Conn. Val. 0.1 0.2	SR √	Connection Value 0.1 0.2	SR	Connection Value 0.1 0.2	SR □	Content
Level 10 *Turn/Flight C+C *For a connection of 2 elements from Gr.3/6/7 - turn/flight is NOT req'd (elements must be different) C (no turn/ C+D D+D flight req.) **Level 9** (If no turn/ C+C flight–must be different) Turn/Flight C+C	**Level 10** Min. of 1 C-Flight 2nd diff. Flight,min. B Min. of C element w/ LA Turn *(excludes Mnt/Dmt)* Salto Dmt - Min. of C **Level 9** 2 Bar Changes Min. of 1 B-Flight 2nd diff. Flight – min. C **OR** min. B element w/ LA Turn *(excludes mt/dmt)* Salto Dmt – Min. of B	**Acro Flight** B+D, B+E **(*2 elements, excluding* dmt)** C+C, C/D+D B + C* * *(excluding mt/dmt- C must be salto at L10 At Lev 9 - C must be salto or aerial)* **Acro flight** B+ B +C B+C+C ***(3+ elements)*** B+B+D Add'l +0.1 for 3 ele. series (BBC+) w/ min. C salto/aerial or D/E flight w/wo hand support, excluding dmt **2 Dance/Mix** A+D or D/E B+D **(excluding dmt)** B+C **C+C** C+D **Turns** A+C (or reverse) *All Acro elements used for CV must have Flight*	**Level 10** Acro Series- 2 Flight elements, min. of 1 C; also E (Flight) + A (Non-Flight) Leap or Jump w/ 180° Cross or Side Split 360° Turn on One Foot Aerial/Salto Dmt - Min. C or Min. B w/ C conn. **Level 9** Acro Series- 2 Flight elements Leap or Jump w/ 180° Cross or Side Split 360° Turn on One Foot Aerial/Salto Dmt – Min.B	Acro Indirect A/B+ A/B +C C+D A/B + A/B +D C+C A/B+D Acro Direct B+B B+C A +C A/B+D A+A+C A+A+D C+C 2 *Dance/Mix B+D C+C C+D D-Salto+A-Jump (This order only) **No CV for a Turn followed by a Jump*	**Level 10** 1 Acro Series w/ 2 Saltos **OR** 2 directly connected Saltos (same or diff.) 3 Diff. Saltos (No Aerials) Dance Pass w/ 2 diff. Gr. 1 elements (direct or indirect connection) one Leap w/ 180° Split Min. of C salto- Isolated or in Last Acro conn. **Level 9** Same as L10 except Min. of B Salto- Isolated or in Last Acro conn.	<u>10</u> <u>9**</u> A 3 3 B 3 4 C 2 1 SV **9.5** **9.7** **L10:** Extra +0.1 Bonus (not in SV) if exer. has a min. of 0.6 total Bonus + an E (BB/FX- E Acro) **L9:** allowable D/E's=C **Restricted elements** = no VP credit -0.50 off SV **No CV/DV w/ fall or spot** **Missing SR** - -0.50 off SV

Composition – Execution Deductions

Uneven Bars

Composition

Choice of dmt. not up to competitive level	↑.10
Faces same direction thruout exer (excl.Mt/dmt)	.10
Uncharacteristic elements	each .10
More than one Squat on LB w/ or w/out sole circle to jump to grasp HB (Lev. 10 only)	each .10
¾ fwd Giant circle (w/ or w/o grip change)	each .10
Failure to perform 2 ele. that fulfill 2 of 3 following requirements, (excl. dmt):	each .10
- Forward element (circle/release) (Min. B)	
- Element from Groups 3, 6, or 7 (Min. B)	
- Element w/ min. 180° LA turn, with/wo flight (Min. C)	
Choice of release elements not up to competitive level (Lev.10 only)	↑.20
Lack of two (2) bar changes (Lev. 10 only)	.20

Execution

Insuff. Angle of arrival-Flight to HS on LB	.05
Swing fwd. or bwd. under horizontal	each ↑.10
Under-rotation of release/flight elements	↑.10
Precision of handstand positions throughout	↑.10
Insuff. extension of glides/swing into kips	↑.10
Poor rhythm in elements/connections	↑.10
Hesitation in jump or swing to HS	↑.10
Touch, brush on apparatus/mat with foot/feet	↑.10
Landing too close to bar on dismount	.10
Insuff. amplitude of elements	each ↑.20
Insufficient dynamics	↑.20
- Insufficient swingful execution throughout	
- Energy not maintained throughout exercise	
- Fails to make difficult look effortless	
Hit of foot/feet on apparatus	.20
Incorrect padding (heel/hip)	CJ .20
Insufficient height of salto dismount	↑.30
Insuff. Extension (open) of tuck/pike body pos. prior to landing dismount	↑.30
Insuff. Amplitude of casts	↑ .30
Insuff. Angle of turn completion	↑ .30
Hit of foot/feet on mat	.30
Grasp on apparatus to avoid a fall	.30
Intermediate (extra) swing/cast (Max. 0.50 per elem)	.30
Insuff. amplitude of "B" Clear hip circles	↑.40
Full support on foot/feet on mat during routine	.50

Balance Beam

Composition

Failure to perform Acro ele. in 2 diff. directions (bwd & fwd/swd)	.10
* *If the only diff. direction is in dismount*	.05
More than 2 pivot (Str. Leg) ½ turns thruout exercise	.10
More than 2 Dance elements of the same shape (tuck/wolf or straddle jumps)	each type .10
Spatially - Insuff. use of entire length of beam	↑.10
Insufficient level changes	↑.10
Failure to show movement/non-VP/choreography in diff. dir. (fwd/swd/bwd)	↑.10
Choice of dismount not up to competitive level	↑.10
Acro elements not up to competitive level	↑.20
Dance elements not up to competitive level	↑.20
Lack of dance series (min. 2 dance elements from Gr. 1, 2, 3)	.20

Execution

Feet apart on side pos. landing of leaps/jumps	each ↑.10
Hesitation in jump, press, swing to HS	each ↑.10
Incorrect body pos./alignment in Dance elem.	each ↑.10
Lack of precision in Dance elements	each ↑.10
Turn elements not performed in high relevé	each ↑.10
Landing too close to beam on dismount	.10
Concentration pause (2 sec.)	each .10
Concentration pause (more than 2 sec.)	each .20
Rhythm of conn.- Dance/Mixed/Acro (not bwd flight)	each ↑.20
Insufficient split when required (Dance/Acro elements)	↑.20
Legs not parallel to beam in split or straddle pike	↑.20
Insufficient dynamics	↑.20
Insuff. height of leaps/jumps/hops	each ↑.20
Insuff. height of Acro flights, Aerials & Saltos	each ↑.20
Insuff. sureness of performance throughout	↑.20
Insuff. variation in rhythm/tempo throughout	↑.20
Relaxed/incorr. footwork in non-VPs throughout	↑.20
Support of 1 leg against side of BB	each .20
Insuff. height of Salto dismount	↑.30
Add'l movements to maintain balance on the beam	↑.30
Direction on Gainer dmt. off end of beam	↑.30
Insuff. Extension (Open) of tuck/pike body pos. prior to landing Acro elem. & dismount	↑.30
Relaxed/incorr./insuff. leg pos./body posture, & flexibility in non-VPs throughout	↑.30
Grasp of beam to avoid a fall	.30
Use of supplemental support	.30
Artistry/Presentation	
- Originality/creativity of choreography	↑.10
- Quality of movement reflects personal style	↑.10
- Quality of expression	↑.10

Floor Exercise

Composition

Spatially – (Floor pattern)	↑.10
Value of salto(s) performed as last isolated Salto or in last Acro connection not up to competitive level	↑.10
Failure to perform Saltos/Aerials in 2 diff. directions (bwd & fwd/swd)	.10
More than 2 dance elements of the same shape (tuck/wolf or straddle jumps)	each type .10
Acro elements not up to competitive level	↑.20
Dance elements not up to competitive level	↑.20
Lack of turn on 1 foot, min. "B"	.20
Lack of min. of "B" salto (Level 9)	.30
Lack of min. of "C" salto (Level 10)	.30

Execution

Feet apart on landing of leaps/jumps	each ↑.10
Incorr. Rhythm during execution of direct conn.	each ↑.10
Incorrect body pos./alignment in Dance elem.	each ↑.10
Lack of precision in Dance elements	each ↑.10
Fails to perform Gr. #2 Turns in high relevé	each ↑.10
Concentration pause (2 sec.)	each .10
Legs not parallel to floor in split or straddle pike	↑.20
Insuff. height of leaps/jumps/hops	each ↑.20
Insuff. height of Acro flights w/ hand support & Aerials	each ↑.20
Insufficient split when required (Dance/Acro elements)	↑.20
Insufficient dynamics	↑.20
Insuff. variation in rhythm/tempo throughout	↑.20
Relaxed/incorr. footwork in non-VPs throughout	↑.20
Poor relationship of music & movement throughout	↑.20
Insuff. height of Saltos	each ↑.30
Insuff. Extension (Open) of tuck/pike body pos. prior to landing Acro elements	↑.30
Relaxed/incorr./insuff. leg pos./body posture, & flexibility in non-VPs throughout	↑.30
Missing synchronization of movement & musical beat	↑.30
- Each time	.05
- Exercise not ended with music	.10
Artistry/Presentation	↑.30
- Originality/creativity of choreography	↑.10
- Quality of movement reflects personal style	↑.10
- Quality of expression	↑.10
Music with words (CJ)	1.00
Absence of music (CJ)	1.00

Landing – Execution – General

Landing

Feet hip-width or closer; never join on dmt.	.05
Slight hop, adjustment of feet, staggered feet	↑.10
Deviation from straight direction	↑.10
Arm swings to maintain balance	↑.10
Feet more than hip-width apart	.10
Steps	(each .10) max .40
Trunk movements for balance (UB/BB dmt & FX acro)	↑.20
Incorrect body posture on landing of VPs	↑.20
Large step or jump	.20
Brush/touch of landing surface w/hand(s)	↑.30
Squat upon landing	↑.30
Spotting assist upon landing	Award VP/SR + .50

Execution

Flexed/sickled feet during value parts	each time .05
Legs/knees:	crossed ↑.10 separated ↑.20
Insufficient exactness of body shape – N, V, / (Stretched - Arch or Hip angle 136-179°)	↑.20
Failure to maintain stretched body pos. - Pikes down (UB, BB, FX)	↑.20
Incomplete turn/twist	↑.20
Bent arms in support or bent legs	↑.30
Fall or support on hand(s) on apparatus or mat	.50
Fail to land on bottom of feet first on Saltos/Aerials/Dmt.	Fall (.50) + No VP/SR

General

Fail to mark boundary line on mat	CJ .10
Fail to Present before/after (CJ)	each time .10
Exceeds Floor Ex. boundary (CJ)	each time .10
Overtime - BB/FX (CJ)	.10
Coach between bars or next to BB thruout (CJ)	.10
Excessive use of magnesia (chalk) (CJ)	.20
Incorrect attire/jewelry (after 1 warning) (CJ)	.20
Verbal cues by coach/team (after warning) (CJ)	.20
Coach instructs gymnast during routine (CJ)	.20
Failure to begin exercise w/in 30 sec. of CJ signal (CJ)	.20
Exceeds warm-up time (after warning) (CJ)	.20
Incorrect apparatus specs. (CJ)	.30
Board on unpermitted surface (CJ)	.30
Failure to remove board after mount (CJ)	.30
Use of Supplementary mats (CJ)	.30
No Dismount	from Start Value .30
Lands Acro ele. or dmt in Pit (CJ)	No VP/SR + .30
Spotting Assist on element	No VP awarded + .50
Start exercise before signal (repetition) (CJ)	.50
3rd Run approach (UB/BB mounts)	.50
Coach on FX mat (CJ)	.50
Short Exercise: BB/FX-less than 30 sec. (CJ)	2.00
UB- (less than 5 Value Parts)	
Exceeds Fall time (UB/BB) CJ Terminates exercise	

Score Range: 9.5-10: 0.2 9.0-9.475: 0.5 8.0 – 8.975: 0.7 Below 8.0: 1.00

Courtesy score: Minimum of 1.00