2022 - 2020 USA G	I MINASTICS WO	VIEN S DE VELOPMENT	Effective August 1, 2022 – July 31, 2020 Revised 7.1.25				
Conn. Val. 0.1 0.2	SR <u>\</u>	Connection Value 0.1	0.2	SR 7 V	Connection Value 0.1	0.2 SR 🔲	Content
Level 10	Level 10	Acro Flight	B+D/E	Level 10	Acro Indirect A/B+A/B+C C	+C Level 10	$\frac{10}{2}$ $\frac{9}{2}$
*Turn/Flight C+C	Min. of 1 C-Flight	(Two elements, excluding dmt)	C+C/D/E	Acro Series- 2 dir. conn.	(Saltos/Aerials) B+C A+A	+D One Acro Pass w/ min. 2	A 3 3
For a connection of two	2 nd diff. Flight,min. B	B + C	D/E + D/E	Flight ele. min. of 1 C;	` A+D A	+E Saltos (same or diff.),	
elements from Gr.3/6/7 -	Min. of C element	* (C must be Salto at Lev. 10;		OR E-Flight + A Non-	B/C+1	dif./ilidif. Collif. W/	SV 9.5 9.7
turn/flight is NOT req'd	with LA Turn	At Lev 9 - C must be Salto or Aer	ial)	Flight (excl. mnt/dmt)	B/C11	0	II I III Eytra +0 Ronus
(elements must be different)	(excludesMnt/Dmt)	Acro flight B+ B +C	B+C+C	Leap or Jump requiring	Acro Direct B+B E	+C support 3 Diff. Saltos (No Aerials)	(not in SV) if exer. has a
` '	Salto Dmt - Min. of C	(3+ elem. Incl. mnt/dmt))	B+B/C+D/E	180° cross/side split	(Saltos/Aerials) A+C A/B+1	D/E Dance Passage w/ 2 diff.	10 SV + min. of 0.6 total
C+D/E D/D	Level 9	Add'1+0.1 for 3 ele. Acro flight se		360° Turn on one foot Aerial/Salto Dmt - Min. C	A+A+C A+A+]	O/E Gr. 1 elements (direct	Bonus + an E (BB/FX-E Acro)
(C-No turn/flight req.)	2 Bar Changes	w/ min. C Salto/Aerial or D/E fligh	nt w/wo hand	or Min. B w/ C conn.		or indirect connection)	L9: allowable D/E's=C
	Min. of one B-Flight	support, excluding dmt		Level 9		- one a Leap	1st eligible D/E=
Level 9	2 nd diff. Flight – min. C	2 Dance/Mixed A+D/E	B+D/E	Acro Series- two directly	2 *Dance/Mix B+D/E C+1		10 D/E Domis
(If no turn/ C+C	OR min. B element	(excludes dmt) B+C	*C+C	connected Flight elem.	*Same or different *C+C	Min. of C Salto - Isolated or in Last Salto conn.	(any UB / Acro BB/FX)
	with LA Turn	*Same or different Dance	C+D/E	Leap or Jump w/ 180°	dance D/E-Salto + A-Jump	Level 9	< 1 Restricted elem =
flight-must be different)	(excludes Mnt/Dmt)	Turns A+C (or reve	erse)	Cross or Side Split	(This order only)	Same as I.10 except	No VP; - <u>.50</u> off SV
Turn/Flight C+C	Salto Dmt – Min. of B	All Acro elements used for CV mus		360° Turn on one Foot	No CV for a Turn followed by a Jum	Min. of B Salto- Isolated	No CV/DV w/ fall or spot
				Aerial/Salto Dmt – Min.B		or in Last Salto conn.	

Level 9 2 nd diff. Flight – min.		ro Series- two directly sonnected Flight elem *Same or different *C+C	Min. of C Salto - Isolated +.10 D/E Bonus				
(If no turn/ C+C OR min. B elemen	T -	sonnected Flight elem. ap or Jump w/ 180° and barrent same or different same or diff	or in Last Salto conn. (any UB / Acro BB/FX)				
flight_must be different) with LA Turn	Same of different bance C+D/E	af aft a 12	Level 9 No VD. 50 off SV				
(excludes Mnt/Dmt	A C (of feverse)	(Time state state)	Same as L10 except No CV/DV w/ fall				
Turn/Flight C+C Salto Dmt – Min. of		O' Turn on one Foot erial/Salto Dmt – Min.B	Min. of B Salto-Isolated or spot				
	AC	TIAL SAILO DIIL – WIII.B	or in Last Salto conn. Missing SR .50 off SV				
	Composition – Execution Deductions		Landing – Execution – General				
Uneven Bars	Balance Beam	Floor Exercise	Landing				
<u>Composition</u>	Composition 1:00 1:00 1:00 1:00 1:00 1:00 1:00 1:0	Composition	Feet hip-width or closer; never join on dmt				
<i>Choice of dmt. not up to competitive level</i> \uparrow .10	Failure to perform Acro ele. in two diff. directions . <u>10</u> (bwd & fwd/swd)	Insuff. use of FX area-Spatially (Floor pattern) \uparrow .10	Slight hop, adjustment of feet, staggered feet 1.10				
Faces same direction thruout exer (excl.Mt/dmt) .10	* If the only diff. direction is in dismount .05	Value of Salto(s) performed as last isolated Salto or	Deviation from straight direction \(\frac{1.10}{1.10}				
Uncharacteristic elements each .10	More than one pivot (str. leg) ½ turn thruout exercise 10	in last Acro connection not up to competitive level 7.10	Arm swings to maintain balance 1.10 Feet more than hip-width apart 1.10				
More than one squat/stoop on LB w/ or w/out	More than two Dance elements of the same shape	Failure to perform Saltos in two diff. directions	Feet more than hip-width apart steps each .1015 max .40				
sole circle to jump to grasp HB (Lev. 10 only) each .10	(tuck/wolf or straddle jumps) each type <u>.10</u>	(bwd & fwd/swd) <u>.10</u> More than two dance elements of the same shape	Trunk movements for balance (UB/BB dnnt & FX acro) \(^1.20\)				
3/4 fwd Giant circle (w/ or w/o grip change) each .10	Spatially - Insuff. use of entire length of beam 7.10	(tuck/wolf or straddle jumps) each type <u>.10</u>	Incorrect body posture on landing of VPs 1.20				
Failure to perform 2 ele. that fulfill 2 of 3	Insufficient level changes 7.10	Acro Salto elements not up to competitive level 7.20	Large step or jump .20				
following requirements, (excl. dmt): each <u>.10</u>	Failure to show movement/non-VP/choreography		Brush/touch of landing surface w/hand(s) 1.30				
- Forward element (circle/release) (Min. B)	in 2 of 3 diff. dir. (fwd/swd/bwd) each 0.05	Lack of turn on one foot, min. "B"	Squat upon landing \(\frac{1}{30}\)				
- Element from Groups 3, 6, or 7 (Min. B)	Choice of dismount not up to competitive level 7.10	Lack of min. of "B" Salto (Level 9)	Spotting assist upon landing Award VP/SR + .50				
- Element w/min. 180°LA turn, with/wo flight (Min. C)	Acro elements not up to competitive level 7.20	Lack of min. of "C" Salto (Level 10) <u>.30</u>	Execution Flexed/sickled feet during value parts each time .05				
Choice of release elements not up to	Dance elements not up to competitive level 7.20	Execution	Legs/knees: crossed \uparrow .10 separated \uparrow .20				
competitive level (Lev.10 only) 7.20	Lack of dance series (min. 2 dance elements from Gr. 1, 2, 3) .20	Fails to hold ending pose for 1 second 0.05	Insufficient exactness of body shape – N, V, / ↑.20				
Lack of two bar changes (Lev. 10 only) .20	Execution Feet apart on side pos. landing of leaps/jumps each 1.10	Fails to show synchronization of music w/ ending pose .10	Failure to maintain stretched body pos. 1.20				
Execution	Hesitation in jump, press, swing to HS each 1.10	Feet apart on landing of leaps/jumps each 1.10	- Pikes down (UB, BB, FX)				
Insuff. Angle of arrival-Flight to HS on LB .05	Incorrect body pos./alignment in Dance VPs each 1.10	Incorrect Rhythm during direct conn. each ↑.10	Incomplete turn/twist \uparrow .20				
Swing fwd. or bwd. under horizontal each 10 Under-rotation of release/flight elements 1.10	Lack of precision in Dance elements each 1.10	Incorrect body pos./alignment in Dance VPs each 10	Bent arms in support or bent legs 1.30				
$\boldsymbol{\varepsilon}$	Fails to perform Gr. #3 Turns in high relevé each 1.10	Lack of precision in Dance elements each ↑.10	Fall or support on hand(s) on apparatus or mat				
Precision of handstand positions throughout \(\frac{1}{2} \).10	Landing too close to beam on dismount .10	Fails to perform Gr. #2 Turns in high relevé each 1.10 Concentration pause (2 sec. or more) each .10	Saltos/Aerials/Dmt. Fall (.50) + No VP/SR				
Insuff. extension of glides/swings into kips 1.10	Concentration pause (2 sec.) each $\frac{10}{2}$	Legs not parallel to floor in split/straddle pike pos. 1.20	General				
Poor rhythm in elements/connections 1.10	Concentration pause (more than 2 sec.) each .20	Insuff. height of leaps/jumps/hops each \cdot .20	Fail to mark boundary line on mat (CJ) .10				
Hesitation during jump to HB/swing to HS ↑.10	Rhythm of conn Dance/Mixed/Acro (not bwd flight) each \(\frac{1}{20} \)	Insuff. height of Acro flights w/ hand support	Fail to Present before/after (CJ) each time <u>.10</u>				
Touch, brush on apparatus/mat with foot/feet ea. 1.10	Insufficient split when required (Dance/Acro elements) \ \cdot .20 \ Legs not parallel to beam in split/straddle pike pos. \ \cdot .20	& Aerials each \(\frac{1}{2}.20\)	Exceeds Floor Ex. boundary (CJ) each time <u>.10</u>				
Landing too close to bar on dismount .10	Insufficient dynamics 1 20	Insufficient split when required (Dance/Acro elements) 1.20	Overtime - BB/FX (CJ) .10				
Insuff. amplitude of elements (except *) each \uparrow .20	Insuff. height of leaps/jumps/hops each \(^1\).20	Insufficient dynamics ↑.20	Coach between bars or next to BB thruout (CJ) .10 Excessive use of magnesia (chalk) (CJ) .20				
Insufficient dynamics \(\frac{1}{20}\)	Insuff. height of Acro flights, Aerials & Saltos each ↑.20	Insuff. variation in rhythm/tempo throughout \(\frac{1}{20} \)	I				
 Insufficient swingful execution throughout 	Insuff, sureness of performance throughout 1.20	Relaxed/incorr. footwork in non-VPs throughout \(\frac{1}{2}.30\)	Verbal cues by coach/team (after warning) (CJ) 20				
- Energy not maintained throughout exercise	Insuff. variation in rhythm/tempo throughout 1.20	Poor relationship of music & movement thruout 1.30	Coach instructs gymnast during routine (CJ) .20				
- Fails to make difficult look effortless	Support of 1 leg against side of BB each .20 Relaxed/incorr. footwork in non-VPs throughout .30	Insuff. height of Saltos each \(^1.30\)	Failure to begin exercise w/in 30 sec. of CJ signal (CJ).20				
Hit on apparatus with foot/feet .20	Insuff. height of Salto dismount 1.30	Insuff. extension (open) of tuck/pike body pos. prior to landing Acro elements \(^1.30\)	Exceeds warm-up time (after warning) (CJ) $\frac{.20}{30}$				
Incorrect padding (heel/hip) CJ .20	Add'l movements to maintain balance on the beam ↑.30	prior to landing Acro elements 1.30 Incorr. body alignment/pos./posture in non-VPs	Verbal cues by coach/team (after I 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				
Insufficient height of Salto dismount* 1.30	Direction on Gainer dmt. off end of beam 1.30	throughout ↑.30	Failure to remove board after mount (CJ)				
Insuff. extension (open) of tuck/pike body pos. prior to landing dismount ↑.30	Insuff. extension (open) of tuck/pike body pos.	Artistry/Presentation 1.30	Use of Supplementary mats (CJ) $\frac{1}{30}$				
	prior to landing Acro elem. & dismount 1.30	- Lack of variety in choreography \(\frac{1}{10}\)					
Insuff. Amplitude of casts * 1.30	Incorr. body alignment/pos./posture in non-VPs throughout ↑.30	 Quality of movement reflects personal style ↑.10 	Lands Acro ele. or dmt in Pit (CJ) No VP/SR + 30				
Insuff. Angle of turn completion 1.30	Grasp of beam to avoid a fall .30	- Quality of expression 1.10	Lands Acro ele. or dmt in Pit (CJ) No VP/SR + 30 Spotting Assist on element No VP/SR + 50 Start exercise before signal (repetition) (CJ) 3 rd Run approach (UB/BB mounts) 50				
Hit on mat with foot/feet .30	Grasp of beam to avoid a fall 30 Use of supplemental support 30	Music with words/song (CJ) $\frac{1.00}{1.00}$	Spotting Assist on element Start exercise before signal (repetition) (CJ) 3 rd Run approach (UB/BB mounts) Coach on FX mat (CJ) Short Exercise: BB/FX-less than 30 sec. (CJ) 2.00				
Grasp on apparatus to avoid a fall $\frac{.30}{.20}$	Artistry/Presentation	Absence of music (CJ) $\underline{1.00}$	Coach on FX mat (CJ)				
Intermediate (extra) swing/cast (Max. 0.50 per elem) .30	- Lack of variety in choreography \(\frac{1}{2}.10\)		Short Exercise: BB/FX-less than 30 sec. (CJ) 2.00				
Insuff. amplitude of "B" Clear hip circles* 1.40			OB- (less than 5 value Parts)				
Full support on foot/feet on mat during exercise <u>.50</u>	- Quality of expression ↑.10		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							