

SECTION 1 – GENERAL INFORMATION – JUDGING PANELS – CHAPTER 1

	<p>Incorrect attire – includes unacceptable jewelry (after a warning)</p> <ul style="list-style-type: none">• Unacceptable jewelry is <u>not</u> allowed during warm-ups or competition.• Deduction applied to the first event competed after a warning.• Meet Referee must inform the Chief Judge at any subsequent events, so that no further penalty will be taken.• Deduction is taken one time only. <ol style="list-style-type: none">1. Acceptable attire is a one-piece leotard with or without sleeves and no bare midriff.2. Unitards with long legs to the ankle, with or without sleeves are acceptable.<ul style="list-style-type: none">• In addition to a leotard or ankle-length unitard, acceptable attire would also include ankle-length tights worn under the leotard (that match the leotard or are skin tone).3. Head covering is acceptable, if attached to the leotard or unitard and fits snugly over the head, <u>not</u> to impose a safety hazard to the Gymnast.4. Leg cut of the leotard must be below the pelvis / hip bone.5. Backless leotards are <u>not</u> acceptable.<ul style="list-style-type: none">• EFFECTIVE AUGUST 1, 2020 - A leotard is considered backless when the open area extends past the bottom of the bra line and the open area extends past the vertical midpoint of the scapula, unless the open area is filled in with mesh or flesh-colored fabric.6. Underwear (including sports bras) should <u>not</u> be visible.<ul style="list-style-type: none">• If underwear is visible due to the cut of the leotard, warn the Gymnast's Coach. If the Gymnast does <u>not</u> correct it, take a deduction on her subsequent event.• Underwear, including sports bras, should <u>not</u> be intentionally visible throughout the entire routine. However, if briefs or bra straps show due to activity, do <u>not</u> take a deduction.• Clear bra strap is acceptable.• Common sense should prevail.7. One pair of stud earrings is allowed; one earring per ear, in any part of ear.<ul style="list-style-type: none">• All other piercings must be removed.• <u>Not</u> just covered with tape or a bandage.8. Necklaces and Bracelets are <u>not</u> allowed. <u>EXCEPTION:</u> Medical bracelets must be covered by athletic tape.9. Spaghetti straps are considered inappropriate attire. Straps must be a minimum of 2 cm. (7/8") wide.10. Elastic waistbands traditionally worn as training aids are incorrect attire. (This does <u>not</u> include medically necessary bandages).11. Failure to wear a competitor number when required. <u>EXCEPTION:</u> At Level 9 East / West and Level 10 JO National Championships, the Gymnast MUST wear her competitive number during the competition, unless she is performing a back spin on beam or floor, in which case the Coach must show the number to the judges.12. Hair should be secured away from the face, so as <u>not</u> to obscure her vision of the apparatus.13. Tennis shoes are <u>not</u> considered appropriate Gymnastics footwear.
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SECTION 1 – GENERAL INFORMATION – JUDGING PANELS – CHAPTER 1**CHIEF JUDGE (continued)**

<u>0.20</u>	<p>Excessive use of magnesia (Chalk) or Incorrect use of Tape</p> <ul style="list-style-type: none"> • Small chalk markings may be placed on the Beam (tape markings are <u>not</u> allowed). • Spreading of magnesia on the Floor Exercise area is <u>not</u> allowed; only small marks are allowed. • A single-line arc drawn in the corner of the floor is acceptable. • No Velcro or tape markings are allowed within the Floor Exercise area. • Tape markings are allowed at the corners of the Floor Exercise area to indicate the boundary line in case the floor carpet uses two colors to mark the boundary line. • Use of tape or excessive magnesia (chalk) is <u>not</u> permitted on the Vault Table. • Athletic tape or Velcro strips (NO CHALK) may be placed on the Vault runway, provided that such markings are removed no later than the end of the rotation. <ul style="list-style-type: none"> ✓ Maximum width of the Velcro strip or athletic tape is 5 cm. (2”); ✓ Maximum length is 3 feet. ✓ Judge must issue a warning, before taking a deduction if the measurement is exceeded or if the markings are <u>not</u> removed.
<u>0.30</u>	Use of unauthorized or Additional Mats, Springboard on unauthorized surface, or use of Hand Placement Mat for traditional approach Vaults
<u>0.30</u>	Lands UB / BB dismount or FX Acro Salto in Solid or Loose Foam Pit
<u>0.30</u>	Failure to remove the board after the mount
<u>0.30</u>	Failure to remove board or authorized spotting device after a release element
<u>0.30</u>	Using incorrect apparatus specifications , including incorrect spring configurations
<u>0.50</u>	<p>Starting the exercise before the signal is given (deduct from repeated performance).</p> <ul style="list-style-type: none"> • If the Gymnast starts the exercise before the signal is given, she should be asked to stop and repeat the performance immediately. • Refer to Section II Vault for specifics.
<u>0.50</u>	<p>Coach on the Floor Exercise area inside the border marking (LEVEL 6 / 7 / 8 / 9 / 10)</p> <ul style="list-style-type: none"> • No deduction if Coach is in the Floor Exercise area to remove an object fallen from Gymnast (i.e., metal hair clip, eyeglasses, etc.). • No deduction to adjust the placement or to remove a skill cushion.
<u>1.00</u>	<p>Absence of music or music with words or song / speech Refer to Section V Floor Exercise for specifics.</p>
<u>1.00</u>	<p>Performance of a One-arm Vault:</p> <ul style="list-style-type: none"> • At least half of the vault panel must see that only one hand touched the Vault Table.
<u>2.00</u>	<p>Short Exercises (applies to complete or incomplete routines)</p> <ul style="list-style-type: none"> • Uneven Bar routine with less than 5 Value Parts • Balance Beam and Floor Exercise routines – less than 30 seconds • <u>EXCEPTION</u>: Refer to LEVEL 6, Section 4 Balance Beam for specifics.

III. **SPECIFIC COMPOSITIONAL DEDUCTIONS**

NOTE: Composition deductions are NOT applied at LEVEL 6 / 7

0.10	Facing same direction throughout exercise 1. Elements with 1/1 turn will NOT fulfill Change of Direction. 2. Mount / Dismount will NOT fulfill Change of Direction. (LEVEL 9 / 10 only)
each 0.10	Uncharacteristic Elements <u>EXAMPLES:</u> 1. Squat / Stoop on LB, stand with ½ Turn on feet to grasp HB 2. Swing Forward on HB, place feet on LB to stand (with or without a ½ Turn) 3. Climbing / Crawling onto LB (within the exercise)
each 0.10	More than One Squat / Stoop on LB (LEVEL 10 only) with or without Sole Circle, with Jump to grasp HB 1. After a Fall, judging resumes once an element listed in the <i>Junior Olympic Code of Points</i> is performed. 2. Deduct for any additional Cast Squat / Stoop on LB that is performed, if Cast Squat / Stoop on LB was previously performed.
0.10	¾ Giant Circle Forward with or without a grip change 1. Not considered an Element. 2. Will break a Connection. 3. Refer to Execution / Amplitude Deductions-Small Faults for additional insufficient amplitude of backward swing deduction
<u>Deduct</u> 0.00 0.10 0.20	Choice of Elements (applicable to LEVEL 9 / 10 only) <u>Failure to perform Two (2) Elements that fulfill Two (2) out of the Three (3) of the following Requirements (excluding dismounts):</u> 1. One (1) Forward Element (Circle or Release) (minimum of "B") 2. One (1) Element from Groups 3 / 6 / 7 (minimum of "B") 3. One (1) Element with a minimum of 180° LA Turn, with or without flight (minimum of "C") 1. Two (2) out of Three (3) Requirements performed. 2. One (1) out of Three (3) Requirements performed. 3. None (0) of the Three (3) Requirements performed.
up to 0.20	Choice of Release Elements – Not up to the Competitive Level (LEVEL 10 only) 1. See Appendix 15 for Specifics. 2. Apply Compositional Deduction, considering <u>Value of Release Element</u> , <u>AND:</u> ✓ <u>Type</u> of Release element ✓ <u>Direct Connection</u> with Release Elements and / or Elements of Higher Value ✓ <u>Total Number</u> of Release Elements
up to 0.20	Lack of Elements that Achieve (or pass through) Vertical (LEVEL 8 only)
0.20	Lack of Two Bar Changes – See LEVEL 9 Special Requirement #1 (LEVEL 10 only)
up to 0.10	Choice of Dismount – Not up to the Competitive Level. • See Appendix 15 for specifics.

IV. EXECUTION AND AMPLITUDE DEDUCTIONS

SMALL FAULTS	each time <u>0.05</u>	Flexed / Sickled Feet on Value Part elements
	<u>0.05</u>	Lands with Feet Hip-width apart or closer, but never joins the Heels
	up to 0.10	Slight Hop, or Small Adjustment of Feet or Feet Staggered on Landing Dismounts
	up to 0.10	Deviation from Straight Direction on Landing
	up to 0.10	Arm Swings on Landing
	up to 0.10	Legs Crossed during Salto Dismounts with Twist
	each up to 0.10	Hesitation during jump to HB or swing to Handstand
	each up to 0.10	Touch / Brush on Apparatus or Mat with Foot / Feet
	each up to 0.10	Under-Rotation of Release / Flight elements
	up to 0.10	Precision of Handstand positions throughout exercise
	each up to 0.10	Insufficient Extension of Glides / Swings into Kips
	each up to 0.10	Poor Rhythm in Elements / Connections
	<u>0.10</u>	Landing Too Close to the Bar on Dismount
	each <u>0.10</u> (max. <u>0.40</u>)	Steps on Landing
	each up to 0.10	Swing Forward or Backward under Horizontal
	<u>0.10</u>	Landing Dismount with Feet wider than Hip-width apart

MEDIUM FAULTS	each up to 0.20	Leg or Knee Separations
	each up to 0.20	Insufficient Exactness of Body Shape: Tuck or Pike position
	each up to 0.20	Insufficient Amplitude of Bar Elements (including Releases) <u>EXCEPTION:</u> Clear Hip Circle (see Large Faults) <u>EXCEPTION:</u> Salto Dismount (see Large Faults)
	up to 0.20	Failure to Maintain Stretched Body Position (Pike down Dismount)
	up to 0.20	Incorrect Body Posture on Landing
	up to 0.20	Incomplete Twist on Twisting Salto Dismounts
	up to 0.20	Additional Trunk Movements to Maintain Balance on Landing of Dismount
	each time up to 0.20	Insufficient Exactness of Stretched Position <ul style="list-style-type: none"> • Arch • Hip Angle (136° – 179°)
	up to 0.20	Insufficient Dynamics throughout – Consider: <ol style="list-style-type: none"> 1) Insufficient Swingful Execution – throughout exercise 2) Energy Not Maintained – throughout exercise 3) Fails to Make Difficult Look Effortless
	<u>0.20</u>	Hit on Apparatus with Foot / Feet
	each <u>0.20</u> (max <u>0.40</u>)	Large Step or Jump on Landing (approximately 3 feet or more)

III. CLARIFICATIONS REGARDING SERIES

A. ACROBATIC or DANCE SERIES, CONTINUOUS CONNECTION BETWEEN ELEMENTS:

- Landing Leg / Free Leg on First element – must be Take-off Leg for Next element.
 - Landing with both Feet on First element – must take off from Two (2) feet for Next element.
1. Backward Acro Flight Series and Sideward to Backward Acro Flight Series:
 - a. Considered broken with delay in IMMEDIATE Take-off of Second element.
 - b. Deduct 0.50 for Missing Special Requirement, if applicable.
 - c. Causes for Delays that Break Connections:
 - 1) Arms moving low as thighs or further back after landing First element in Connection.

Note: Gainer Flic-Flac / Gainer Back Layout (as Second element)

 - Arms continue circling forward-upward and backward-downward without automatically breaking Connection.
 - Circling action is inherent arm pattern for Gainer type elements.
 - 2) Cautious, slow moving attempt to connect One (1) or more elements.
 - a) Acro Series considered broken.
 - b) No Rhythm deduction applied.
 2. Non-Flight Acro Series (any direction)
Forward / Sideward Acro Flight Series
Counter Acro Flight Series:
 - a. Lack of Tempo / Poor Rhythm between elements in Series,
 - b. Deduct up to 0.20 specific execution deduction for lack of Tempo between elements.
 - c. Continuous, but Slow Connection **in line with the beam.**
 3. Dance Series / Mixed Series:
 - a. Lack of Tempo / Poor Rhythm between elements in Series.
 - b. Deduct up to 0.20 specific execution deduction for lack of Tempo between elements.
 - c. Continuous, but Slow Connection.
 - d. Arm Circle does not necessarily break connection if body continues movement.
 - e. Dance Element: (for example: Cat Leap or Hitch-Kick):
 - 1) Series considered broken if Free Leg position drops and lifts again.
 - 2) Series considered broken if Trunk stops forward movement.
 4. All Series Considered Broken when:
 - a. Stop between elements.
 - b. Loss of Balance.
 - c. **Any deviation of body movement which is NOT in line with the beam.**
 - d. Repositioning of Foot (Feet) or Pivoting.
 - e. Extra Step / Hop / Jump between elements.
 - f. Legs Straighten Between Elements:
 - 1) First element lands in plié on Two (2) feet.
 - 2) Legs totally straighten and plié again to initiate Jump into next element.
 - 3) Straightening the Legs breaks the Series.
 - g. Acro Series considered broken if Kick / Leg-swing above 45° leading into Second element.
 - h. NOTE: Series with Two (2) of the Same elements with broken connection:
No Value Part awarded for Second (Same) element.

B. SOME ACRO ELEMENTS ARE INHERENTLY “NON-CONNECTABLE”:

1. Regardless of how quickly elements are connected, Series not connectable.
EXAMPLE: Back Walkover or Flic-Flac step-out (lunge) to Round-off or Cartwheel
 - a. First element lands in lunge on Two (2) feet.
 - b. No Acro Series credit awarded, no connection to Second element.

NOTE: Land First element on One (1) Leg and step through to Second element.
Elements are eligible for Connection.

C. REPETITION OF FAILED SERIES:

EXAMPLES:

1. Flic-Flac step-out, Stops / Falls, then Flic-Flac step-out + Flic-Flac step-out
 ("B") ("B") No VP (3x)
 No SR Awarded



- a. No Value Part awarded for Third Flic-Flac step-out.
- b. No Acro Series Special Requirement awarded.

2. LEVEL 7: Back Walkover + Back Walker (never lands on Beam)
 ("A") No VP

Kicks to Handstand (2-second Hold) steps down + Back Walkover
 ("A") + ("A")

- a. One part of Acro Special Requirement has been met.
- b. No Value-Part credit award if Handstand not held for 2 seconds.
- c. No Special Requirement credit awarded if Handstand not held for 2 seconds.

I. EXECUTION and AMPLITUDE DEDUCTIONS

SMALL EXECUTION FAULTS	each time <u>0.05</u>	Flexed / Sickled Feet on Value Part Elements
	<u>0.05</u>	Land Dismount with Feet Hip-width apart or Closer but Never Join Heels
	up to 0.10	Slight Hop or Small Adjustment of Feet or Staggered Feet (One Foot in Front) on Landing Elements or Dismounts
	up to 0.10	Deviation from Straight Direction on Landing
	up to 0.10	Arm Swings on Landing to Maintain Balance
	up to 0.10	Legs Crossed during Salto Dismounts with Twist
	each up to 0.10	Hesitation During Jump / Press / Swing to Handstand
	up to 0.10	Incorrect Body Posture / Alignment during Dance Value Parts
	<u>0.10</u>	Lands Too Close to Beam on Dismount
	each <u>0.10</u> (max. <u>0.40</u>)	Steps on Landing

MEDIUM EXECUTION FAULTS	each up to 0.20	Leg or Knee Separations
	up to 0.20	Additional Trunk Movements to Maintain Balance / Control upon Landing of Dismount
	up to 0.20	Insufficient Height on Leaps / Jumps / Hops
	up to 0.20	Insufficient Height of Aerials / Saltos / Acro Flight with Hand Support
	up to 0.20	Insufficient Split position (Deviation from 180°) 1° – 20° Missing = 0.05 – 0.10 21° – 45° Missing = 0.15 – 0.20 46° or more Missing = Lesser Value Part
	up to 0.20	Legs Not Parallel to Beam in Split or Straddle Pike Leaps / Jumps
	up to 0.20	Insufficient Exactness of Tuck or Pike position in Value Part elements
	up to 0.20	Failure to Maintain Stretched Body position (Pikes Down Dismount)
	up to 0.20	Insufficient Exactness of Stretched position • Arch • Hip Angle (136° – 179°)
	up to 0.20	<u>Dance</u> : Incomplete Turn – Group 2 / 3 elements (with 360° or more Turn) 1° – 44° Missing = 0.05 – 0.10 45° – 89° Missing = 0.15 – 0.20 90° or more Missing = Lesser Value Part
	up to 0.20	<u>Dismounts</u> : Incomplete Twist – Dismounts (with 360° or more Twist) 1° – 44° Missing = 0.05 – 0.10 45° – 89° Missing = 0.15 – 0.20 90° or more Missing = Lesser Value Part
	up to 0.20	Insufficient Variation in Rhythm and Tempo throughout the Exercise
	up to 0.20	Incorrect Body Posture on Landing of Elements and Dismount
	up to 0.20	Insufficient Dynamics – <u>Consider</u> : 1. Energy Maintained throughout the Exercise 2. Makes Difficult Look Effortless
	up to 0.20	Insufficient Sureness of Performance throughout the Exercise
	<u>0.20</u> (max. <u>0.40</u>)	Large Step / Jump on Landing (approximately three (3) Feet or more)

EXECUTION and AMPLITUDE DEDUCTIONS (continued)

LARGE EXECUTION FAULTS	up to 0.30	1. Bent Arms in Support - on any one element (90° bend or greater – max <u>0.30</u>)
	up to 0.30	2. Bent Legs - on any one element (90° bend or greater – max <u>0.30</u>)
	up to 0.30	Additional Movements to Maintain Balance on the Beam
	up to 0.30 + 0.50	Squat on Landing (Hips even with or lower than Knees) Lands Acro element in Squat position, then falls
	up to 0.30	Insufficient Height of Salto Dismounts
	up to 0.30	Insufficient Extension (Open) of Tuck / Pike body position prior to Landing Acro elements / Dismount
	up to 0.30	Brush / Touch Landing Surface with One (1) or Two (2) Hands (No Support)
	<u>0.30</u>	Use of Supplemental Support EXAMPLES: 1. Foot / Feet remain on Mat / Board as Mount is completed. 2. Foot / Feet contact Mat in Cross Straddle Sit during Exercise 3. Foot / Feet / Leg using Base of the Beam for Support on Mount / on Beam
	(CJ) <u>0.30</u> No VP No SR No Bonus	Lands Dismount in Solid / Loose Foam Pit

VERY LARGE EXECUTION FAULTS	<u>0.50</u>	Support on Mat / Apparatus with One (1) or Two (2) Hands upon Landing
	<u>0.50</u>	Fall onto Beam / off Beam onto Mat
	<u>0.50</u>	Fall on or against the Apparatus
	<u>0.50</u> No VP No SR No Bonus	Spotting Assistance during an Element
	<u>0.50</u> Award VP Award SR No Bonus	Spotting Assistance upon Landing the Dismount
	<u>0.50</u>	Fall after Spot
	<u>0.50</u> No VP No SR No Bonus	Fall / Failure to Land on the Bottom of Feet First (Aerials / Saltos / Dismounts)
	<u>0.30</u>	Never initiates Salto on dismount
	<u>0.50</u> Award VP Award SR No Bonus	Fall <u>with</u> Simultaneously Landing on Bottom of Feet + Hands / Knees: If appropriate
	(CJ) <u>2.00</u> (CJ) <u>0.50</u>	Exercise Shorter than 30 Seconds (Complete or Incomplete) EXCEPTION: LEVEL 6 with 10.0 SV

II. **SPECIFIC EXECUTION DEDUCTIONS**

SPECIFIC BEAM EXECUTION DEDUCTIONS	each up to 0.10	Failure to perform Group # 3 Turns in High Relevé
	each up to 0.10	Lack of Precision in Dance Value Parts <u>EXAMPLES:</u> 1. Lack of Definite Arm or Leg position on Turns / Leaps 2. Degree of Turn, <u>not</u> Exact
	each up to 0.10	Failure to Land with Feet / Legs Together on Jumps / Leaps that land on Two (2) Feet in Side position
	each 0.10 each 0.20	Concentration Pauses – Prior to Difficult Elements or Connections 1. Two (2) Seconds 2. More than Two (2) Seconds
	up to 0.20	Relaxed / Incorrect Footwork on Non-Value Parts throughout Exercise
	Each up to 0.20	Lack of Tempo / Poor Rhythm between Elements: (Dance Series / Mixed Series / Acro Series). <u>Continuous, but Slow Connection:</u>
	<u>No Deduction</u>	Arms finish to Take-off immediately for 2nd Element (Legs in Plié / <u>not</u> Pumping)
	<u>0.05 – 0.10</u>	Body continues moving in line with the beam, but arms swing between Elements, AND/OR Legs slightly extend but do <u>not</u> completely straighten, and slightly bend again to initiate take-off
	<u>0.15 – 0.20</u>	Torso/trunk deviation in line with the beam with or without arm swing between Elements
	<u>EXCEPTION</u>	<u>Backward Acro Series</u> with one (1) or more Flight Elements is Connected or <u>not</u> Connected; Tempo Deduction does <u>not</u> apply.
	each 0.20	Support of One (1) Leg Against Side Surface of Beam to Maintain Balance

Note: Minimum Score of 1.00 is awarded when Optional Routine Score is equal to or less than One (1.00) Point.

III. **INSUFFICIENT ARTISTRY THROUGHOUT THE EXERCISE**

ARTISTRY	0.05 – 0.10	Originality / Creativity of Choreography in Elements & Connections
	0.05 – 0.10	Quality of Movement to Reflect Personal Style
	0.05 – 0.10	Quality of Expression (i.e. Projection, Focus)

I. CONNECTION VALUE BONUS (CV)**A. ACHIEVED THROUGH UNIQUE AND DIFFICULT COMBINATIONS.****B. ONLY DANCE ELEMENTS**that are listed in the *Junior Olympic Code of Points* or *JO Updates* may be used.**C. ONLY ACROBATIC ELEMENTS with FLIGHT**that are listed in the *Junior Olympic Code of Points* or *JO Updates* may be used.**D. ALL ELEMENTS MUST BE DIRECTLY CONNECTED TO RECEIVE (CV)**





(See clarifications regarding Series (Section 4 Beam – Chapter 2).

E. ONLY ELEMENTS THAT RECEIVE VALUE-PART CREDIT

may be used for Connection Value Bonus (CV).

F. VALUE PARTS MAY BE PLACED IN ANY ORDER

within a Connection, unless specified.

G. EXACT SAME CONNECTION may be used ONLY ONE (1) TIME FOR (CV)Same element used in 2nd Connection, but performed in Different order, award (CV).EXAMPLE: Both Connections receive (CV) +0.10 (“B”) + (“C”)1st Connection: Straddle Jump + 1-arm Flic-Flac  + 2nd Connection: 1-arm Flic-Flac + Straddle Jump.  + **H. (“D”) / (“E”) ELEMENT PERFORMED WITHIN A CONNECTION,**

1. LEVEL 10: eligible for both (D/E) Bonus and Connection Value (CV) Bonus

2. LEVEL 9: any allowable (“D”) / (“E”) element:

a. awarded (“C”) Value-Part credit.

b. awarded (CV) Bonus, if applicable.

I. LEVEL 10: (“E”) ELEMENT MAY REPLACE (“D”) ELEMENT IN A CONNECTION,
but the connection will receive the same Connection Value Bonus (CV).**J. WITH THE CONNECTION OF THREE (3) OR MORE ELEMENTS,**

1. Second element (and those following) may be used two times,

a) First time as the Last element of a Connection Value (CV) andb) Second time as the First element a new Connection Value (CV).

2. This is applied only if all elements receive Value-Part credit.

K. CONNECTIONS MAY BE AWARDED EITHER +0.10 or +0.20 BONUS,
according to the applicable Principle.**L. CONNECTIONS WILL BE AWARDED CONNECTION VALUE BONUS**Each Element must be performed without a Fall or Spotting Deduction.**M. THE MAXIMUM AWARDED FOR CONNECTION VALUE BONUS IS:**

1. 0.40 for LEVEL 10

2. 0.30 for LEVEL 9

3. LEVELS 6 / 7 / 8 are not eligible for Connection Value (CV).






SECTION 4 – BALANCE BEAM – BONUS – CHAPTER 4

C. **CONNECTIONS** – at least **THREE (3) ACRO FLIGHT ELEMENTS:**
(including **MOUNT / DISMOUNT / ELEMENT CONNECTIONS**).

- **An additional +0.10 connection/series bonus to be awarded for any three (3) element series with a minimum “C” Salto/Aerial or “D/E” flight element with or without hand support (excluding dismounts).**


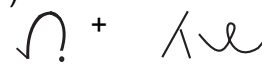
“B” + “B” + “C”	+ 0.10
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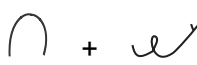





EXAMPLES:

1. Flic-Flac step-out (“B”) +
Flic-Flac step-out (“B”) +  +
Salto Backward Stretched step-out (“C”)
2. Flic-Flac step-out (“B”), +
Flic-Flac to (2) feet (“B”) +  +
Back Salto Stretched Double (2/1) Twisting Dismount (“C”)
3. Mount: Round-off – Flic-Flac (“C”) +  +  + 
Flic-Flac (“B”) +
Flic-Flac (“B”)

“B” + “C” + “C”	+ 0.20
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EXAMPLES:

1. Flic-Flac (“B”) +
1-arm Flic-Flac (“C”) +  +
Back Salto Stretched step-out (“C”)
2. 1-arm Front Handspring (“C”) +
Round-off (“B”) +  +
Back Salto Tucked (“C”)
3. Flic-Flac step-out (“B”) +

Back Salto Stretched step-out (“C”) +  +  + 
Back Salto Stretched Double (2/1) Twisting Dismount (“C”)
4. Mount: Round-off – Flic-Flac (“C”) +  +  + 
Flic-Flac step-out (“B”) +
Back Salto Tucked (“C”)




“B” + “B” + “D / E”	+ 0.20
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EXAMPLE:

1. Round-off (“B”) +  +  + 
Flic-Flac (“B”) +
Double Salto Backward Dismount (“E”)

“B” + “C” + “D” AND MORE DIFFICULT	+ 0.20
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EXAMPLE:

1. Flic-Flac (“B”) +  +  + 
1-arm Flic-Flac (“C”) +
Salto Backward Stretched to 2 feet (“E”)

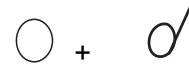
D. CONNECTIONS – TWO (2) DANCE / MIXED / TURN ELEMENTS:

1. Dance Series: Dance / Dance
2. Mixed Series: Dance / Acro Flight or Acro Flight / Dance (excluding Dismount)
3. Turn Series: Turn / Turn on One (1) foot – minimum (“A”) + (“C”)

“A” Turn + “C” Turn (or REVERSED)	+ 0.10
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EXAMPLE:

1. 360° (1/1) Turn on One Leg (“A”) +
360° (1/1) Turn with Free Leg extended
at horizontal or above throughout (“C”)

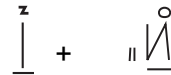


2. NOTE: Turns may be performed:
 - a. on Same support Leg or
 - b. with Step into Turn on Opposite Leg.
 - c. Brief demi-plié on One (1) Leg or (2) Leg(s) permitted.

“A” + “D”	+ 0.10
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EXAMPLES:

1. Dance Series:
Stretched Jump with Leg Change (Beat Jump) (“A”) +
Tuck Jump Full (1/1) Turn (“D”)



2. Dance / Acro (Mixed) Series:

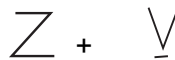
Mount: Front Salto Tucked (“D”) +
Sissonne (“A”)



“B” + “C”	+ 0.10
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EXAMPLES:

1. Dance Series:
Switch-Leg Leap (“C”) +
Pike Jump in Cross position (“B”)



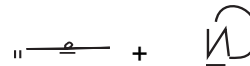
2. Dance / Acro (Mixed Series):
Straddle Jump in Cross position (“B”) +
Back Salto Piked (“C”)



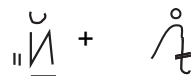
“B” + “D”	+ 0.20
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EXAMPLES:

1. Dance Series:
Split Jump-take-off from Two (2) feet (“B”) +
Sheep Jump (“D”)









2. Dance / Acro Series (Mixed Series):
Tuck Jump ½ Turn (“B”) +
Flic-Flac Full (1/1) Twist to swing down (“D”)



CONNECTIONS – TWO (2) DANCE / MIXED / TURN ELEMENTS (continued)







“C” + “C” (SAME / DIFFERENT)	+ 0.20
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EXAMPLES:

1. SAME Two (2) “C” Dance elements
Switch-Leg Leap (“C”) +  + 
Switch-Leg Leap (“C”)
2. DIFFERENT (“C”) Dance / Dance or Dance / Acro elements:
 - a) Dance Series:
Switch-Leg Leap (“C”) +  + 
Cat Leap 1/1 (360°) Turn (“C”)
 - b) Mixed Series (Dance / Acro):
Salto Backward Tucked (“C”) +  + 
Ring Jump (“C”)

“C” + “D” AND MORE DIFFICULT (SAME / DIFFERENT)	+ 0.20
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EXAMPLES:

1. Switch-Leg Leap (“C”) +  + 
Switch-Side Leap (“D”)
2. Switch-Leg Leap (“C”) +  + 
Gainer Back Layout step-out (“D”)
3. Straddle Jump ½ (“D”) +  + 
Straddle Jump ½ (“D”)

E. CONNECTIONS – THREE (3) or MORE ELEMENTS

1. Second element (and following elements) may be used Twice,
 - a) First Time as Last element of First Connection and
 - b) Second Time as First element beginning new Connection.
2. Applies only for elements with Value-Part credit.
3. **An additional +0.10 connection/series bonus to be awarded for any three (3) element series with a minimum “C” Salto/Aerial or “D/E” flight element with or without hand support (excluding dismounts)**

EXAMPLES:

- 1) Flic-Flac step-out (“B”) +

Salto Backward Stretched step-out (“C”) +
Flic-Flac step-out (“B”)

- Award + 0.10 (“B”) + (“C” Salto)

- Award + 0.10 (“C” Salto) + (“B”)

- **Award + 0.10 for 3 element acro flight series (see 3. Above)**

Total = + 0.30 (CV)

- 2) Flic-Flac step-out (“B”) +

Back Salto Stretched step-out (“C”) +
Back Salto Stretched step-out (“C”)

- Award + 0.10 (“B”) + (“C” Salto)

- Award + 0.20 (“C” Salto) + (“C” Salto)

- **Award + 0.10 for 3 element acro flight series (see 3. Above)**

Total = + 0.40 (CV)

- 3) Flic-Flac step-out (“B”) +

Salto Backward piked (“C”) +
Salto Backward Stretched to 2 feet (“E”)

- Award + 0.10 (“B”) + (“C” Salto)

- Award + 0.20 (“C”) + (“E”)

- **Award + 0.10 for 3 element acro flight series (see 3. Above)**

Total = + 0.40 (CV)

Plus = + 0.20 (“D/E”)

- 4) Switch-Leg Leap (“C”) +

Switch-Leg Leap (“C”) +
Stretched Jump 1½ (540°) Turn (“D”)

- Award + 0.20 (“C”) + (“C”)

- Award + 0.20 (“C”) + (“D”)

Total = + 0.40 (CV)

Plus = + 0.10 (“D/E”)

- 5)
- Mount
- : Round-off, Flic-Flac (“C”) +

Back Salto Stretched step-out (“C”) +
Back Salto Stretched step-out (“C”)

- Award + 0.20 (“C”) Mount + (“C”)

- Award + 0.20 (“C”) + (“C”)

- **Award + 0.10 for 3 element acro flight series (see 3. Above)**

Total = + 0.50 (CV)