.10**
B + D	**+ 0.20**
C + C	**+ 0.20**
B + E	**+ 0.20**
C + D or **MORE DIFFICULT**	**+ 0.20**
THREE ACRO FLIGHT (MOUNT / DISMOUNT)	
B + B + C	**+ 0.10**
B + C + C	**+ 0.20**
B + B + D / E	**+ 0.20**
B + C + D / E	**+ 0.20**

AN ADDITIONAL **+0.10** CONNECTION / SERIES BONUS TO BE AWARDED FOR ANY 3 ELEMENT ACRO FLIGHT SERIES WITH A MIN. " **C** " SALTO / AERIAL or " **D** " / " **E** " FLIGHT ELEMENT WITH or WITHOUT HAND SUPPORT (NO DISMOUNT)

2 DANCE / MIXED / TURN ELEMENTS

TURN SERIES : TURN ON ONE FOOT - MIN. " **A** " + " **C** "

DANCE SERIES : DANCE / DANCE

MIXED SERIES : DANCE / ACRO FLIGHT or FLIGHT ACRO / DANCE (NO DSMT)

" A " TURN + " C " TURN	**+ 0.10**
A + D / E DANCE or **MIXED SERIES**	**+ 0.10**
B + C	**+ 0.10**
B + D / E	**+ 0.20**
C + C	**+ 0.20**
C + D and **MORE DIFFICULT** (**SAME / DIFFERENT**)	**+0.20**

DV BONUS

MAXIMUM OF **+ 0.40** AWARDED FOR **DV**

" **D** " ELEMENTS RECEIVE **+ 0.10**

" **E** " ELEMENTS RECEIVE **+ 0.20**

SAME " **D** " or " **E** " ELEMENT ELIGIBLE FOR **DV** BONUS ONE TIME ONLY

EXCEPTION:SAME " **D** " or " **E** " ELEMENT PERFORMED A 2ND TIME ~ 1ST TIME PERFORMED W/OUT LANDING ON THE BOTTOM OF THE FEET 1ST or W/ A SPOT = **0 VP** { 2ND TIME ELEMENT IS COMPLETE - AWARD **VP** & **DV** } ~ 1ST TIME PERFORMED ELEMENT LANDS ON BOTTOM OF FEET = **VP** AWARDED { 2ND TIME ELEMENT IS COMPLETE - **VP** AWARDED A 2ND TIME (IF IN A DIFFERENT CONNECTION) & **DV** AWARDED }

CONCENTRATION PAUSES

EACH **0.10**	TWO SECONDS
EACH **0.20**	MORE THAN TWO SECONDS

LACK OF VARIETY IN CHOICE OF ACRO ELEMENTS

0.10 FAILURE TO PERFORM ACRO ELEMENTS IN 2 DIFFERENT DIRECTIONS (**BACKWARD** and **FORWARD** / **SIDEWARDS**)

0.05 IF DISMOUNT ELEMENT IS ONLY FORWARD / SIDEWARD or ONLY BACKWARDS ELEMENT

LACK OF VARIETY IN CHOICE OF DANCE ELEMENT

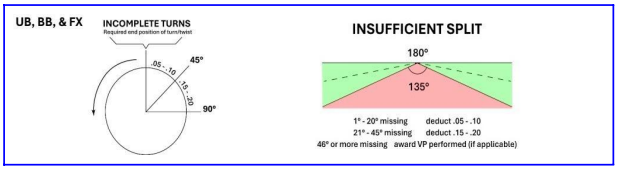
0.10 OVERUSE OF DANCE ELEMENTS WITH SAME SHAPE

0.10 MORE THAN ONE PIVOT TURN ON TWO FEET W/ STRAIGHT LEGS

LACK OF DANCE SERIES

0.20 MOUNTS / LEAPS / HOPS / JUMPS / TURNS

MAX TIME LIMIT 1:30



ELEMENT COMPLETE (CONTACT W/ TOP OF BEAM WITH FOOT / FEET) & FALLS
DEDUCT **0.50** FALL, BUT NOT BALANCE ERRORS
VP AWARDED
SR AWARDED (IF APPLICABLE)
NO BONUS AWARDED DUE TO FALL
CC AWARDED (IF APPLICABLE)
DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

ELEMENT INCOMPLETE (NO CONTACT W/ BOTTOM OF FOOT / FEET ON TOP OF BEAM)
DEDUCT **0.50** FALL
NO VP AWARDED
NO SR AWARDED (IF APPLICABLE)
NO BONUS AWARDED
NO CC AWARDED (IF APPLICABLE)
DEDUCT FOR EXECUTION / AMPLITUDE ERRORS
IF FALL OCCURS ON 2ND ELEMENT IN ACRO SERIES, **SR** NOT AWARDED

FAILURE TO LAND ON BOTTOM OF FEET 1ST ON DISMOUNT / AERIALS / SALTOS
DEDUCT **0.50** FALL
NO VP AWARDED
NO CC AWARDED (IF APPLICABLE)
NO SR AWARDED
NO BONUS AWARDED (IF APPLICABLE)
DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

COACH CATCHES FALLING GYMNAST
DEDUCT ONLY FOR FALL **0.50**

NEVER INITIATES SALTO or INITIATES & FALLS
NO VP AWARDED
NO CC AWARDED
NO SR AWARDED
NO BONUS
DEDUCT **0.50** FALL
DEDUCT **0.50** FROM **SV**

ARTISTRY
^ 0.40 CHOREOGRAPHY
^ 0.20 LACK OF PURPOSEFUL CHOREOGRAPHY
^ 0.10 CHOREOGRAPHY IN ALL DIRECTIONS (MISSING SIDE and BACK) **0.05 FOR EACH**
^ 0.10 LACK OF VARIETY OF FOCUS CHANGES, POSES, PHASES / CONNECTIONS
^ 0.20 RHYTHM and TEMPO
^ 0.10 INSUFFICIENT VARIATION
^ 0.10 DISCONNECTED MOVEMENT
^ 0.20 SURENESS
^ 0.30 BODY POSTURE
^ 0.30 FOOTWORK
^ 0.20 DYNAMICS
^ 0.10 INSUFFICIENT AMPLITUDE OF CHOREOGRAPHED MOVEMENT
^ 0.10 ENERGY MAINTAINED

SPOTS DURING AN ELEMENT
DEDUCT **0.50** FOR SPOT
NO VP
NO SR
NO CV or **DV BONUS**
NO CC (IF APPLICABLE)
IF FALLS AFTER SPOT, DEDUCT **0.50** FOR FALL

SPOTS WITHOUT ASSISTING
DEDUCT **0.50** FOR SPOT
VP AWARDED
SR AWARDED
NO CV or **DV BONUS**
CC AWARDED

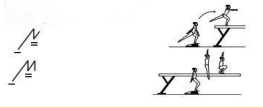
SPOTS UPON LANDING DISMOUNT
DEDUCT **0.50** SPOT
VP AWARDED
SR AWARDED (IF APPLICABLE)
NO CV or **DV BONUS** AWARDED
CC AWARDED (IF APPLICABLE)
IF FALLS AFTER SPOT, DEDUCT **0.50** FOR FALL

LANDS ON HANDS & BOTTOM OF FEET
DEDUCT **0.50** FALL
VP AWARDED
CC AWARDED (IF APPLICABLE)
SR AWARDED (IF APPLICABLE)
NO BONUS

SAME " **D** " or " **E** " ELEMENT PERFORMED SECOND TIME IN DIFFERENT CONNECTION :
-- RECEIVES **VP** CREDIT TWICE
-- ELIGIBLE FOR **CV BONUS** EACH TIME
-- ELIGIBLE FOR **DV BONUS** ONLY ONCE
-- ELIGIBLE FOR **CC** (IF APPLICABLE)

BEAM " A " SKILLS

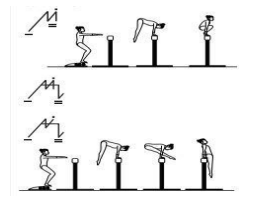
1.101 FREE LEAP OR JUMP



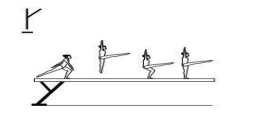
FREE LEAP TO STAND LOWERING TO SCALE



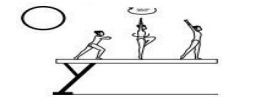
1.106 JUMP TUCK STAND / SQUAT / STOOP TO REAR SUPPORT



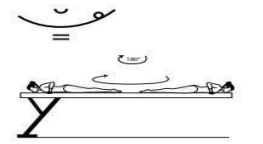
2.104 HOP LEG ABOVE HORIZ



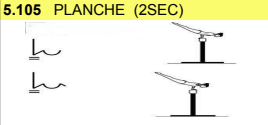
3.101 1/1 TURN



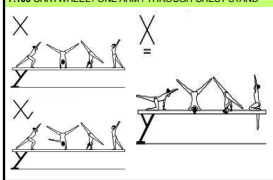
3.107 1/2 TURN IN PRONE



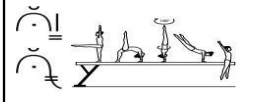
5.105 PLANCHE (2SEC)



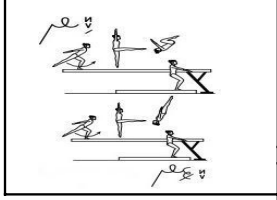
7.103 CARTWHEEL / ONE ARM / THROUGH CHEST STAND



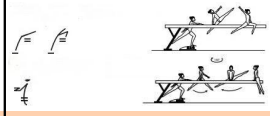
7.107 BWO TO HDST - LOWER TO BEAM



9.108 GAINER TUCKED / PIKED /STRETCH SIDE OF BEAM



1.102 SCISSORS LEAP TO CROSS SIT

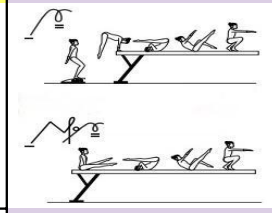


SCISSORS LEG SWING 1/2 CROSS STRADDLE SIT



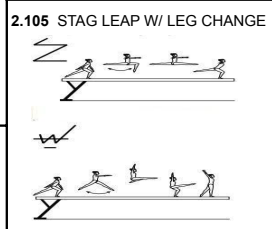
LEG SWING 1/4 1/4 TO FRONT SUPPORT

1.107 JUMP TO FWD ROLL



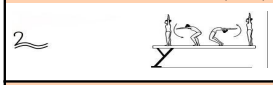
ALSO CLEAR STRADDLE ON END SWING BWD TO ROLL

2.105 STAG LEAP W/ LEG CHANGE



STRIDE LEAP W/ LEG CHANGE TO WOLF

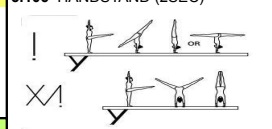
4.101 BODY WAVE FWD TO RELEVE (2 SEC)



4.102 BODY WAVE BWD TO RELEVE (2SEC)

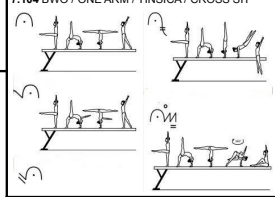


5.106 HANDSTAND (2SEC)

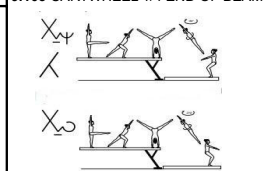


ALSO 1/2 (NO HOLD REQUIRED)

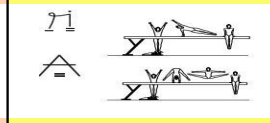
7.104 BWO / ONE ARM / TINSICA / CROSS SIT



9.103 CARTWHEEL 1/4 END OF BEAM

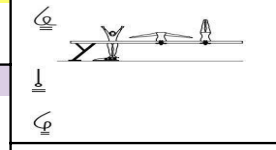


1.103 FLANK OVER FWD TO REAR SUPPORT

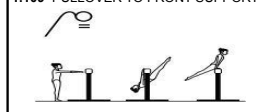


STRADDLE CUT FWD TO REAR SUPPORT

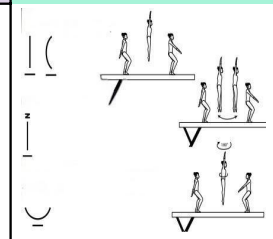
1.108 CHEST / HEAD / SHOULDER STAND



1.109 PULLOVER TO FRONT SUPPORT



2.108 STRETCH JUMP / BEAT JUMP

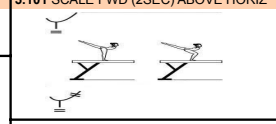


STRETCH JUMP 1/2

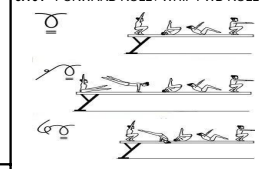
4.103 BODY WAVE SWD TO RELEVE (2SEC)



5.101 SCALE FWD (2SEC) ABOVE HORIZ

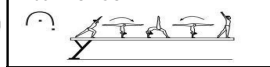


6.101 FORWARD ROLL / WHIP FWD ROLL

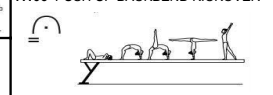


FWD SHOULDER ROLL

7.105 TIC TOC

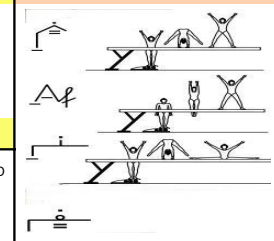


7.106 PUSH UP BACKBEND KICKOVER



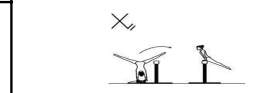
CONSIDERED DANCE VALUE PART

1.104 JUMP TO SIDE STRADDLE STAND



ALSO HAND SUPPORT 1/4 TO CROSS SPLIT SIT

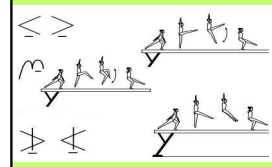
1.113 CARETWHEEL TO FRONT SUPPORT



2.110 TUCK JUMP

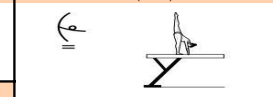


2.109 HITCH KICK / CAT LEAP

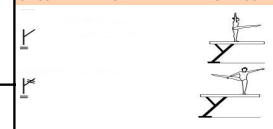


CABRIOLE FRONT & BACK

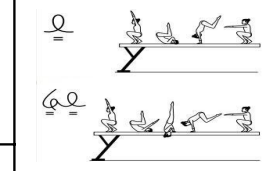
5.102 NEEDLE SCALE (2SEC) W/ HAND SUPPORT



5.103 FREE LEG HELD FWD ABOVE 90*

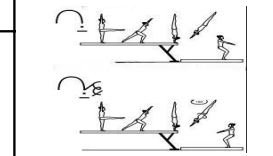


6.104 BACKWARD ROLL

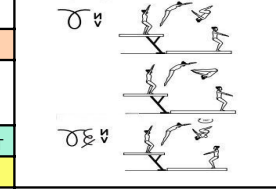


BWD SHOULDER ROLL

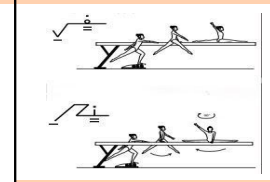
9.101 HANDSPRING FWD DSMT / 1/2



9.104 FWD TUCK / PIKE ALSO 1/2



1.105 LEAP TO CROSS SPLIT



SPLIT LEAP FWD W/ LEG CHANGE TO SIDE SPLIT

1.114 FRONT WALKOVER TO REAR SUPPORT



2.101 STAG LEAP ALSO 1/4

STAG JUMP ALSO 1/4

2.111 WOLF JUMP ALSO SIDE

5.104 FREE LYING W/ LARGE LEG AMPLITUDE

7.101 FWO TO BRIDGE

1/1 TURN ON ONE FOOT & ONE HAND SUPPORT

9.102 AERIAL WALKOVER FWD / 1/2 / ROUNDOFF

9.106 BWD TUCK / PIKE / STRETCHED

CONSIDERED DIFFERENT ELEMENT

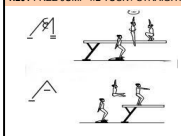
CONSIDERED THE SAME ELEMENT

FORWARD ACRO

NOT CONSIDERED ACRO

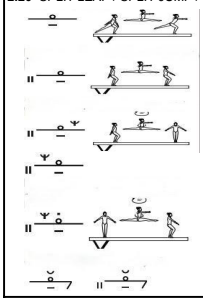
BEAM " B " SKILLS

1.201 FREE JUMP 1/2 TUCK / STRAIGHT STAND

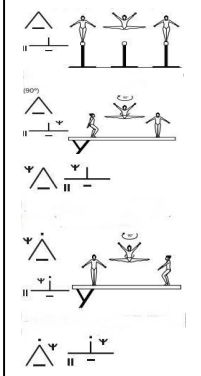


STRADDLE JUMP END OF BEAM

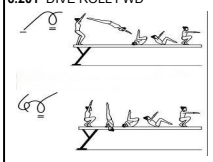
2.20 SPLIT LEAP / SPLIT JUMP / 1/4



2.202 STRADDLE JUMP

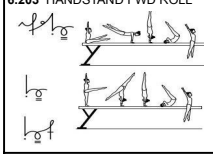


6.201 DIVE ROLL FWD

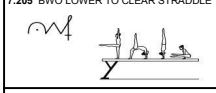


VERTICAL FWD SHOULDER ROLL

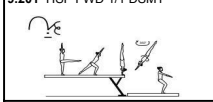
6.203 HANDSTAND FWD ROLL



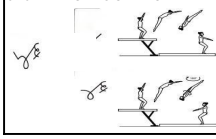
7.205 BWO LOWER TO CLEAR STRADDLE



9.201 HSP FWD 1/1 DSMT

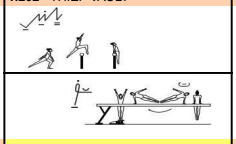


9.204 FWD SALTO STRETCHED / 1/2



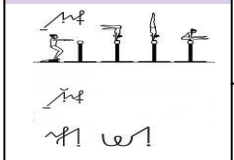
NOT CONSIDERED ACRO
CONSIDERED DIFFERENT ELEMENT
CONSIDERED DANCE VALUE PART

1.202 THIEF VAULT



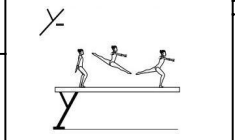
1.203 DOUBLE LEG SWING 1/2 TO REAR SUPPORT

1.210 PRESS / JUMP TO HANDSTAND
ALSO TO FRONT WALKOVER EXIT

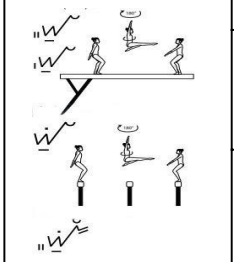


ALSO 1/2 IN HANDSTAND / CLEAR SUPPORT

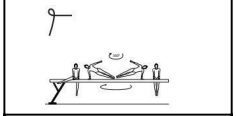
2.207 SISSONNE



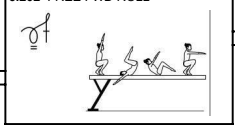
2.211 WOLF 1/2



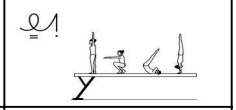
3.208 1/1 FLANK CIRCLE LEGS TOGETHER



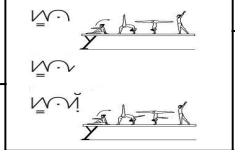
6.202 FREE FWD ROLL



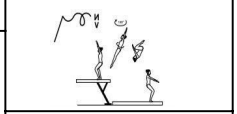
6.204 BWD ROLL HANDSTAND



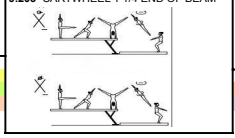
7.206 VALDEZ / 1 ARM / 1/2 IN HDST



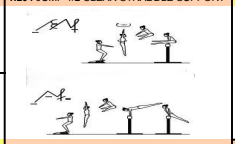
9.205 ARABIAN TUCK 1/2 / PIKE 1/2



9.203 CARTWHEEL 1 1/4 END OF BEAM

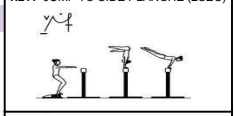


1.204 JUMP 1/2 CLEAR STRADDLE SUPPORT

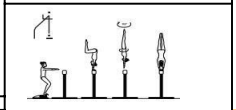


JUMP TO CLEAR STRADDLE FLIGHT OVER BEAM

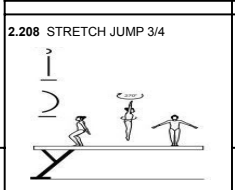
1.211 JUMP TO SIDE PLANCHE (2SEC)



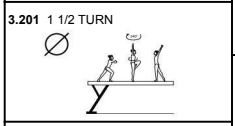
1.212 PRESS SIDE HANDSTAND 1/4



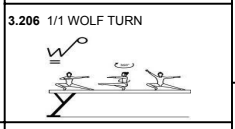
2.208 STRETCH JUMP 3/4



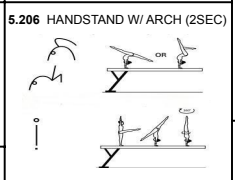
3.201 1 1/2 TURN



3.206 1/1 WOLF TURN

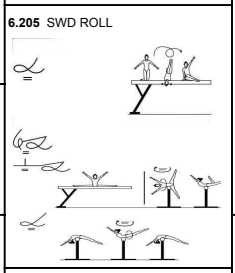


5.206 HANDSTAND W/ ARCH (2SEC)

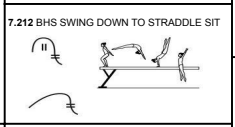


HANDSTAND 1/1 (NO HOLD REQUIRED)

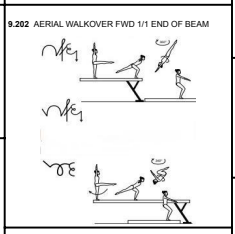
6.205 SWD ROLL



7.212 BHS SWING DOWN TO STRADDLE SIT

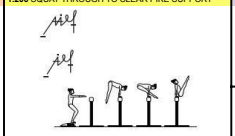


9.202 AERIAL WALKOVER FWD 1/1 END OF BEAM

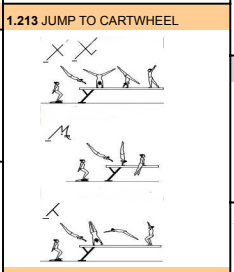


CONSIDERED SIDE ACRO
CONSIDERED FORWARD ACRO

1.206 SQUAT THROUGH TO CLEAR PIKE SUPPORT

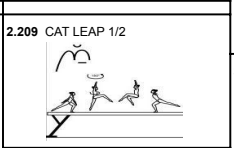


1.213 JUMP TO CARTWHEEL

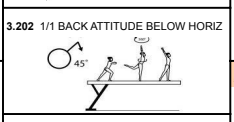


JUMP TO ROUNDOFF END OF BEAM

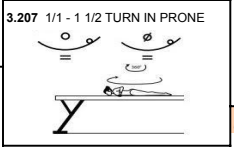
2.209 CAT LEAP 1/2



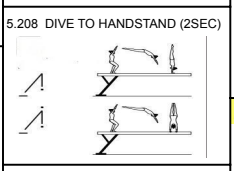
3.202 1/1 BACK ATTITUDE BELOW HORIZ



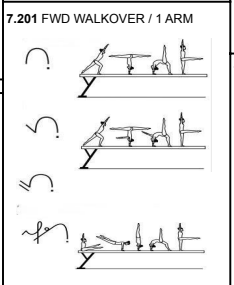
3.207 1/1 - 1 1/2 TURN IN PRONE



5.208 DIVE TO HANDSTAND (2SEC)



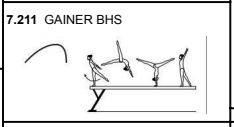
7.201 FWD WALKOVER / 1 ARM



7.204 SCALE FWD 1/2 WALKOVER BWD



7.211 GAINER BHS

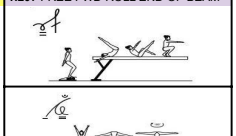


9.209 GAINER TUCK END OF BEAM



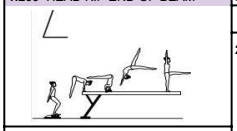
9.210 STRETCHED JUMP FWD 1/2 BWD TUCK / PIKE

1.207 FREE FWD ROLL END OF BEAM



1.208 JUMP TO CHEST STAND 1/2 TO SHOULDER STAND

1.209 HEAD KIP END OF BEAM



2.210 TUCK 1/2

3.203 1/1 LEG FWD BELOW HORIZ

5.203 BALANCE, LEG SWD ABOVE 140° (2SEC)

5.201 SCALE FWD BALANCE, LEG ABOVE HORIZ (2SEC)

5.204 CLEAR PIKE / STRADDLE (2SEC)

7.202 FHS

7.207 WALKOVER FWD/BWD 1/2 WALKIVER FWD/BWD

9.206 BWD TUCK 1/2 / PIKE 1/2 / STRETCHED 1/2

BWD TUCK 1/1 / PIKE 1/1 / STRETCHED 1/1

1.214 HANDSPRING FWD OFF BOARD

FREE AERIAL WALKOVER TO REAR SUPPORT

2.206 PIKE JUMP

2.203 STRADDLE JUMP TO CROSS SIT

4.201 BODY WAVE FWD TO BALANCE ON 1 LEG (2SEC)

4.202 BODY WAVE BWD TO BALANCE ON 1 LEG (2SEC)

4.203 BODY WAVES SWD TO BALANCE ON 1 LEG (2SEC)

4.204 KNEELING BODY WAVE (NO HOLD REQUIRED)

7.203 CARTWHEEL W/ FLIGHT

ROUNDOFF

7.208 BHS

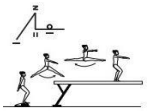
7.210 BHS 2 FEET

9.208 GAINER STRETCHED 1/2 SIDE OF BEAM

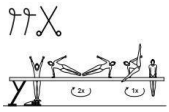
GAINER TUCKED 1/1 SIDE OF BEAM

BEAM " C " SKILLS

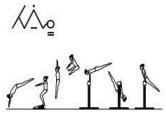
1.301 WHIPPLE END OF BEAM



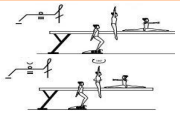
1.303 2 FLANK CIRCLES, FLAIR



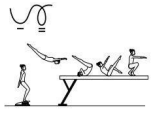
1.304 ROUNDOFF STRADDLE BWD BHC



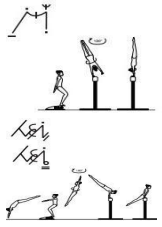
1.305 JUMP TO SPLIT SIT / 1/2



1.307 HECHT ROLL END OF BEAM

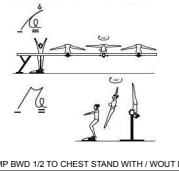


1.313 JUMP 1/4 1 ARM HDST FINISH SIDE HDST



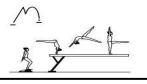
ROUNDOFF JUMP 1/2 TO NEAR SIDE HDST

1.308 JUMP TO CHEST STAND 1/1 CHEST STAND

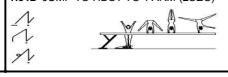


JUMP BWD 1/2 TO CHEST STAND WITH / WOUT BHC

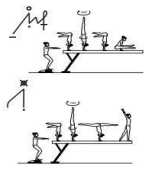
1.309 JUMP TO HDST PIKE TO HSP FWD



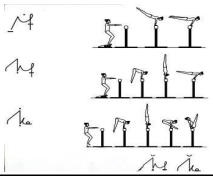
1.312 JUMP TO HDST TO 1 ARM (2SEC)



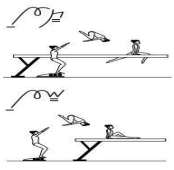
1.310 HANDSTAND 1/1 - 2/1



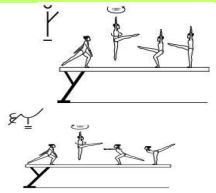
1.311 JUMP TO SIDE PLANCHE LOWER TO PLANCHE (2SEC)



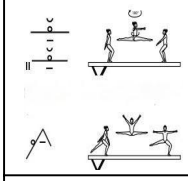
1.314 SALTO FWD TUCK TO CROSS SIT / TUCK SIT



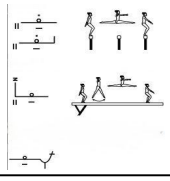
2.304 HOP 1/2 LEG ABOVE HORIZ / FOUETTE HOP 1/2



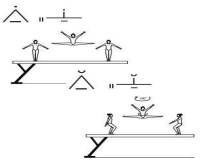
2.301 SPLIT LEAP 1/2 / JUMP 1/2



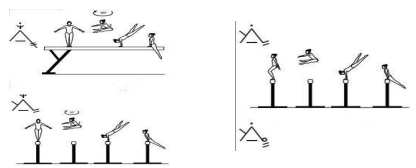
SIDE SPLIT JUMP / SWITCH SPLIT JUMP



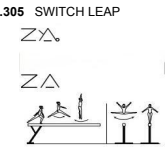
2.302 STRADDLE JUMP / 1/2

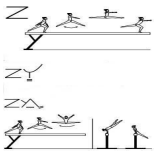


2.303 SIDE, STRADDLE JUMP 1/4 TO SWING DOWN SIT / JUMP TO LAND IN SIDE FRONT SUPPORT / WITH BHC

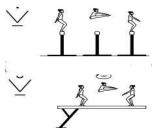


2.305 SWITCH LEAP



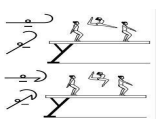


2.306 SIDE PIKE JUMP



CROSS PIKE JUMP 1/2

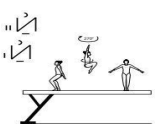
2.307 RING / STAG RING LEAP / JUMP



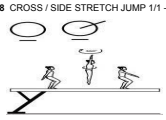
2.309 CAT LEAP 1/1



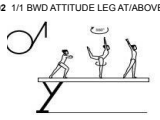
2.310 TUCK JUMP 3/4



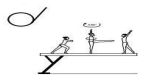
2.308 CROSS / SIDE STRETCH JUMP 1/1 - 1 1/4



3.302 1/1 BWD ATTITUDE LEG AT/ABOVE HORIZ



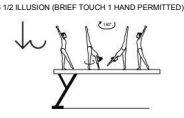
3.303 1/1 LEG FWD AT/ABOVE HORIZ



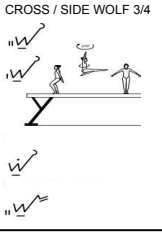
3.304 1/1 ARABESQUE AT/ABOVE HORIZ



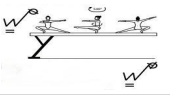
3.305 1/2 ILLUSION (BRIEF TOUCH 1 HAND PERMITTED)



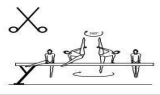
2.311 CROSS / SIDE WOLF 3/4



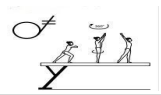
3.306 1 1/2 / 1 3/4 WOLF TURN



3.308 1 LEG CIRCLE FLAIR



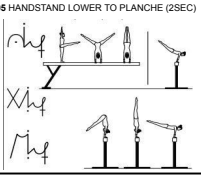
3.309 1/1 TURN 180° SPLIT



5.302 STANDING SPLIT BWD (2SEC)



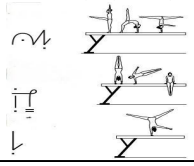
5.305 HANDSTAND LOWER TO PLANCHE (2SEC)



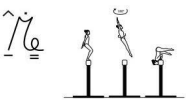
5.306 HANDSTAND REVERSE PLANCHE (2SEC)



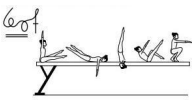
5.307 BWO 1 ARM (2SEC) / HAND LI (2SEC)



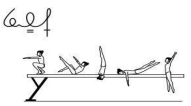
5.308 SIDE, JUMP 1/2 ARRIVE IN CHEST STAND



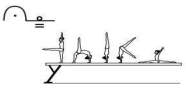
6.302 FREE SHOULDER ROLL FWD



6.304 FREE SHOULDER ROLL BWD



7.305 BWO TO CROSS SPLIT



6.305 NECK ROLL 1/1 / 1 1/2

7.301 SIDE - FWO

7.302 FHS 1 ARM / FHS LEG CHANGE

7.304 SIDE - BWO

7.306 BWO 1/1 - 1/2 IN HDST 1 ARM

7.307 ALL FWO / BWO / CARTWHEEL W/ 1/1 - 2/1

7.308 BHS 1 ARM / 1/2

7.309 SIDE - BHS TO FRONT SUPPORT / BHC

7.310 BHS 2 FEET W/ 1 ARM / 1/4

7.311 GAINER BHS 1 ARM

7.312 BHS TUCKED/STRETCHED TO CROSS SIT

8.301 SALTO FWD TO TUCK SIT

8.303 SALTO BWD TUCK TO STAND / SCALE / 1/4

8.304 SALTO BWD PIKE / STRETCHED STEP OUT

8.305 GAINER BWD TUCK / PIKE

9.301 FHS 1 1/2 DSMT

9.302 AERIAL WALKOVER FWD 1 1/2

9.304 SALTO FWD TUCK / STRETCH 1/1 - 1 1/2

9.306 SALTO BWD TUCK / PIKE / STRETCH 1 1/2

9.310 STRETCH JUMP FWD 1/2 BWD STRETCHED

9.303 CARTWHEEL 1/4 TUCKED / PIKED END OF BEAM

9.308 GAINER STETCHED 1/1 - 1 1/2 SIDE OF BEAM

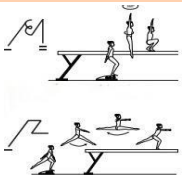
9.309 GAINER SALTO PIKE END OF BEAM

GAINER SALTO TUCKED 1/1 END OF BEAM

CONSIDERED DANCE VALUE PART | NOT CONSIDERED ACRO | FORWARD ACRO | CONSIDERED DIFFERENT ELEMENTS | SIDE ACRO

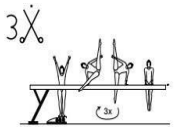
BEAM " D " SKILLS

1.401 FREE JUMP 1/1 TUCK OR STRAIGHT STAND

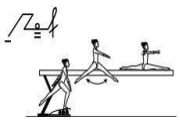


SWITCH LEAP END OF BEAM

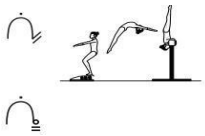
1.403 THREE FLYING FLAIRS



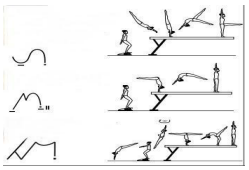
1.405 SWITCH LEAP TO CROSS SPLIT SIT



1.408 BHS TO CANDLE POSITION

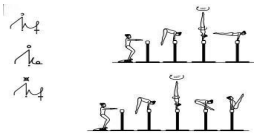


1.409 HSP END OF BEAM

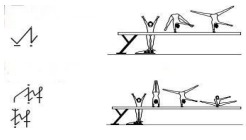


ROUNDOFF END OF BEAM 1/2 FWO

1.411 HANDSTAND 1/1 - 2/1 (2 SEC)



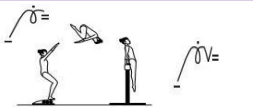
1.412 ONE HAND HANDSTAND (2 SEC)



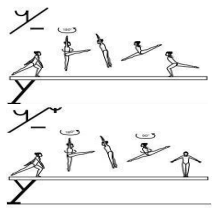
1.413 JUMP 1/2 SIDE HANDSTAND



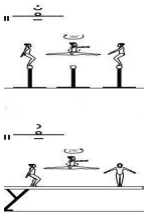
1.414 FRONT TUCK / PIKE TO REAR SUPPORT



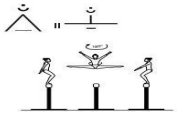
2.404 TOUR JETE / 1/4



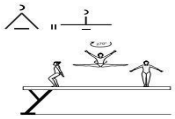
2.401 SIDE SPLIT JUMP 1/2



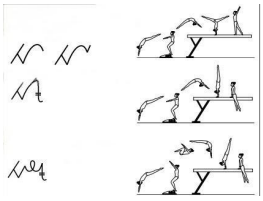
2.402 SIDE STRADDLE JUMP 1/2



CROSS / SIDE STRADDLE JUMP 3/4

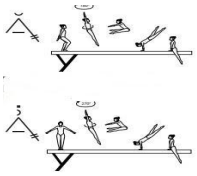


1.415 ROUND OFF BHS STAND / SIT



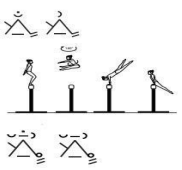
ROUNDOFF BACK TUCK TO STRADDLE SIT

2.403 CROSS STRADDLE JUMP 1/2 STRADDLE SIT



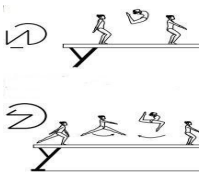
SIDE STRADDLE JUMP 3/4 STRADDLE SIT

SIDE / CROSS STRADDLE JUMP 1/2 - 3/4 FRONT SUPPORT



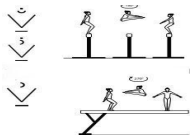
OR WITH BHC

2.407 SHEEP JUMP



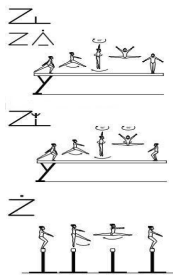
SWITCH STAG RING LEAP

2.406 SIDE PIKE JUMP 1/2 - 3/4



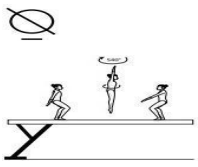
CROSS PIKE JUMP 3/4

2.405 SWITCH LEAP / 1/4

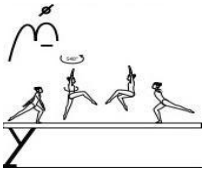


SIDE SWITCH

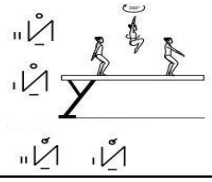
2.408 CROSS / SIDE STRETCHED JUMP 1 1/2



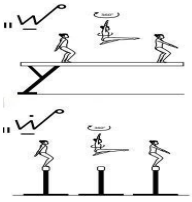
2.409 CAT LEAP 1 1/2



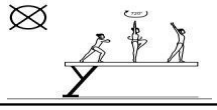
2.410 TUCK JUMP 1/1 / 1 1/4



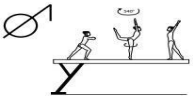
2.411 CROSS / SIDE WOLF JUMP 1/1



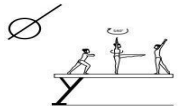
3.401 2/1 TURN



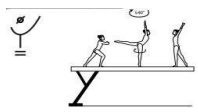
3.402 1 1/2 BACK ATTITUDE AT/ABOVE HORIZ



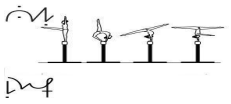
3.403 1 1/2 LEG FWD AT/ABOVE HORIZ



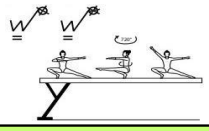
3.404 1 1/2 ARABESQUE AT/ABOVE HORIZ



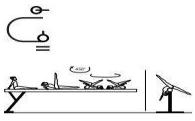
5.407 SIDE BWO HDST ONE ARM (2 SEC)



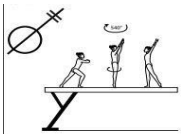
3.406 2/1 - 2 1/2 WOLF TURN



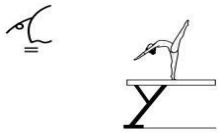
3.407 1 1/4 TURN ON BACK



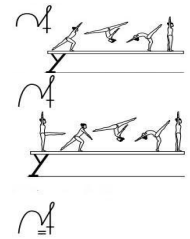
3.409 1 1/2 LEG 180° SPLIT



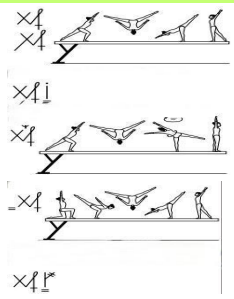
5.402 STANDING SPLIT BWD RELEVE (2 SEC)



7.402 AERIAL WALKOVER / SWING THROUGH

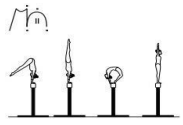


7.403 AERIAL CARTWHEEL / SWING THROUGH

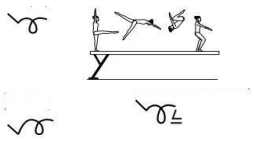


LANDING SIDE / ADDITIONAL 1/4 / FROM KNEELING

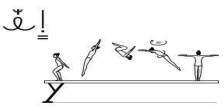
7.404 PRESS SIDE HDST-FWO STAND SIDE



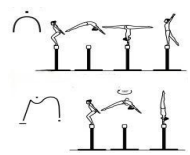
8.401 SALTO FWD TUCK FROM 1 LEG / 1/4



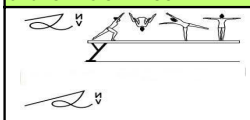
8.403 SALTO BWD 1/4



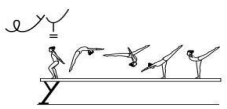
7.409 SIDE BHS STEP OUT / 1/2 TO SIDE HDST



8.402 SALTO SWD TUCK / PIKE



8.404 SALTO BWD STRETCHED TO SCALE (2SEC)



8.405 GAINER SALTO BWD STRETCHED STEP OUT

CONSIDERED FORWARD ACRO

CONSIDERED SIDE ACRO

CONSIDERED BACK ACRO

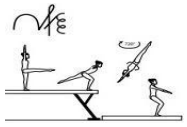
CONSIDERED DANCE VALUE PART

NOT CONSIDERED ACRO VALUE PART

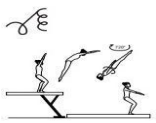
CONSIDERED SAME ELEMENT

CONSIDERED DIFFERENT ELEMENT

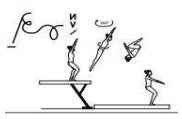
9.402 AERIAL WALKOVER FWD 2/1 DSMT END / SIDE



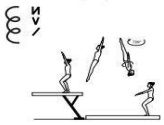
9.404 SALTO FWD STRETCHED 2/1 - 2 LEGS



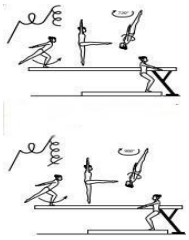
9.405 STRETCH JUMP 1/1 SALTO FWD TUCK / PIKE / STRETCHED



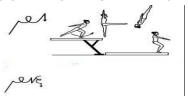
9.406 SALTO BWD TUCK / PIKE / STRETCHED 2/1



9.408 GAINER SALTO BWD STRETCHED 2/1 / 2 1/2 SIDE OF BEAM

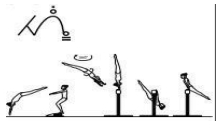


9.409 GAINER STRETCHED END OF BEAM

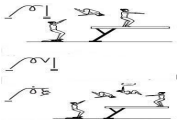


BEAM " E " SKILLS

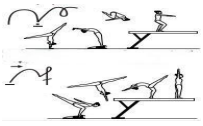
1.513 ROUNDOFF 1/1 BHC



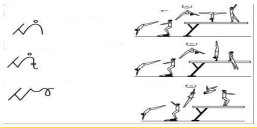
1.514 SALTO FWD TUCK / 1/2 / PIKE END OF BEAM



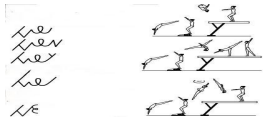
FHS SALTO FWD TUCK / AERIAL WALKOVER FWD END OF BEAM



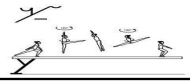
1.515 ROUNDOFF END OF BEAM BHS 1/1



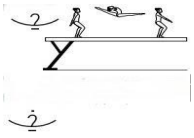
1.516 ROUNDOFF END OF BEAM SALTO BWD TUCK / PIKE / STRETCHED



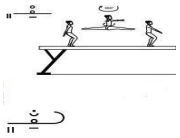
2.504 TOUR JETE 1/2



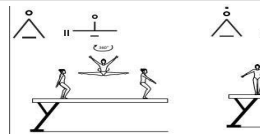
2.501 YANG-BO / TEZA



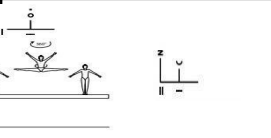
CROSS / SIDE SPLIT JUMP 1/1 / SIDE RING JUMP 1/2



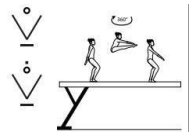
ROUNDOFF END OF BEAM ARABIAN SALTO



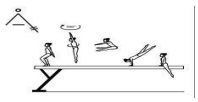
ROUNDOFF END OF BEAM SALTO BWD STRETCHED 1/1



2.506 CROSS / SIDE PIKE 1/1



2.503 CROSS STRADDLE 1/1 TO STRADDLE SIT



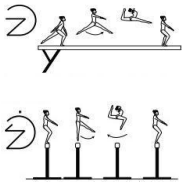
SIDE STRADDLE 1/1 TO FRONT SUPPORT



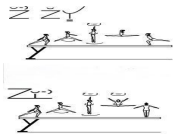
2.502 CROSS STRADDLE JUMP 1/1

SIDE STRADDLE JUMP 1/1

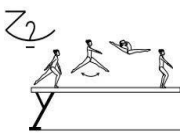
2.507 SWITCH RING



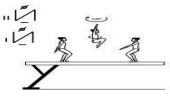
2.505 SWITCH 1/2 / 3/4 OR MORE / 1/2 TO SCALE (2SEC)



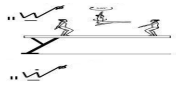
SWITCH LEG YANG BO



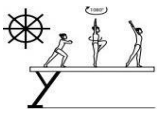
2.510 TUCK JUMP 1 1/2



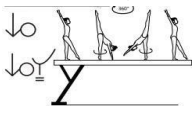
2.511 CROSS / SIDE WOLF JUMP 1 1/2



3.501 3/1 TURN



3.505 1/1 ILLUSION (NO TOUCH)



SIDE SWITCH DOUBLE STAG RING

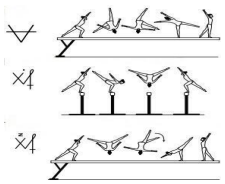
7.511 GAINER BHS 1/1



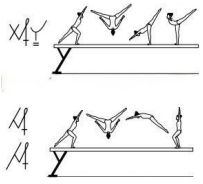
7.508 BHS 3/4 - 1/1



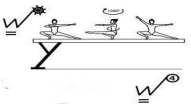
7.503 BUTTERFLY / AERIAL CARTWHEEL SWITCH LEG



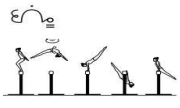
AERIAL ROUNDOFF



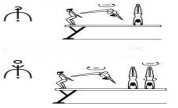
3.506 3/1 / 4/1 WOLF TURN



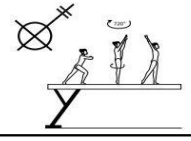
7.509 SIDE BHS 1/1 TO BHC



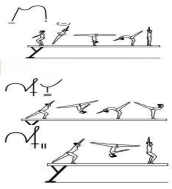
7.510 BHS 3/4 TO SIDE HDST



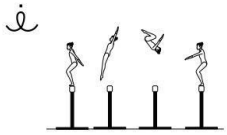
3.509 2/1 TURN 180* SPLIT



7.502 ONODI - BHS 1/2 FWO



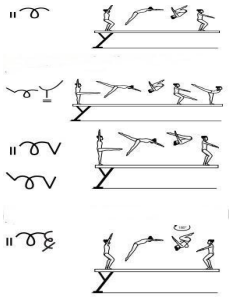
8.503 SIDE SALTO BWD TUCK



7.512 BHS 1/1 TO STRADDLE SIT



8.501 SALTO FWD TUCK / 1/2 / PIKE



9.505 DOUBLE ARABIAN SALTO FWD TUCK

8.505 JUMP FWD 1/2 BWD PIKE

8.502 ARABIAN SALTO TUCK

8.504 SALTO BWD STRETCHED LEGS TOGETHER

9.507 DOUBLE SALTO TUCK / 1/1 / PIKE

GAINER SALTO BWD STRETCHED SWITCH LEGS

9.506 SALTO BWD STRETCHED 2 1/2 / 3/1

SALTO BWD TUCK 1/1 / STRETCHED 1/1

9.509 GAINER STRETCHED 1/1 END OF BEAM

8.508 GAINER SALTO BWD 3/1 SIDE OF BEAM

9.504 DOUBLE SALTO FWD TUCK

GAINER SALTO TUCK 2/1 END OF BEAM

FLOOR

LEVEL 7

1/2. MINIMUM OF TWO ACRO PASSES

- 1 PASS -- MIN. 2 DIRECTLY CONNECTED FLIGHT ELEMENTS, ONE MUST BE SALTO BACKWARD
- 1 PASS W/ SALTO FORWARD (ADDITIONAL ELEMENT ALLOWED)
- 1 SALTO (FORWARD OR BACKWARD) MUST BE STRETCHED (NO TWIST) & LAND ON 2 FEET

3. DANCE PASSAGE - MIN. 2 DIFFERENT GROUP 1 ELEMENT (DIRECTLY or INDIRECTLY CONNECTED) WITH 1 LEAP **180*** CROSS / SIDE SPLIT

4. MIN. **1/1** TURN ON ONE FOOT

ALLOWABLE :

ALL " **A** " / " **B** " ELEMENTS

ALL " **C** " DANCE ELEMENTS

RESTRICTED :

ALL " **D** " / " **E** " DANCE ELEMENT

ALL " **C** " / " **D** " / " **E** " ACRO ELEMENTS

CONCENTRATION PAUSES

EACH **0.10** TWO SECONDS or MORE (PRIOR TO ACRO PASS)

0.05 FAILURE TO HOLD ENDING POSE FOR ONE SECOND

0.10 FAILURE TO SHOW SYNCHRONIZATION OF MUSIC WITH ENDING POSE

CLARIFICATION - LANDS MAX HIP-WIDTH APART - NO DEDUCTION PROVIDED HEELS JOIN TOGETHER. ~ **FORWARD ACRO** - SMALL CONTROLLED STEP FORWARD TO LUNGE. ~ **BACKWARD ACRO** - SMALL CONTROLLED STEP BACKWARDS TO LUNGE.

4 **A**	0.1
3 **B**	0.3
0 **C**	0.5

ALLOWABLE " C " = " B "

10.00 SV

FLOOR

LEVEL 6

1. ONE ACRO PASS - MIN. TWO DIRECTLY CONNECTED FLIGHT ELEMENTS, ONE MUST BE SALTO

2. SECOND ACRO PASS W/ DIFFERENT SALTO; MIN. TWO DIRECTLY CONNECTED FLIGHT ELEMENTS, ONE MUST BE A SALTO or AN ISOLATED " **B** " SALTO

3. DANCE PASSAGE - MIN. 2 DIFFERENT **GROUP 1** ELEMENT (DIRECTLY or INDIRECTLY CONNECTED) WITH 1 LEAP **180*** CROSS / SIDE SPLIT

4. MIN. **1/1** TURN ON ONE FOOT

4 **A**	0.1
2 **B**	0.3
0 **C**	0.5

ALLOWABLE " C " = " B "

10.00 SV

ALLOWABLE :

ALL "**A**" / "**B**" ELEMENTS

ONE "**C**" DANCE ELEMENT CONSIDERED IN CHRONOLOGICAL ORDER.

RESTRICTED :

ANY ADDITIONAL " **C** " DANCE ELEMENT

ALL " **C** " / " **D** " / " **E** " ACRO ELEMENTS

MAX TIME 1:20

MUSIC FAILURE IS NOT CONSIDERED EQUIPMENT FAILURE

GYMNAST CONTINUES TO COMPLETE ROUTINE
JUDGES CONTINUES TO SCORE ROUTINE
DEDUCTION WOULD NOT APPLY : ABSENCE OF MUSIC ~ FAILURE TO SHOW SYNCHRONIZATION OF MUSIC WITH ENDING POSE ~ MUSICALITY DURING THE SECTION PREFORMED WITHOUT MUSIC.

COACH ON FLOOR WITHOUT ASSISTING

C.J. DEDUCTS **0.30** FOR COACH ON FLOOR - APPLIED ONLY ONE TIME

SPOTS DURING LANDING OF ELEMENT

DEDUCT **0.50** FOR SPOT

NO VP / **NO SR** / **NO CC** (IF APPLICABLE)

NO CV or **DV BONUS** (IF APPLICABLE)

IF FALLS AFTER SPOT, DEDUCT **0.50** FOR FALL

SPOTS ON LANDING OF ELEMENT

DEDUCT **0.50** SPOT **VP** AWARDED

SR / **CC** AWARDED (IF APPLICABLE)

NO CV or **DV BONUS** AWARDED (IF APPLICABLE)

IF FALLS AFTER SPOT, DEDUCT **0.50** FOR FALL

COACH CATCHES FALLING GYMNAST

DEDUCT ONLY FOR FALL **0.50**

ELEMENT TAKE-OFF-OUT OF BOUNDS

NO VP / NO SR AWARDED

NO CV / **NO DV BONUS** AWARDED (IF APPLICABLE)

NO CC AWARDED (IF APPLICABLE)

TOUCHES / PUSHES TO STOP MOMENTUM

RUNNING / FALLING OUT OF BOUNDS

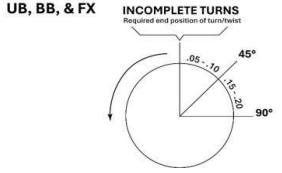
DEDUCT **0.50** FOR SPOT **VP** AWARDED

NO CV or **DV BONUS** (IF APPLICABLE)

SR / **CC** AWARDED (IF APPLICABLE)

C.J. DEDUCTS **0.10** FOR LINE VIOLATION

IF FALL AFTER ASSISTANCE - DEDUCT ONLY FOR FALL NOT SPOT



ARTISTRY

^ 0.40 CHOREOGRAPHY

^ 0.15 LACK OF PURPOSEFUL CHOREOGRAPHY
MORE THAN ONE STEP TO CLOSE THE FEET TOGETHER
(WITHOUT CHOREOGRAPHY) **0.05 EACH PASS**

^ 0.10 LACK OF VARIETY OF POSES, PHRASES / CONNECTIONS

^ 0.15 LACK OF FOCUS CHANGES / PROJECTION

^ 0.20 MUSICALITY

^ 0.20 EXPRESSION

^ 0.30 BODY POSTURE

^ 0.30 FOOTWORK

^ 0.20 DYNAMICS

^ 0.10 INSUFFICIENT AMPLITUDE OF CHOREOGRAPHED MOVEMENT

^ 0.10 ENERGY MAINTAINED THROUGHOUT ROUTINE

SALTO

CONTACT WITH BOTTOM OF FEET & FALLS

DEDUCT **0.50** FALL **VP** AWARDED

CC / **SR** AWARDED (IF APPLICABLE)

NO BONUS DUE TO FALL

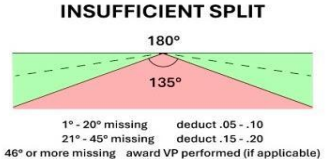
DEDUCT EXECUTION / AMPLITUDE ERRORS

FAILURE TO LAND ON BOTTOM OF FEET 1ST

DEDUCT **0.50** FALL **NO VP** AWARDED

NO CC / **NO SR** / **NO BONUS** AWARDED (IF APPLICABLE

DEDUCT FOR EXECUTION / AMPLITUDE ERRORS



FLOOR

LEVEL 8

1. ACRO PASS WITH MIN. OF TWO SALTOS (SAME or DIFFERENT) DIRECTLY CONNECTED or INDIRECTLY CONNECTED WITH FLIGHT ELEMENTS (WITH or W-OUT HAND SUPPORT)
2. 3 DIFFERENT SALTOS (NOT AERIALS)
3. DANCE PASSAGE - MIN. 2 DIFFERENT **GROUP 1** ELEMENT (DIRECTLY or INDIRECTLY CONNECTED) W/ 1 LEAP **180*** CROSS / SIDE SPLIT
4. LAST ACRO PASS INITIATED, MIN " **A** " SALTO

4 **A**	0.1
4 **B**	0.3
0 **C**	0.5
ALLOWABLE "C" = "B"	
9.80 SV	

ALLOWABLE :

ALL " **A** " / " **B** " ELEMENTS

ALL " **C** " DANCE ELEMENTS

ONE RESTRICTED " **C** " ACRO ELEMENT CONSIDERED IN CHRONOLOGICAL ORDER

RESTRICTED ~ANY " **D** " / " **E** " DANCE ELEMENTS
ADDITIONAL " **C** " ACRO & ANY " **D** " / " **E** " ACRO

BONUS :

NOT ELIGIBLE FOR BONUS

COMPOSITIONAL **C**REDIT : **+ 0.20**

CC MAXIMUM + 0.20

DIFFICULTY

+ **0.10** 2 DIFFERENT " **B** " or HIGHER SALTO & 1 " **A** " SALTO

DANCE

+ **0.10** **2** DIFFERENT " **B** " or HIGHER DANCE **VP**

ARTISTRY

^ 0.40 CHOREOGRAPHY

^ 0.15 LACK OF PURPOSEFUL CHOREOGRAPHY MORE THAN ONE STEP TO CLOSE THE FEET TOGETHER (WITHOUT CHOREOGRAPHY) **0.05 EACH PASS**

^ 0.10 LACK OF VARIETY OF POSES, PHRASES / CONNECTIONS

^ 0.15 LACK OF FOCUS CHANGES / PROJECTION

^ 0.20 MUSICALITY

^ 0.20 EXPRESSION

^ 0.30 BODY POSTURE

^ 0.30 FOOTWORK

^ 0.20 DYNAMICS

^ 0.10 INSUFFICIENT AMPLITUDE OF CHOREOGRAPHED MOVEMENT

^ 0.10 ENERGY MAINTAINED THROUGHOUT ROUTINE

LACK OF VARIETY IN CHOICE OF ACRO ELEMENTS

0.10 FAILURE TO PERFORM SALTO IN 2 DIFFERENT DIRECTION (**BACKWARD** & **FORWARD** / **SIDEWARD**)
ARABIAN SALTO - FORWARD SALTO

LACK OF VARIETY IN CHOICE OF DANCE ELEMENTS

0.10 OVERUSE OF DANCE ELEMENTS WITH SAME SHAPE

0.20 LACK OF TURN ON ONE FOOT, MIN. " **B** "

LACK OF SPECIFIC SALTO

0.20 **LEVEL 8** - LACKS MIN. OF " **B** " SALTO IN ROUTINE

MAX TIME LIMIT 1:30

ALLOWABLE DIFFICULTY

LEVELS ALLOWING ONE RESTRICTED ACRO ELEMENT;MAY BE USED TO FULFILL **SR** & **CC** (IF APPLICABLE). RESTRICTED ELEMENTS WILL BE CONSIDERED IN CHRONOLOGICAL ORDER. ~ **AWARD VP**, **SR**, **CC** (IF APPLICABLE) ~ **LV 8 ONLY** - THE SAME RESTRICTED ELEMENT MAY BE REPEATED IF THE ELEMENT RECEIVES "0" VP CREDIT THE FIRST TIME. ANY ADDITIONAL RESTRICTED ELEMENT PERFORMED or ATTEMPTED AT **LV 8** EVEN IF INCOMPLETE. ~ **NO VP**, **SR**, **CC**, DEDUCT **0.50** FROM **SV**.

CONCENTRATION PAUSES

EACH **0.10** TWO SECONDS or MORE (PRIOR TO ACRO PASS)

0.05 FAILURE TO HOLD ENDING POSE FOR ONE SECOND

0.10 FAILURE TO SHOW SYNCHRONIZATION OF MUSIC WITH ENDING POSE

SPOTS DURING LANDING OF ELEMENT

DEDUCT **0.50** FOR SPOT

NO VP / **NO SR** / **NO CC** (IF APPLICABLE)

NO CV or **DV BONUS** (IF APPLICABLE)

IF FALLS AFTER SPOT, DEDUCT **0.50** FOR FALL

SPOTS ON LANDING OF ELEMENT

DEDUCT **0.50** SPOT **VP** AWARDED

SR / **CC** AWARDED (IF APPLICABLE)

NO CV or **DV BONUS** AWARDED (IF APPLICABLE)

IF FALLS AFTER SPOT, DEDUCT **0.50** FOR FALL

MUSIC FAILURE IS NOT CONSIDERED EQUIPMENT FAILURE

GYMNAST CONTINUES TO COMPLETE ROUTINE JUDGES CONTINUES TO SCORE ROUTINE DEDUCTION WOULD NOT APPLY : ABSENCE OF MUSIC ~ FAILURE TO SHOW SYNCHRONIZATION OF MUSIC WITH ENDING POSE ~ MUSICALITY DURING THE SECTION PREFORMED WITHOUT MUSIC.

CLARIFICATION - LANDS MAX HIP-WIDTH APART - NO DEDUCTION PROVIDED HEELS JOIN TOGETHER. ~ **FORWARD ACRO** - SMALL CONTROLLED STEP FORWARD TO LUNGE. ~ **BACKWARD ACRO** - SMALL CONTROLLED STEP BACKWARDS TO LUNGE.

SALTO

CONTACT WITH BOTTOM OF FEET & FALLS

DEDUCT **0.50** FALL / **NO BONUS** DUE TO FALL

CC / **SR** AWARDED (IF APPLICABLE)

VP AWARDED / DEDUCT EXECUTION/AMPLITUDE ERRORS

FAILURE TO LAND ON BOTTOM OF FEET 1ST

DEDUCT **0.50** FALL

NO VP / **NO SR** AWARDED

NO CC / **NO BONUS** AWARDED (IF APPLICABLE)

DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

TOUCHES / PUSHES TO STOP MOMENTUM RUNNING / FALLING OUT OF BOUNDS

DEDUCT **0.50** FOR SPOT / **VP** AWARDED

NO CV or **DV BONUS** (IF APPLICABLE)

SR / **CC** AWARDED (IF APPLICABLE)

C.J. DEDUCTS **0.10** FOR LINE VIOLATION

IF FALL AFTER ASSISTANCE - DEDUCT ONLY FOR FALL NOT SPOT

COACH ON FLOOR WITHOUT ASSISTING

C.J. DEDUCTS **0.30** FOR COACH ON FLOOR - APPLIED ONLY ONE TIME

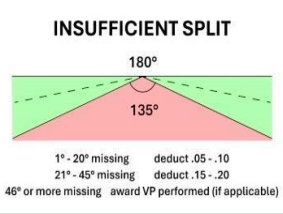
COACH CATCHES FALLING GYMNAST

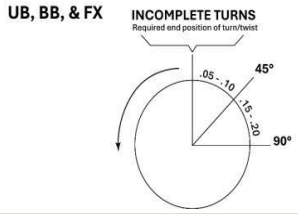
DEDUCT ONLY FOR FALL **0.50**

ELEMENT TAKE-OFF-OUT OF BOUNDS

NO CC / **NO CV BONUS** / **NO DV BONUS** AWARDED (IF APPLICABLE)

NO SR AWARDED **NO VP** AWARDED





FLOOR

LEVEL 10

1. ACRO PASS W/ MIN. OF 2 SALTOS (SAME or DIFFERENT) DIRECTLY CONNECTED or INDIRECTLY CONNECTED W/ FLIGHT ELEMENT (WITH / W-OUT HAND SUPPORT)
2. 3 DIFFERENT SALTOS (NOT AERIALS)
3. DANCE PASSAGE - MIN. 2 DIFFERENT **GROUP 1** ELEMENT (DIRECTLY or INDIRECTLY CONNECTED) W/ 1 LEAP **180*** CROSS / SIDE SPLIT
4. LAST ACRO PASS INITIATED - MIN. "**C**" SALTO

3 **A**	0.1
3 **B**	0.3
2 **C**	0.5
D	
E	
9.20 SV	

DV BONUS

MAXIMUM OF **+ 0.40** AWARDED FOR **DV**

" **D** " ELEMENTS RECEIVE **+ 0.10**

" **E** " ELEMENTS RECEIVE **+ 0.20**

SAME " **D** " or " **E** " ELEMENT ELIGIBLE FOR **DV** BONUS ONE TIME ONLY

EXCEPTION:SAME " **D** " or " **E** " ELEMENT PERFORMED A 2ND TIME ~ 1ST TIME PERFORMED W/OUT LANDING ON THE BOTTOM OF THE FEET 1ST or W/ A SPOT = **0 VP** { 2ND TIME ELEMENT IS COMPLETE - AWARD **VP** & **DV** } ~ 1ST TIME PERFORMED ELEMENT LANDS ON BOTTOM OF FEET = **VP** AWARDED { 2ND TIME ELEMENT IS COMPLETE - **VP** AWARDED A 2ND TIME (IF IN A DIFFERENT CONNECTION) & **DV** AWARDED }

EXTRA + 0.10 (NOT IN S.V.) IF ROUTINE HAS :

10.0 START VALUE

-MET ALL **DIFFICULTY**, **SPECIAL REQUIREMENT** & **COMPOSITIONAL CREDIT**

-MINIMUM OF **0.60 TOTAL BONUS**

- " **E** " ACRO ELEMENTS ~ **NO FALL / SPOT**

(* **6.501**- **FRONT 2/1 TWIST** WILL NOT MEET THE ELIGIBILITY FOR ADDITIONAL **+ 0.10**)

BONUS :

~ MAX OF **0.50**

~ MINIMUM **+0.10 DIFFICULTY VALUE** & MINIMUM **+0.10 CONNECTION VALUE**

~ COMPOSITIONAL CREDIT : 0.30

- REMAINING **0.30 CV / DV BONUS**

LEVEL 10 TOTAL BONUS

POSSIBLE **+ 0.50** TB

NO MORE THAN **+ 0.40** MAY BE AWARDED FOR **CV**

NO MORE THAN **+ 0.40** MAY BE AWARDED FOR **DV**

CC MAXIMUM + 0.30

DIFFICULTY

+ **0.20** 2 DIFFERENT " **D** " or HIGHER SALTO & 1 " **C** " SALTO

or 1 " **E** " SALTO & 1 " **D** " or HIGHER SALTO

or **+0.10** 2 DIFFERENT " **D** " SALTO

or 1 " **E** " SALTO & 1 " **C** " SALTO

DANCE

+ 0.10 3 DIFFERENT " **C** " DANCE **VP**

or 1 " **D** " DANCE **VP** & 1 " **C** " or HIGHER DANCE **VP**

LACK OF VARIETY IN CHOICE OF ACRO ELEMENTS

0.10 FAILURE TO PERFORM SALTO IN 2 DIFFERENT DIRECTION (**BACKWARD** and **FORWARD / SIDEWARD**)

* ARABIAN SALTO - FORWARD SALTO

LACK OF VARIETY IN CHOICE OF DANCE ELEMENTS

0.10 OVERUSE OF DANCE ELEMENTS WITH SAME SHAPE

0.20 LACK OF TURN ON ONE FOOT, MIN. " **B** "

LACK OF SPECIFIC SALTO

0.20 **LV 10** - LACKS MIN. OF " **D** " SALTO IN ROUTINE

CV BONUS

INDIRECT ACRO CONNECTIONS - 2 or MORE SALTOS / AERIALS (ACRO ELEMENTS WITHOUT HAND SUPPORT)

INDIRECT = DIRECTLY CONNECTED ACRO ELEMENT : WITH FLIGHT PHASE & HAND SUPPORT (R/O BHS) : BETWEEN SALTOS or BETWEEN ACRO ELEMENTS WITH FLIGHT & W-OUT HAND SUPPORT

B + C	**+ 0.10**
A / B + A / B + C	**+ 0.10**
C + C	**+ 0.20**
A + D	**+ 0.10**
A + A + D or MORE DIFFICULT	**+ 0.20**
B + D / E	**+ 0.20**
A + E	**+ 0.20**
C + D / E or MORE DIFFICULT	**+ 0.20**

DIRECT CONNECTION - 2 or MORE SALTOS / AERIALS (ACRO ELEMENTS WITHOUT HAND SUPPORT)

B + B	**+ 0.10**
A + C	**+ 0.10**
A + A + C	**+ 0.10**
B + C	**+ 0.20**
A / B + D / E	**+ 0.20**
A + A + D / E	**+ 0.20**
C + C and MORE DIFFICULT	**+ 0.20**

2 DANCE or 2 DANCE / ACRO ELEMENTS (or REVERSED)

C + C	**+ 0.10**
D / E SALTO + A / B JUMP (THIS ORDER ONLY)	**+ 0.10**
B + D / E	**+ 0.10**
C + D / E or MORE DIFFICULT	**+ 0.20**

0.05 FAILURE TO HOLD ENDING POSE FOR ONE SECOND

0.10 FAILURE TO SHOW SYNCHRONIZATION OF MUSIC WITH ENDING POSE

CONCENTRATION PAUSES

EACH **0.10** TWO SECONDS or MORE (PRIOR TO ACRO PASS)

ARTISTRY

^ **0.40**	**CHOREOGRAPHY**
^ **0.15**	LACK OF PURPOSEFUL CHOREOGRAPHY MORE THAN ONE STEP TO CLOSE THE FEET TOGETHER (WITHOUT CHOREOGRAPHY) **0.05 EACH PASS**
^ **0.10**	LACK OF VARIETY OF POSES, PHRASES / CONNECTIONS
^ **0.15**	LACK OF FOCUS CHANGES / PROJECTION
^ **0.20**	**MUSICALITY**
^ **0.20**	**EXPRESSION**
^ **0.30**	**BODY POSTURE**
^ **0.30**	**FOOTWORK**
^ **0.20**	**DYNAMICS**
^ **0.10**	INSUFFICIENT AMPLITUDE OF CHOREOGRAPHED MOVEMENT
^ **0.10**	ENERGY MAINTAINED THROUGHOUT ROUTINE

COACH ON FLOOR WITHOUT ASSISTING

C.J. DEDUCTS **0.30** FOR COACH ON FLOOR - APPLIED ONLY ONE TIME

COACH CATCHES FALLING GYMNAST

DEDUCT ONLY FOR FALL **0.50**

SPOTS ON LANDING OF ELEMENT

DEDUCT **0.50** SPOT
VP AWARDED
SR AWARDED (IF APPLICABLE)
NO CV or **DV BONUS** AWARDED (IF APPLICABLE)
CC AWARDED (IF APPLICABLE)
IF FALLS AFTER SPOT, DEDUCT **0.50** FOR FALL

SPOTS DURING LANDING OF ELEMENT

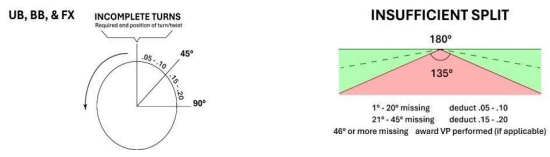
DEDUCT **0.50** FOR SPOT
NO VP (IF APPLICABLE)
NO SR (IF APPLICABLE)
NO CV or **DV BONUS** (IF APPLICABLE)
NO CC (IF APPLICABLE)
IF FALLS AFTER SPOT, DEDUCT **0.50** FOR FALL

TOUCHES / PUSHES TO STOP MOMENTUM RUNNING / FALLING OUT OF BOUNDS

DEDUCT **0.50** FOR SPOT
VP AWARDED
SR AWARDED (IF APPLICABLE)
NO CV or **DV BONUS** (IF APPLICABLE)
CC AWARDED (IF APPLICABLE)
C.J. DEDUCTS **0.10** FOR LINE VIOLATION
IF FALL AFTER ASSISTANCE - DEDUCT ONLY FOR FALL NOT SPOT

MAX TIME LIMIT 1:30

CLARIFICATION - LANDS MAX HIP-WIDTH APART - **NO DEDUCTION** : PROVIDED HEELS JOIN TOGETHER. ~ **FORWARD ACRO** - SMALL CONTROLLED STEP FORWARD TO LUNGE. ~ **BACKWARD ACRO** - SMALL CONTROLLED STEP BACKWARDS TO LUNGE.



MUSIC FAILURE IS NOT CONSIDERED EQUIPMENT FAILURE

GYMNAST CONTINUES TO COMPLETE ROUTINE
JUDGES CONTINUES TO SCORE ROUTINE
DEDUCTION WOULD NOT APPLY : ABSENCE OF MUSIC ~ FAILURE TO SHOW SYNCHRONIZATION OF MUSIC WITH ENDING POSE ~ MUSICALITY DURING THE SECTION PREFORMED WITHOUT MUSIC.

SALTO (CONTACT WITH BOTTOM OF FEET), & FALLS

DEDUCT **0.50** FALL
VP AWARDED
CC AWARDED (IF APPLICABLE)
SR AWARDED (IF APPLICABLE)
DEDUCT EXECUTION / AMPLITUDE ERRORS
NO BONUS DUE TO FALL

FAILURE TO LAND ON BOTTOM OF FEET 1ST ON SALTOS

DEDUCT **0.50** FALL
NO VP AWARDED
NO CC AWARDED (IF APPLICABLE)
NO SR AWARDED
NO BONUS AWARDED (IF APPLICABLE)
DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

ELEMENT TAKE - OFF - OUT OF BOUNDS

NO VP AWARDED
NO SR AWARDED
NO CV BONUS AWARDED (IF APPLICABLE)
NO DV BONUS AWARDED (IF APPLICABLE)
NO CC AWARDED (IF APPLICABLE)

SAME "**D**" or "**E**" ELEMENT PERFORMED SECOND TIME IN DIFFERENT CONNECTION :

-- RECEIVES **VP** CREDIT TWICE
-- ELIGIBLE FOR **CV BONUS** EACH TIME
-- ELIGIBLE FOR **DV BONUS** ONLY ONCE
-- ELIGIBLE FOR **CC** (IF APPLICABLE)

FLOOR

LEVEL 9

1. ACRO PASS WITH MIN. OF TWO SALTOS (SAME or DIFFERENT) DIRECTLY CONNECTED or INDIRECTLY CONNECTED W/ FLIGHT ELEMENTS (WITH or W-OUT HAND SUPPORT)
2. 3 DIFFERENT SALTOS (NOT AERIALS)
3. DANCE PASSAGE - MIN. 2 DIFFERENT **GROUP 1** ELEMENT (DIRECTLY or INDIRECTLY CONNECTED) W/ 1 LEAP **180*** CROSS / SIDE SPLIT
4. LAST ACRO PASS INITIATED - MIN. " **B** " SALTO

ALLOWABLE :

ALL " **A** " / " **B** " / " **C** " ELEMENTS

ALL " **D** " / " **E** " DANCE ELEMENTS

ONE RESTRICTED " **D** " / " **E** " ACRO ELEMENT - CONSIDERED IN CHRONOLOGICAL ORDER

3 **A**	0.1
4 **B**	0.3
1 **C**	0.5
ALLOWABLE	
D / E = C	
9.50 SV	

RESTRICTED:
ANY ADDITIONAL
D / E
ACRO ELEMENT

CV BONUS

INDIRECT ACRO CONNECTIONS - 2 or MORE SALTOS / AERIALS (ACRO ELEMENTS WITHOUT HAND SUPPORT)

INDIRECT = DIRECTLY CONNECTED ACRO ELEMENT : W/ FLIGHT PHASE & HAND SUPPORT (R/O BHS) : BETWEEN SALTOS or BETWEEN ACRO ELEMENTS W/ FLIGHT & W-OUT HAND SUPPORT

B + C	**+ 0.10**
A / B + A / B + C	**+ 0.10**
C + C	**+ 0.20**
A + D	**+ 0.10**
A + A + D or MORE DIFFICULT	**+ 0.20**
B + D / E	**+ 0.20**
A + E	**+ 0.20**
C + D / E or MORE DIFFICULT	**+ 0.20**

DIRECT CONNECTION - 2 or MORE SALTOS / AERIALS (ACRO ELEMENTS WITHOUT HAND SUPPORT)

B + B	**+ 0.10**
A + C	**+ 0.10**
A + A + C	**+ 0.10**
B + C	**+ 0.20**
A / B + D / E	**+ 0.20**
A + A + D / E	**+ 0.20**
C + C and MORE DIFFICULT	**+ 0.20**

2 DANCE or 2 DANCE / ACRO ELEMENTS (or REVERSED)

C + C	**+ 0.10**
D / E SALTO + A / B JUMP (THIS ORDER ONLY)	**+ 0.10**
B + D / E	**+ 0.10**
C + D / E or MORE DIFFICULT	**+ 0.20**

" **D** " / " **E** " ELEMENT PERFORMED WITHIN A CONNECTION ~ **LEVEL 9** : FIRST RESTRICTED " **D** " / " **E** " ACRO ELEMENT and ANY ALLOWABLE " **D** " / " **E** " DANCE ELEMENT PERFORMED: AWARD " **C** " **VP** CREDIT ~ AWARD **CV BONUS** (IF APPLICABLE) ~ ONLY THE FIRST RESTRICTED " **D** " / " **E** " ACRO ELEMENT RECEIVING **VP** CREDIT, PERFORMED WITHOUT A SPOT or FALL, IS ELIGIBLE FOR **+ 0.10 DV BONUS**.

DV BONUS

MAXIMUM OF **+ 0.10** AWARDED FOR **DV**

1ST RESTRICTED " **D** " / " **E** " ACRO ELEMENT PERFORMED & RECEIVED **VP**, CAN BE CONSIDERED FOR **+ 0.10 DV** BONUS ONE TIME ONLY. **NO DV BONUS** FOR " **D** " / " **E** " DANCE ELEMENTS. IF 1ST RESTRICTED " **D** " / " **E** " ACRO ELEMENT RESULTS IN **0 VP** : **NO BONUS** AWARDED.

SAME RESTRICTED " **D** " / " **E** " ELEMENT MAY BE REPEATED TO RECEIVE **VP** CREDIT AND MAY BE CONSIDERED FOR **+ 0.10 DV**.

ADDITIONAL DIFFERENT RESTRICTED " **D** " / " **E** " ELEMENT PERFORMED WHETHER or NOT RECEIVE **VP** CREDIT :

DEDUCT **0.50 SV** **NO VP**

NO CC (IF APPLICABLE) **NO SR** (IF APPLICABLE)

IF 1ST RESTRICTED " **D** " / " **E** " ELEMENT RECEIVES **VP** CREDIT BUT PERFORMED WITH A FALL: **NO DV BONUS** AWARDED

ANY ADDITONAL RESTRICTED " **D** " / " **E** " ELEMENTS WHETHER or NOT THEY RECEIVE **VP** CREDIT :

DEDUCT **0.50** FROM **SV** FOR EACH ADDITIONAL RESTRICTED

NO VP- **NO SR** (IF APPLICABLE)- **NO CC** (IF APPLICABLE)

1ST RESTRICTED " **D** " / " **E** " ELEMENT COUNTS AS " **C** " IN **CV** PRINCIPLES

BONUS :

MAX OF **0.30 CV** or **0.20 CV** & **0.10** " **D** " / " **E** " ONLY 1ST ACRO " **D** " / " **E** " ELIGIBLE FOR **DV** BONUS **C**OMPOSITIONAL **C**REDIT : **+ 0.20**

LEVEL 9 TOTAL BONUS

POSSIBLE **+ 0.30** TB

NO MORE THAN **+ 0.30** MAY BE AWARDED FOR **CV**

IF FIRST " **D** " / " **E** " ACRO ELEMENT PERFORMED IS CONTAINED IN A BONUS CONNECTION, IT RECEIVES **+0.10 DV BONUS** & ACTS AS A " **C** " FOR CV PRINCIPLE.

NO MORE THAN **+ 0.10** MAY BE AWARDED FOR **DV**

~ ONLY THE FIRST " **D** " / " **E** " ACRO ELEMENT RECEIVING **VP** CREDIT MAY BE ELIGIBLE FOR **+ 0.10 DV. ~ NO DV BONUS** FOR " **D** " / " **E** " DANCE ELEMENT.

CC MAXIMUM + 0.20

DIFFICULTY

+ 0.10 2 DIFFERENT " **C** " or HIGHER SALTO & 1 " **B** " SALTO

DANCE

+ 0.10 **2 D**IFFERENT " **C** " or HIGHER DANCE **VP**

MAX TIME LIMIT 1:30

COACH CATCHES FALLING GYMNAST DEDUCT ONLY FOR FALL **0.50**

CONCENTRATION PAUSES

EACH 0.10 TWO SECONDS or MORE (PRIOR TO ACRO PASS)

0.05 FAILURE TO HOLD ENDING POSE FOR ONE SECOND

0.10 FAILURE TO SHOW SYNCHRONIZATION OF MUSIC WITH ENDING POSE

CLARIFICATION - LANDS MAX HIP-WIDTH APART - NO DEDUCTION PROVIDED HEELS JOIN TOGETHER. ~ **FORWARD ACRO** - SMALL CONTROLLED STEP FORWARD TO LUNGE. ~ **BACKWARD ACRO** - SMALL CONTROLLED STEP BACKWARDS TO LUNGE.

ALLOWABLE DIFFICULTY

LEVEL 9 : ALLOWABLE " **D** " / " **E** " ELEMENT MAY SERVE AS A " **C** " ELEMENT IN ANY APPLICABLE **CV BONUS**. : ONLY FIRST " **D** " / " **E** " ACRO ELEMENT RECEIVING **VP** CREDIT CAN BECONSIDERED FOR **+0.10 DV**. RESTRICTED ELEMENT WILL BE CONSIDERED IN CHRONOLOGICAL ORDER. ONLY THE FIRST RESTRICTED ELEMENT IN A ROUTINE MAY : AWARD **VP**, **SR**, **CC** (IF APPLICABLE), **CV BONUS** (IF APPLICABLE) ~ **LEVEL 9 ONLY** - THE SAME RESTRICTED ELEMENT MAY BE REPEATED IF THE ELEMENT RECEIVES " **0** " **VP** CREDIT THE FIRST TIME. ANY ADDITIONAL RESTRICTED ELEMENT PERFORMED or ATTEMPTED AT **LEVEL 9** EVEN IF INCOMPLETE **~ NO VP**, **SR**, **CC**, DEDUCT **0.50** FROM **SV**.

MUSIC FAILURE IS NOT CONSIDERED EQUIPMENT FAILURE

GYMNAST CONTINUES TO COMPLETE ROUTINE
JUDGES CONTINUES TO SCORE ROUTINE
DEDUCTION WOULD NOT APPLY : ABSENCE OF MUSIC ~ FAILURE TO SHOW SYNCHRONIZATION OF MUSIC W/ ENDING POSE ~ MUSICALITY DURING THE SECTION PREFORMED WITHOUT MUSIC.

LACK OF VARIETY IN CHOICE OF ACRO ELEMENTS

0.10 FAILURE TO PERFORM SALTO IN 2 DIFFERENT DIRECTION (**BACKWARD** AND **FORWARD / SIDEWARD**)
ARABIAN SALTO - FORWARD SALTO

LACK OF VARIETY IN CHOICE OF DANCE ELEMENTS

0.10 OVERUSE OF DANCE ELEMENTS WITH SAME SHAPE

0.20 LACK OF TURN ON ONE FOOT, MIN. " **B** "

LACK OF SPECIFIC SALTO

0.20 **LEVEL 9** - LACKS MIN. OF " **C** " SALTO IN ROUTINE

TOUCHES / PUSHES TO STOP MOMENTUM

RUNNING / FALLING OUT OF BOUNDS

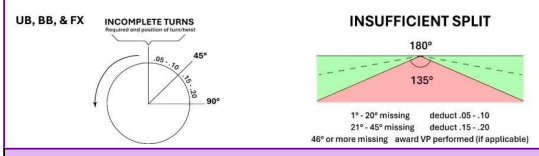
DEDUCT **0.50** SPOT **VP** AWARDED

C.J. DEDUCTS **0.10** FOR LINE VIOLATION

SR / **CC** AWARDED (IF APPLICABLE)

NO CV or **DV BONUS** (IF APPLICABLE)

IF FALL AFTER ASSISTANCE - DEDUCT ONLY FOR FALL NOT SPOT



COACH ON FLOOR WITHOUT ASSISTING

C.J. DEDUCTS **0.30** FOR COACH ON FLOOR - APPLIED ONLY ONE TIME

ARTISTRY

^ 0.40 CHOREOGRAPHY

^ 0.15 LACK OF PURPOSEFUL CHOREOGRAPHY
MORE THAN ONE STEP TO CLOSE THE FEET TOGETHER (WITHOUT CHOREOGRAPHY) **0.05 EACH PASS**

^ 0.10 LACK OF VARIETY OF POSES, PHRASES / CONNECTIONS

^ 0.15 LACK OF FOCUS CHANGES / PROJECTION

^ 0.20 MUSICALITY

^ 0.20 EXPRESSION

^ 0.30 BODY POSTURE

^ 0.30 FOOTWORK

^ 0.20 DYNAMICS

^ 0.10 INSUFFICIENT AMPLITUDE OF CHOREOGRAPHED MOVEMENT

^ 0.10 ENERGY MAINTAINED THROUGHOUT ROUTINE

SAME " **D** " or " **E** " ELEMENT PERFORMED SECOND TIME IN DIFFERENT CONNECTION :

IF " **D** " / " **E** " DANCE ELEMENT PERFORMED TWICE IN DIFFERENT CONNECTION : RECEIVES " **C** " **VP** CREDIT TWICE, ELIGIBLE FOR **CV** BONUS EACH TIME (IF APPLICABLE), & **NO CC** (ELEMENTS MUST BE DIFFERENT).

IF " **D** " / " **E** " ACRO ELEMENT PERFORMED TWICE IN DIFFERENT CONNECTION:

~ **FIRST TIME** - RECEIVES CREDIT FOR " **C** " **VP**, **SR**, **DV BONUS** (**+ 0.10**), **CV** BONUS (IF APPLICABLE) and **CC** (IF APPLICABLE). ~ **SECOND TIME** - RECEIVES NO CREDIT FOR **VP**, **SR**, **CV BONUS** and **NO CC**. DEDUCT **0.50** FROM **SV** FOR RESTRICTED ELEMENT.

SALTO (CONTACT WITH BOTTOM OF FEET), FALLS

DEDUCT **0.50** FALL / **NO BONUS** DUE TO FALL

VP AWARDED

CC / **SR** AWARDED (IF APPLICABLE)

DEDUCT EXECUTION / AMPLITUDE ERRORS

FAILURE TO LAND ON BOTTOM OF FEET 1ST ON SALTOS

DEDUCT **0.50** FALL

NO VP / **NO SR** AWARDED

NO CC / **NO BONUS** AWARDED (IF APPLICABLE)

DEDUCT FOR EXECUTION / AMPLITUDE ERRORS

SPOTS ON LANDING OF ELEMENT

DEDUCT **0.50** SPOT **VP** AWARDED

SR / **CC** AWARDED (IF APPLICABLE)

NO CV or **DV BONUS** AWARDED (IF APPLICABLE)

IF FALLS AFTER SPOT, DEDUCT **0.50** FOR FALL

SPOTS DURING LANDING OF ELEMENT

DEDUCT **0.50** SPOT

NO VP / **NO SR** / **NO CC** (IF APPLICABLE)

NO CV or **DV BONUS** (IF APPLICABLE)

IF FALLS AFTER SPOT, DEDUCT **0.50** FOR FALL

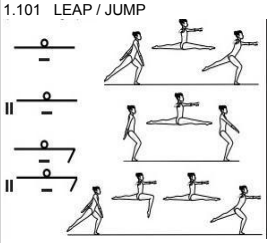
ELEMENT TAKE-OFF-OUT OF BOUNDS

NO VP / **NO SR** AWARDED / NO CC AWARDED (IF APPLICABLE)

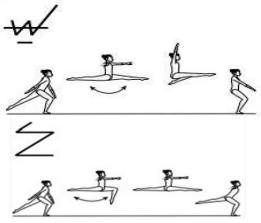
NO CV / **NO DV BONUS** AWARDED (IF APPLICABLE)

FLOOR " A " SKILLS

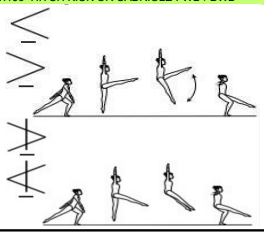
1.101 LEAP / JUMP



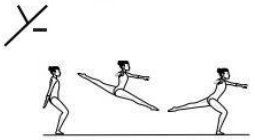
1.104 STRIDE LEAP / STAG SWITCH LEAP



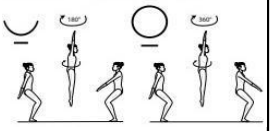
1.109 HITCH KICK OR CABRIOLE FWD / BWD



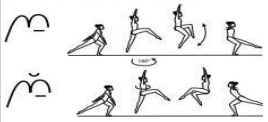
1.110 SISSONNE



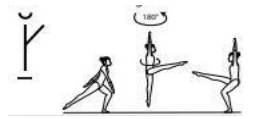
1.112 STRETCH JUMP 1/2 OR 1/1



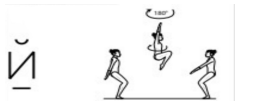
1.113 CAT LEAP OR CAT LEAP 1/2



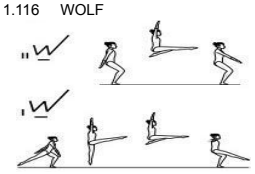
1.114 HOP 1/2



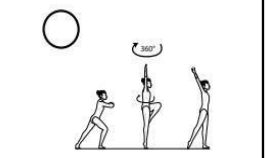
1.115 TUCK OR TUCK 1/2



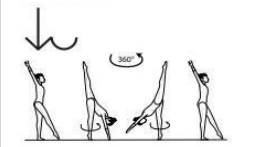
1.116 WOLF



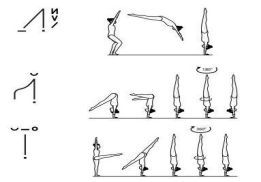
2.101 1/1 TURN



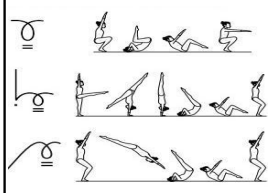
2.105 1/1 ILLUSION BRIEF TOUCH



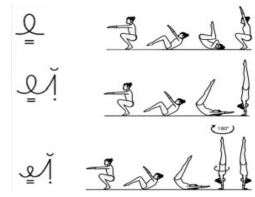
3.101 HANDSTAND / 1/2 / 1/1



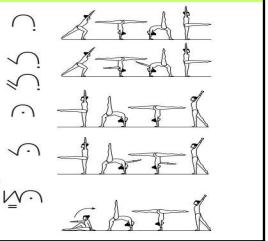
4.101 FWD ROLL / HDST / HECHT



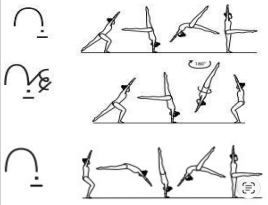
4.102 BWD ROLL



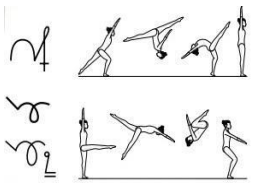
5.101 FWO / BWO / VALDEZ



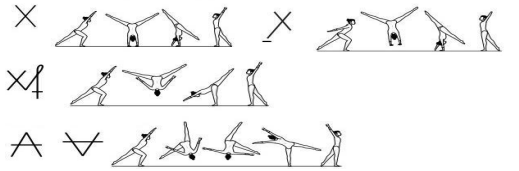
5.102 HANDSPRING FWD / FLYSPRING FWD



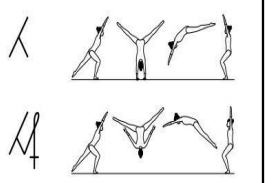
5.103 AERIAL WALKOVER



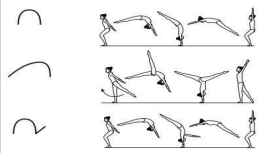
5.104 CARTWHEEL / AERIAL / BUTTERFLY



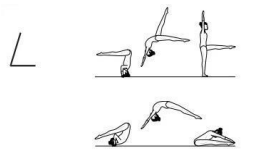
5.105 ROUNDOFF / AERIAL



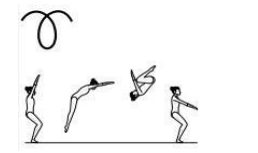
5.106 BHS / GAINER BHS / 1 ARM



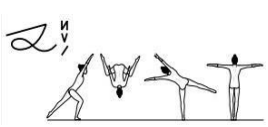
5.107 HEAD OR NECK KIPS



6.101 FRONT TUCK

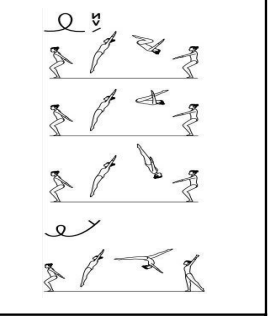


7.101 SWD TUCK / PIKE / STRETCH

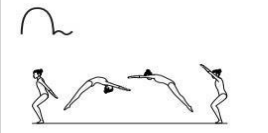


NOT A SALTO

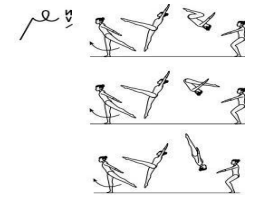
8.101 BACK TUCK / PIKE / STRETCH



8.102 BACK WHIP



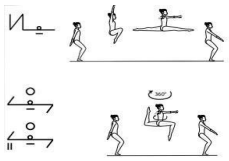
8.105 GAINER TUCK / PIKE / STRETCH



CONSIDERED DIFFERENT ELEMENTS

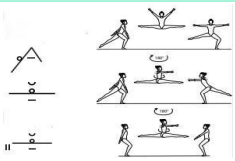
FLOOR " B " SKILLS

1.201 TUCK JUMP TO SPLIT



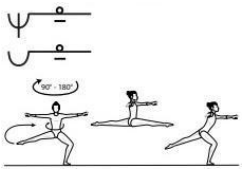
DOUBLE STAG JUMP

1.202 SIDE LEAP OR LEAP 1/2

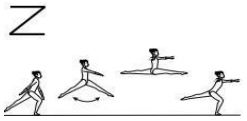


SPLIT JUMP 1/2

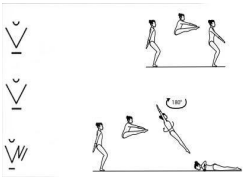
1.203 JETE EN TOURNANT



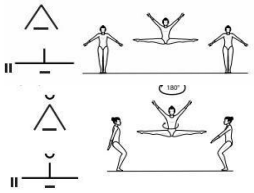
1.204 SWITCH LEAP



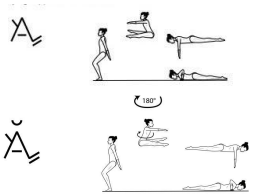
1.206 PIKE / 1/2 / TO FT LYING SUPPORT



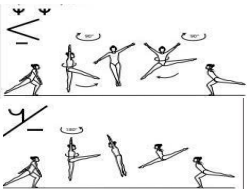
1.207 STRADDLE / 1/2



1.208 SHUSHUNOVA / 1/2

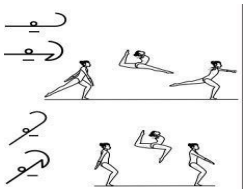


1.209 SCISSORS LEAP 1/4-1/4



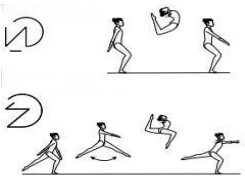
TOUR JETE

1.210 RING JUMP OR LEAP



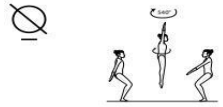
STAG JUMP OR LEAP

1.211 SHEEP JUMP

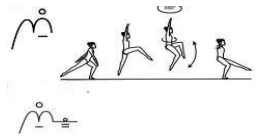


SWITCH LEG STAG RING JUMP

1.212 STRETCH JUMP 1 1/2

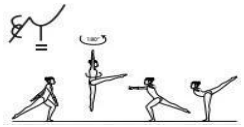


1.213 CAT LEAP 1/1

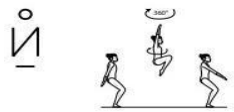


ALSO TO LAND SPLIT SIT

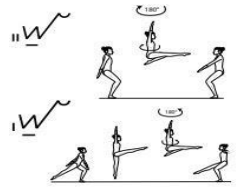
1.214 FOUETTE HOP LAND SCALE



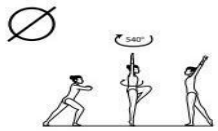
1.215 TUCK 1/1



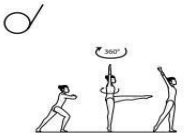
1.216 WOLF 1/2



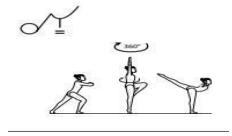
2.201 1 1/2 TURN



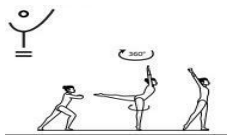
2.202 1/1 LEG AT OR ABOVE HORIZ



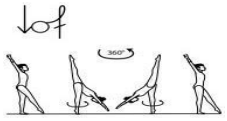
2.203 1/1 LEG IN SCALE FWD (2 SEC)



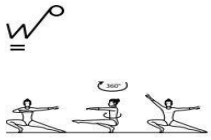
2.204 1/1 IN SCALE FWD LEG ABOVE HORIZ



2.205 1/1 ILLUSION - NO TOUCHING



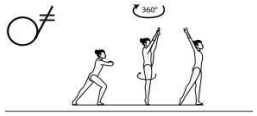
2.206 1/1 WOLF TURN



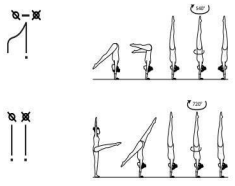
2.207 2/1 SPIN ON BACK IN KIP POSITION



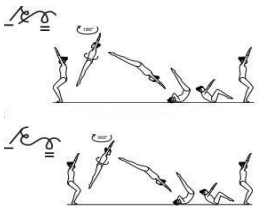
2.208 1/1 LEG 180* SPLIT



3.201 HANDSTAND 1 1/2



4.201 STRETCH JUMP 1/2 TWIST TO HECHT ROLL

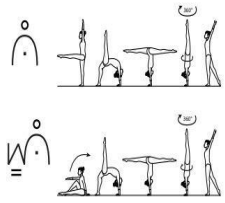


STRETCH JUMP 1/1 TWIST TO HECHT ROLL

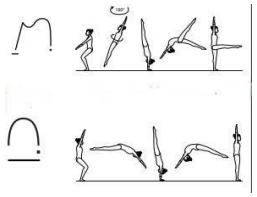
4.202 ROLL BWD HANDSTAND 1/1



5.201 BWO OR VALDEZ TO HDST 1/1

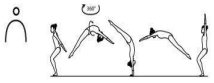


5.202 ARABIAN HANDSPRING

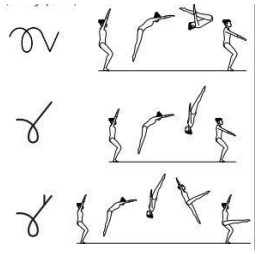


FLYSPRING (2 FEET TO 2 FEET)

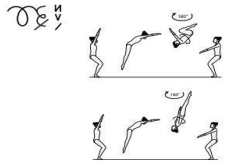
5.206 BHS 1/1



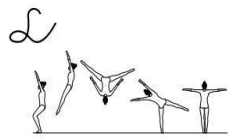
6.201 FWD PIKE / STRETCHED



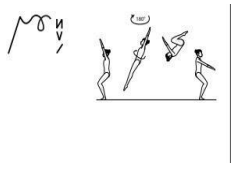
FWD TUCK / PIKE / STRETCHED 1/2



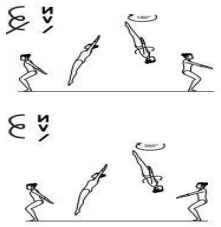
7.201 TAKE OFF BWD SALTO SWD STRETCH



7.202 ARABIAN TUCK / PIKE / STRETCHED 1/2 FWD

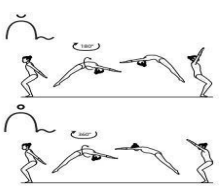


8.201 BWD TUCK / PIKE / STRETCHED 1/2



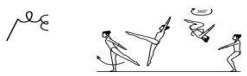
BWD TUCK / PIKE / STRETCHED 1/1

8.202 WHIP 1/2



WHIP 1/1

8.205 GAINER TUCK 1/1



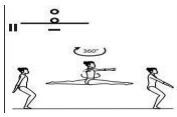
8.206 JUMP FWD 1/2 BWD TUCK OR PIKE



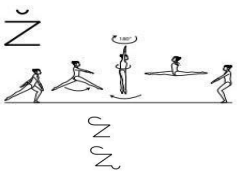
CONSIDERED SAME ELEMENT

FLOOR " C " SKILLS

1.302 SPLIT JUMP 1/1

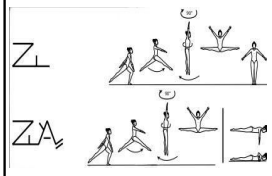


1.304 SWITCH LEAP 1/2

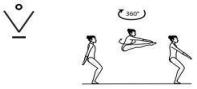


ROND DE JAMBE SWITCH ALSO 1/2

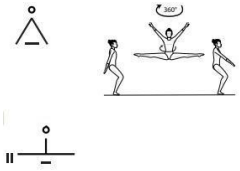
1.305 SWITCH SIDE LEAP



1.306 PIKE 1/1

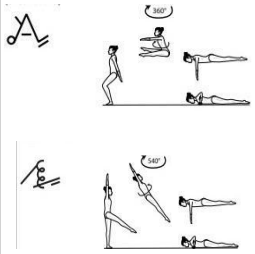


1.307 STRADDLE 1/1 (POPA)



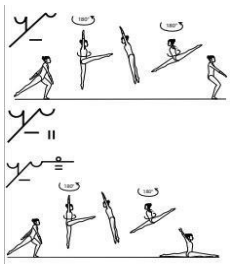
SIDE SPLIT JUMP 1/1

1.308 SHUSHUNOVA 1/1



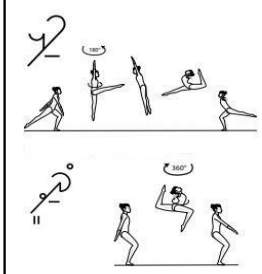
LEAP 1 1/2 LAND FRONT SUPPORT

1.309 TOUR JETE 1/2



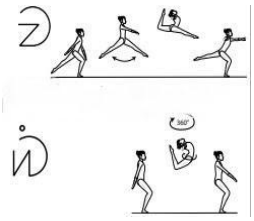
TOUR JETE 1/2 TO SPLIT SIT

1.310 TOUR JETE RING LEAP



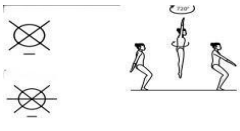
STAG RING 1/1

1.311 SWITCH RING



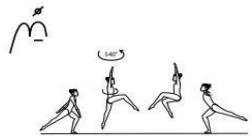
SHEEP JUMP 1/1

1.312 STRETCH JUMP 2/1

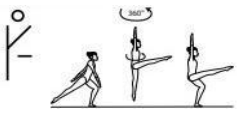


2 1/2

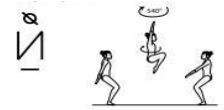
1.313 CAT LEAP 1 1/2



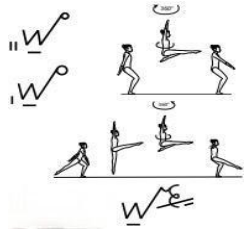
1.314 HOP 1/1 LEG ABOVE HORIZ



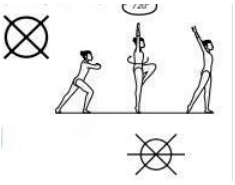
1.315 TUCK 1 1/2



1.316 WOLF 1/1

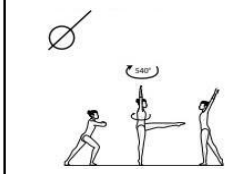


2.301 2/1 TURN

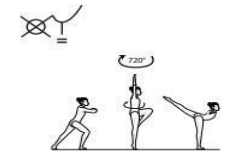


2 1/2 TURN

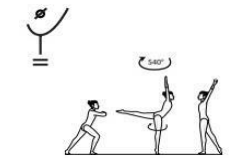
2.302 1 1/2 LEG AT OR ABOVE HORIZ



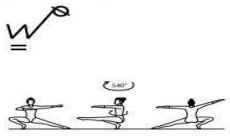
2.303 1 1/2 LEG AT OR ABOVE TO SCALE



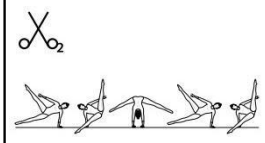
2.304 1 1/2 IN SCALE FWD LEG AT OR ABOVE HORIZ



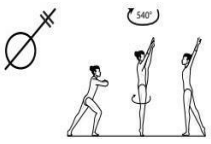
2.306 1 1/2 WOLF TURN



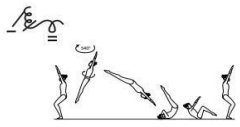
2.307 DOUBLE FLAIR



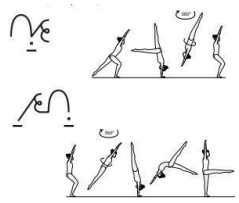
2.308 1 1/2 LEG AT 180* SPLIT



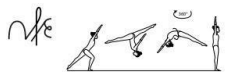
4.301 BK TAKEOFF STRETCH JUMP 1 1/2 TWIST



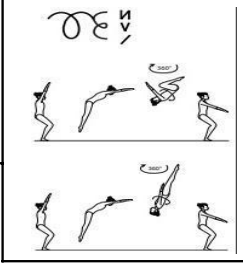
5.302 HANDSPRING 1/1



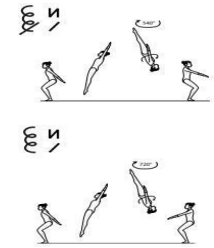
5.303 AERIAL WALKOVER 1/1



6.301 FWD TUCK / PIKE / STRETCHED 1/1

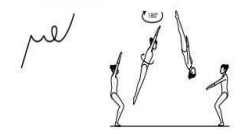


8.301 BWD TUCK / STRETCHED 1 1/2



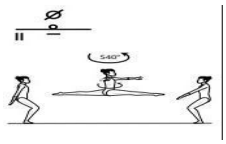
2/1 TWIST

8.306 JUMP FWD 1/2 TO BWD STRETCH

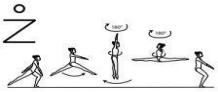


FLOOR " D " SKILLS

1.402 SPLIT JUMP 1 1/2



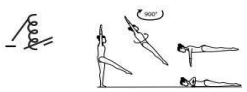
1.404 SWITCH LEAP 1/1



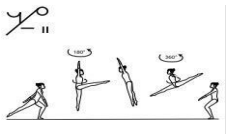
1.407 STRADDLE 1 1/2



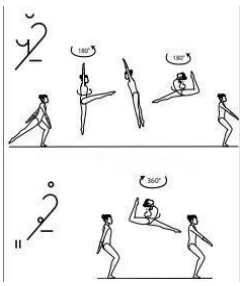
1.408 LEAP 2 1/2 LAND FRONT SUPPORT



1.409 TOUR JETE 1/1

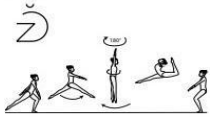


1.410 TOUR JETE RING LEAP 1/2

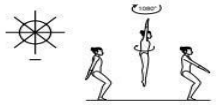


RING JUMP 1/1

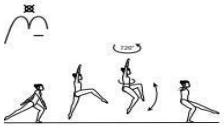
1.411 SWITCH 1/2 RING LEAP



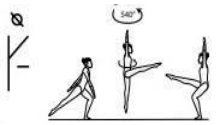
1.412 STRETCH JUMP 3/1



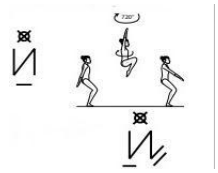
1.413 CAT LEAP 2/1



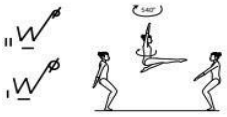
1.414 HOP 1 1/2 LEG ABOVE HORIZ



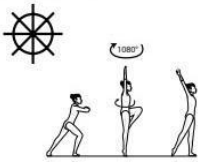
1.415 TUCK 2/1



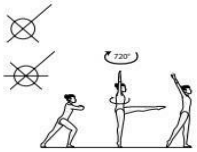
1.416 WOLF 1 1/2



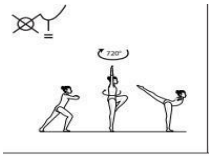
2.401 3/1 TURN



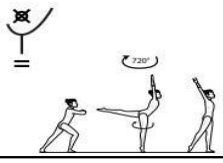
2.402 2/1 OR 2 1/2 TURN



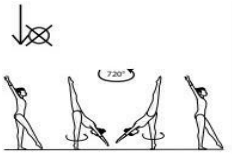
2.403 2/1 TO SCALE FWD (2 SEC)



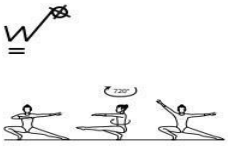
2.404 2/1 IN SCALE FWD LEG ABOVE HORIZ



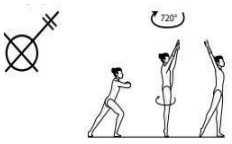
2.405 2/1 ILLUSION (NO TOUCH)



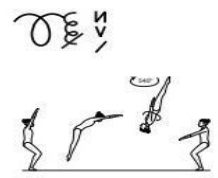
2.406 2/1 WOLF TURN



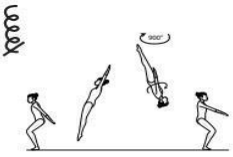
2.408 2/1 LEG 180* SPLIT



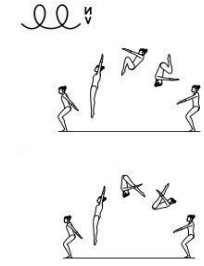
6.401 FWD TUCK / PIKE / STRETCH 1 1/2



8.401 BWD 2 1/2



8.403 DOUBLE BACK TUCK



DOUBLE BACK PIKE

FLOOR " E " SKILLS

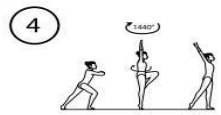
1.514 HOP 2/1 LEG ABOVE HORIZ



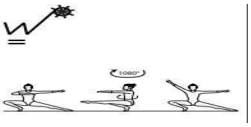
1.516 WOLF 2/1



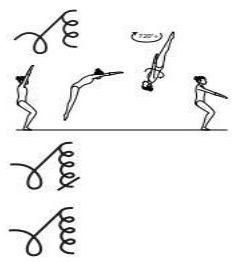
2.501 4/1 TURN



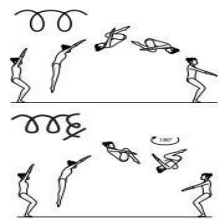
2.506 3/1 WOLF TURN



6.501 FWD STRETCH 2/1 / 2 1/2 / 3/1

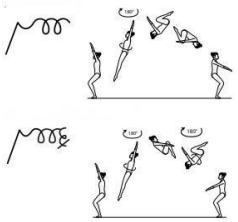


DOUBLE FWD TUCK / PIKE



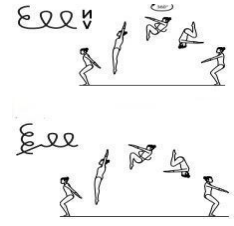
DOUBLE FWD TUCK / PIKE 1/2

7.502 ARABIAN DOUBLE



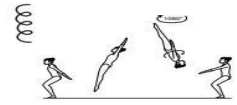
ARABIAN DOUBLE 1/2

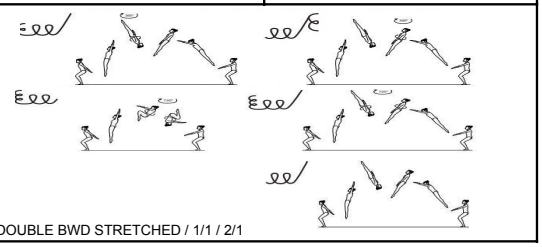
8.503 DOUBLE BWD TUCK / PIKE 1/1



DOUBLE BWD TUCK 1 1/2

8.501 BWD 3/1 OR MORE





DOUBLE BWD STRETCHED / 1/1 / 2/1