

| Conn. Val.  | 0.1      | 0.2 | SR | √   | Connection Value | 0.1 | 0.2 | SR | ∩   | Connection Value | 0.1 | 0.2 | SR | □   | Content |  |  |   |  |  |  |   |           |          |   |   |   |   |   |   |   |   |   |    |     |     |
|---|----------|-----|----|---|------------------|-----|-----|----|---|------------------|-----|-----|----|---|---------|--|--|---|--|--|--|---|-----------|----------|---|---|---|---|---|---|---|---|---|----|-----|-----|
| <b>Level 10</b><br>*Turn/Flight C+C<br>*For a connection of two elements from Gr.3/6/7 - turn/flight is NOT req'd (elements must be different)<br>C+D/E D/D<br>(C-No turn/flight req.)<br><br><b>Level 9</b><br>(If no turn/ C+C flight—must be different)<br>Turn/Flight C+C |          |     |    | <b>Level 10</b><br>Min. of 1 C-Flight<br>2 <sup>nd</sup> diff. Flight,min. B<br>Min. of C element with LA Turn<br>(excludes Mnt/Dmt)<br>Salto Dmt - Min. of C<br><br><b>Level 9</b><br>2 Bar Changes<br>Min. of one B-Flight<br>2 <sup>nd</sup> diff. Flight – min. C<br><b>OR</b> min. B element with LA Turn<br>(excludes Mnt/Dmt)<br>Salto Dmt – Min. of B |                  |     |     |    | <b>Level 10</b><br>Acro Series- 2 dir. conn. Flight ele. min. of 1 C;<br><b>OR</b> E-Flight + A Non-Flight (excl. mnt/dmt)<br>Leap or Jump requiring 180° cross/side split<br>360° Turn on one foot Aerial/Salto Dmt - Min. C<br><b>or</b> Min. B w/ C conn.<br><br><b>Level 9</b><br>Acro Series- two directly connected Flight elem. Leap or Jump w/ 180° Cross or Side Split<br>360° Turn on one Foot Aerial/Salto Dmt – Min.B |                  |     |     |    | <b>Level 10</b><br>Acro Indirect A/B+A/B+C C+C<br>(Saltos/Aerials) B+C A+A+D<br>A+D A+E<br>B/C+D/E<br><br><b>Acro Direct</b> B+B B+C<br>(Saltos/Aerials) A +C A/B+D/E<br>A+A+C A+A+D/E<br>C+C<br><br><b>2 *Dance/Mix</b> B+D/E C+D/E<br>*Same or different *C+C<br>dance D/E-Salto + A-Jump<br>(This order only)<br>No CV for a Turn followed by a Jump |         |  |  | <b>Level 10</b><br>One Acro Pass w/ min. 2 Saltos (same or diff.), dir./indir. conn. w/ Flight elem. w/wo hand support<br>3 Diff. Saltos (No Aerials)<br>Dance Passage w/ 2 diff. Gr. 1 elements (direct or indirect connection)<br>- one a Leap requiring 180° split<br>Min. of C Salto - Isolated or in Last Salto conn.<br><br><b>Level 9</b><br>Same as L10 except Min. of B Salto- Isolated or in Last Salto conn. |  |  |  | <table><tr><td><b>10</b></td><td><b>9</b></td></tr><tr><td>A</td><td>3</td><td>3</td></tr><tr><td>B</td><td>3</td><td>4</td></tr><tr><td>C</td><td>2</td><td>1</td></tr><tr><td>SV</td><td>9.5</td><td>9.7</td></tr></table> <b>L10:</b> Extra +0.1 Bonus (not in SV) if exer. has a 10 SV + min. of 0.6 total Bonus + an E (BB/FX- E Acro )<br><b>L9:</b> allowable D/E's=C<br>1 <sup>st</sup> eligible D/E = +10 D/E Bonus (any UB / Acro BB/FX)<br><b>&lt;1 Restricted elem =</b><br>No VP; -.50 off SV<br><b>No CV/DV w/ fall or spot</b><br><b>Missing SR .50 off SV</b> | <b>10</b> | <b>9</b> | A | 3 | 3 | B | 3 | 4 | C | 2 | 1 | SV | 9.5 | 9.7 |
| <b>10</b>   | <b>9</b> |     |    |   |                  |     |     |    |   |                  |     |     |    |   |         |  |  |   |  |  |  |   |           |          |   |   |   |   |   |   |   |   |   |    |     |     |
| A   | 3        | 3   |    |   |                  |     |     |    |   |                  |     |     |    |   |         |  |  |   |  |  |  |   |           |          |   |   |   |   |   |   |   |   |   |    |     |     |
| B   | 3        | 4   |    |   |                  |     |     |    |   |                  |     |     |    |   |         |  |  |   |  |  |  |   |           |          |   |   |   |   |   |   |   |   |   |    |     |     |
| C   | 2        | 1   |    |   |                  |     |     |    |   |                  |     |     |    |   |         |  |  |   |  |  |  |   |           |          |   |   |   |   |   |   |   |   |   |    |     |     |
| SV  | 9.5      | 9.7 |    |   |                  |     |     |    |   |                  |     |     |    |   |         |  |  |   |  |  |  |   |           |          |   |   |   |   |   |   |   |   |   |    |     |     |

| Composition – Execution Deductions   |           |  |  |  | Landing – Execution – General  |                |  |  |  |
|--|-----------|--|--|--|--|----------------|--|--|--|
| Uneven Bars  |           |  |  |  | Balance Beam   |                |  |  |  |
| Composition  |           |  |  |  | Composition  |                |  |  |  |
| Choice of dmt. not up to competitive level   | ↑.10      |  |  |  | Failure to perform Acro ele. in two diff. directions (bwd & fwd/swd)                   | ↑.10           |  |  |  |
| Faces same direction thruout exer (excl.Mt/dmt)  | ↑.10      |  |  |  | * If the only diff. direction is in dismount   | ↑.05           |  |  |  |
| Uncharacteristic elements  | each ↑.10 |  |  |  | More than one pivot (str. leg) ½ turn thruout exercise                                 | ↑.10           |  |  |  |
| More than one squat/sit on LB w/ or w/out sole circle to jump to grasp HB (Lev. 10 only) | each ↑.10 |  |  |  | More than two Dance elements of the same shape (tuck/wolf or straddle jumps)           | each type ↑.10 |  |  |  |
| ¾ fwd Giant circle (w/ or w/o grip change)   | each ↑.10 |  |  |  | Spatially - Insuff. use of entire length of beam                                       | ↑.10           |  |  |  |
| Failure to perform 2 ele. that fulfill 2 of 3 following requirements, (excl. dmt):       | each ↑.10 |  |  |  | Insufficient level changes   | ↑.10           |  |  |  |
| - Forward element (circle/release) (Min. B)  |           |  |  |  | Failure to show movement/non-VP/choreography in 2 of 3 diff. dir. (fwd/swd/bwd)        | each 0.05      |  |  |  |
| - Element from Groups 3, 6, or 7 (Min. B)  |           |  |  |  | Choice of dismount not up to competitive level   | ↑.10           |  |  |  |
| - Element w/ min. 180° LA turn, with/wo flight (Min. C)                                  |           |  |  |  | Acro elements not up to competitive level  | ↑.20           |  |  |  |
| Choice of release elements not up to competitive level (Lev.10 only)                     | ↑.20      |  |  |  | Dance elements not up to competitive level   | ↑.20           |  |  |  |
| Lack of two bar changes (Lev. 10 only)   | ↑.20      |  |  |  | Lack of dance series (min. 2 dance elements from Gr. 1, 2, 3)                          | ↑.20           |  |  |  |
| Execution  |           |  |  |  | Execution  |                |  |  |  |
| Insuff. Angle of arrival-Flight to HS on LB  | ↑.05      |  |  |  | Feet apart on side pos. landing of leaps/jumps   | each ↑.10      |  |  |  |
| Swing fwd. or bwd. under horizontal  | each ↑.10 |  |  |  | Hesitation in jump, press, swing to HS   | each ↑.10      |  |  |  |
| Under-rotation of release/flight elements  | ↑.10      |  |  |  | Incorrect body pos./alignment in Dance VPs   | each ↑.10      |  |  |  |
| Precision of handstand positions throughout  | ↑.10      |  |  |  | Lack of precision in Dance elements  | each ↑.10      |  |  |  |
| Insuff. extension of glides/swings into kips   | ↑.10      |  |  |  | Fails to perform Gr. #3 Turns in high relevé   | each ↑.10      |  |  |  |
| Poor rhythm in elements/connections  | ↑.10      |  |  |  | Landing too close to beam on dismount  | ↑.10           |  |  |  |
| Hesitation during jump to HB/swing to HS   | ↑.10      |  |  |  | Concentration pause (2 sec.)   | each ↑.10      |  |  |  |
| Touch, brush on apparatus/mat with foot/feet ea.   | ↑.10      |  |  |  | Concentration pause (more than 2 sec.)   | each ↑.20      |  |  |  |
| Landing too close to bar on dismount   | ↑.10      |  |  |  | Rhythm of conn. - Dance/Mixed/Acro (not bwd flight)                                    | each ↑.20      |  |  |  |
| Insuff. amplitude of elements (except *)   | each ↑.20 |  |  |  | Insufficient split when required (Dance/Acro elements)                                 | ↑.20           |  |  |  |
| Insufficient dynamics  | ↑.20      |  |  |  | Legs not parallel to beam in split/straddle pike pos.                                  | ↑.20           |  |  |  |
| - Insufficient swingful execution throughout   |           |  |  |  | Insufficient dynamics  | ↑.20           |  |  |  |
| - Energy not maintained throughout exercise  |           |  |  |  | Insuff. height of leaps/jumps/hops   | each ↑.20      |  |  |  |
| - Fails to make difficult look effortless  |           |  |  |  | Insuff. height of Acro flights, Aerials & Saltos                                       | each ↑.20      |  |  |  |
| Hit on apparatus with foot/feet  | ↑.20      |  |  |  | Insuff. sureness of performance throughout   | ↑.20           |  |  |  |
| Incorrect padding (heel/hip)   | CJ ↑.20   |  |  |  | Insuff. variation in rhythm/tempo throughout   | ↑.20           |  |  |  |
| Insufficient height of Salto dismount*   | ↑.30      |  |  |  | Support of 1 leg against side of BB  | each ↑.20      |  |  |  |
| Insuff. extension (open) of tuck/pike body pos. prior to landing dismount                | ↑.30      |  |  |  | Relaxed/incorr. footwork in non-VPs throughout   | ↑.30           |  |  |  |
| Insuff. Amplitude of casts *   | ↑.30      |  |  |  | Insuff. height of Salto dismount   | ↑.30           |  |  |  |
| Insuff. Angle of turn completion   | ↑.30      |  |  |  | Add'l movements to maintain balance on the beam  | ↑.30           |  |  |  |
| Hit on mat with foot/feet  | ↑.30      |  |  |  | Direction on Gainer dmt. off end of beam   | ↑.30           |  |  |  |
| Grasp on apparatus to avoid a fall   | ↑.30      |  |  |  | Insuff. extension (open) of tuck/pike body pos. prior to landing Acro elem. & dismount | ↑.30           |  |  |  |
| Intermediate (extra) swing/cast (Max. 0.50 per elem)                                     | ↑.30      |  |  |  | Incorr. body alignment/pos./posture in non-VPs throughout                              | ↑.30           |  |  |  |
| Insuff. amplitude of "B" Clear hip circles*  | ↑.40      |  |  |  | Grasp of beam to avoid a fall  | ↑.30           |  |  |  |
| Full support on foot/feet on mat during exercise   | ↑.50      |  |  |  | Use of supplemental support  | ↑.30           |  |  |  |
|  |           |  |  |  | Artistry/Presentation  |                |  |  |  |
|  |           |  |  |  | - Lack of variety in choreography  | ↑.10           |  |  |  |
|  |           |  |  |  | - Quality of movement reflects personal style  | ↑.10           |  |  |  |
|  |           |  |  |  | - Quality of expression  | ↑.10           |  |  |  |
|  |           |  |  |  | Music with words/song (CJ)   | 1.00           |  |  |  |
|  |           |  |  |  | Absence of music (CJ)  | 1.00           |  |  |  |

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