

BARS COMPOSITION

LEVEL 10 RELEASES not up to competitive level

↑0.2	Release Elements	
Expected NO Deduction	D--D <i>Minimum of 2 different D or E Elements</i>	
0.05	D C <i>Directly Connected</i>	
0.10	D--C <i>Isolated (NOT connected)</i>	
0.15	C C <i>Directly Connected</i>	
	D--B <i>Isolated (NOT connected)</i>	
0.20	C--C <i>Isolated (NOT connected)</i>	
	C B <i>or less</i>	

LEVEL 10 DISMOUNT not up to competitive level

↑0.1	Dismount Elements	
Expected NO Deduction	D/E	D C <i>Directly Connected</i>
0.05	C C C <i>Directly Connected</i>	D C C <i>Directly Connected</i>
0.10	C C <i>"C" or less connected to "C" or less dismount</i>	

LEVEL 9 - 8 DISMOUNT not up to competitive level

↑0.1	LEVEL 9	LEVEL 8
Expected NO Deduction	C	B or B A
0.05	C B	
0.10	B B	A <i>or No VP</i>

LEVELS 9-10 CHOICE of elements ↑0.2

Failure to perform 2 of the following 3 choices:

- 1) Forward circle or release element, *minimum B*
 - Not in Dismount
- 2) Group 3/6/7 element, *minimum B*
- 3) Pirouette element, *minimum 180° LA turn*
 - Must be on top of the bar

	Element choices performed
Expected NO Deduction	2 <i>Two out of the three choices</i>
0.10	1 <i>One out of the three choices</i>
0.20	0 <i>None of the the three choices performed</i>

0.10 Uncharacteristic Element *(each time)*

- Squat-on LB ½ turn
- Climbing onto LB within exercise
- Swing fwd from HB place feet on LB w/wo ½ turn

0.10 ¾ Giant Circle Fwd, w/wo grip change *(each time)*

- Not horizontal also ↑0.1
- Breaks connection

0.10 Facing same direction throughout exercise

- Not in Mount / Dismount
- 1/1 turn will NOT fulfill (Levels 9 & 10 only)

0.10 More than 1 Squat / Stoop on LB (Level 10 only)

- W/wo Sole Circle, jump to HB
- After fall included

0.20 Lack of two bar changes (Level 10 only)

↑ 0.20 Lack of Elements that Achieve Vertical *or pass through vertical* (Level 8 only)

BEAM LEVEL 9 COMPOSITION

L9 ACRO not up to competitive level ↑0.2

	Flight Series	Additional Acro	
0.0	BC 2 flight	C Salto or Aerial	If acro series has a salto or aerial, the additional acro can be a C with hand support
	BC 2 flight	D/E hand support	
0.05	BC 2 flight	C hand support	
0.10	BC 2 flight	B or more B flight	
0.15	BB 1-2 B flights	C Salto or Aerial	
0.20	BB 1-2 B flights	No other B Acros	
	Broken series No series	No other B Acros	

BEAM LEVEL 8 COMPOSITION

L8 ACRO not up to competitive level ↑0.2

	Flight Series	Additional Acro	Additional Acro
0.0	BB 2 flight	B	A
0.05	BB 2 flight	A	A
	BB 2 flight	B	
0.10	BB 2 flight	A	
	AB B flight	B	
0.15	AB B flight	A	
0.20	AB or no series	No other Acros	

L9 DANCE not up to competitive level ↑0.20

Expected No Deduction	CC 2 C-dance elements or more
0.05	CB
0.10	C
0.15	BB
0.20	B

L8 DANCE not up to competitive level ↑0.20

Expected No Deduction	BBA 2 B-dance elements and 1 A
0.05	BB
0.10	BAA
0.15	BA
0.20	Only A elements

L9 DISMOUNT not up to competitive level ↑0.1

0.0	C or BB or CB Acro connect or Dance connect
0.05	AB or BB Acro connect or Dance connect
0.10	B or A Isolated or Any A dismount

L8 DISMOUNT not up to competitive level ↑0.1

0.0	B or BA Acro connect
0.05	AA Acro connect
0.10	A or Any Non VP Dismount Isolated

BALANCE BEAM COMPOSTION

<p>0.10 Failure to perform Acros in 2 different directions: Backward & Forward/Sideward 0.05 Dismount is the only Fwd/ Swd or Bwd</p>
<p>0.10 Overuse of Dance elements with same shape <i>More than 2 ea: Wolf / Tuck or Straddle</i></p>
<p>0.10 More than 2 pivot turns (<i>2-feet & straight legs</i>)</p>
<p>0.20 Lack of a Dance Series (<i>Min of 2 dance elements</i>)</p>
<p>↑0.10 Insufficient level changes throughout exercise</p>
<p>↑0.10 Spatial use: Entire length of beam</p>
<p>↑0.10 Directional use F/B/S: Movements/Non-VP/Choreo</p>

BEAM LEVEL 10 COMPOSITION

ACRO elements not up to competitive level ↑0.2

	Flight Series	Additional Acro	Additional C Salto
Expected = NO Deduction	BC <i>1 C-salto</i>	D/E <i>Aerial/salto/hand</i>	C <i>or D/E Acro Flight</i>
	BBC <i>Salto or hand OK</i>	D/E <i>Aerial/salto/hand</i>	C <i>or D/E Acro Flight</i>
	CC <i>2 C-saltos (also BCC)</i>	D/E <i>Aerial/salto/hand</i>	
	BD <i>"D" or "E" flight</i>	D/E <i>Aerial/salto/hand</i>	
0.05	BC <i>1 C-salto</i>	D/E <i>Aerial/salto/hand</i>	
	BD <i>"D" or "E" flight</i>		C <i>Salto</i>
0.10	BC <i>1 C-salto</i>		C <i>Salto</i>
	BC <i>Hands - NO salto</i>	D/E <i>Aerial/salto/hand</i>	C <i>Salto</i>
	BD <i>"D" or "E" flight</i>	B or C <i>Flight on Hands</i>	
0.15	BC <i>1 C-salto</i>		
	BC <i>Hands - NO salto</i>	D/E <i>Aerial/salto/hand</i>	
	BD <i>"D" or "E" flight</i>		
		D/E <i>Aerial/salto/hand</i>	
0.20	<i>NO Series</i>		C <i>Salto</i>
	<i>Broken Series</i>		C <i>Salto</i>
	BC <i>Hands only or BB</i>		

DANCE elements not up to competitive level ↑0.20

Expected	CCC	
0.0 Deduct	<i>3 C-dance elements or greater</i>	
0.05	CCB or	DC or EC
0.10	CC or	DB or EB
0.15	CB or	D or E
0.20	C or	BB or less

DISMOUNT not up to competitive level ↑0.1

	Dismount	Acro Connect	Dance Connect
Expected	D/E	BC	or CC
0.0 Deduct		<i>B-Acro to C-Dmt</i>	<i>C-Dance to C-Dmt</i>
0.05		AC	or BC
		<i>A-Acro to C-Dmt</i>	<i>B-Dance to C-Dmt</i>
		or CB	
		<i>Acro series C to B-Dmt</i>	
		or DB	
		<i>D-Acro flight to B-Dmt</i>	
0.10	C or	CB or	CB
		<i>C-Acro to B-Dmt</i>	<i>C-Dance to B-Dmt</i>

0.10 Failure to perform Acros in 2 different directions
Backward & Forward/Sideward

0.05 Dismount is the only Fwd/ Swd or Bwd

0.10 Overuse of Dance elements with same shape
More than 2 ea: Wolf / Tuck or Straddle

0.10 More than 2 pivot turns (*2-feet & straight legs*)

0.20 Lack of a Dance Series (*Min of 2 dance elements*)

↑0.10 Insufficient level changes throughout exercise

↑0.10 Spatial use: Entire length of beam

↑0.10 Directional use F/B/S: Movements/Non-VP/Choreo

FLOOR LEVEL 9 COMPOSITION

L9 SALTOS not up to competitive level ↑0.2

		Pass (1)	Pass (2)	Pass (3)
3-pass routines	0.0	C	C	C
		C	C	BB <i>Bonus</i>
	0.05	C	C	BA <i>DIRECT</i>
	0.10	C	C	B <i>or B--A Indirect</i>
		C	BB <i>Bonus</i>	BB <i>Bonus</i>
	0.15	C	BB <i>Bonus</i>	B
0.20	No C saltos			

		Pass (1)	Pass (2)
2-pass routines	0.0	CA <i>Bonus</i>	CA <i>Bonus</i>
	0.05	C	CA <i>Bonus</i>
	0.10	C	C--B <i>INDIRECT</i>
	0.15	C	C--A <i>INDIRECT</i>
0.20	No C saltos		

FLOOR LEVEL 8 COMPOSITION

L8 SALTOS not up to competitive level ↑0.2

		Pass (1)	Pass (2)	Pass (3)
3-pass routines	0.0	B	B	B
		B	B	AA <i>DIRECT</i>
	0.05	B	B	A--A <i>INDIRECT</i>
	0.10	B	B	A
		B	AA <i>DIRECT</i>	A
	0.15	B	A	A
0.20	No B saltos			

		Pass (1)	Pass (2)
2-pass routines	0.0	BB <i>DIRECT</i>	BB <i>DIRECT</i>
	0.05	B	BA <i>2-salto pass</i>
	0.10	B <i>or "B--B" Indirect</i>	AA <i>DIRECT</i>
	0.15	B	A <i>or "A--A" Indirect</i>
0.20	No B saltos		

L9 DANCE not up to competitive level ↑0.20

Expected No Deduction	CC <i>2 C-dance elements or more</i>
0.05	CB
0.10	C
0.15	BB
0.20	B

L8 DANCE not up to competitive level ↑0.20

Expected No Deduction	BBA <i>2 B-dance elements and 1 A</i>
0.05	BB
0.10	BAA
0.15	BA
0.20	Only A elements

L9 LAST SALTO in last pass or isolated ↑0.1

Expected No Deduction	C <i>or</i> BB <i>DIRECT</i>
0.05	B--B <i>or</i> BA <i>INDIRECT DIRECT</i>
0.10	B--A <i>or</i> B <i>INDIRECT or A</i>

L8 LAST SALTO in last pass or isolated ↑0.1

Expected No Deduction	B
0.05	A--A <i>or</i> AA <i>INDIRECT DIRECT</i>
0.10	A <i>or</i> No Salto <i>Isolated Acro Flight</i>

FLOOR EXERCISE COMPOSITION

↑0.10 Insufficient use of the Floor Exercise area (Spatially - Floor Pattern)
<u>0.10</u> Failure to perform Saltos or Aerials in 2 different directions, BWD and FWD/SWD
<u>0.10</u> Overuse of Dance elements with same shape <i>More than 2 ea: Wolf / Tuck or Straddle</i>
<u>0.20</u> Lack of a turn on one foot, minimum B
<u>0.30</u> Lack of a B-salto (L9) <i>(in addition to lack of SR)</i> Lack of 3 A-saltos (L8)

FLOOR LEVEL 10 COMPOSITION

SALTOS not up to competitive level ↑0.2

		Pass (1)	Pass (2)	Pass (3)
3-pass routines	NO Deduction	D "D/E"	D "D/E"	D "D/E"
		D "D/E"	D "D/E"	CB Bonus
	0.05	D	D	CA Bonus
	0.10	D	D	C or B or A
		D	CB Bonus	CB Bonus or CA
	0.15	D	CB Bonus	C or B or A
		D	CB Bonus or CA	C--B INDIRECT
	0.20	No D/E saltos		

2-pass routines	NO Deduction	E	E
		E	DA DIRECT
	0.05	DA Direct / Indirect	DA Direct / Indirect
		E	D--A INDIRECT
	0.10	D	DA Direct / Indirect
		E	CA Bonus or CB or CC
	0.15	D	CB Bonus or CC
		DA Direct / Indirect	C
		E	1-2 saltos BB or less
	0.20	No D/E saltos	
D		2 saltos NO BONUS	

DANCE not up to competitive level ↑0.20

Expected No Deduction	CCC 3 C-dance elements or greater	
0.05	CCB	or DC or EC
0.10	CC	or DB or EB
0.15	CB	or D or E
0.20	C	or BB or less

LAST SALTO in last pass or isolated ↑0.1

Expected No Deduction	D "D/E"	or	CB DIRECT
0.05	C--B INDIRECT	or	CA DIRECT
0.10	C--A INDIRECT	or	C or B or A

↑0.10	Insufficient use of the Floor Exercise area Spatially - Floor pattern
0.10	Failure to perform Saltos or Aerials in 2 different directions, BWD and FWD/SWD
0.10	Overuse of Dance elements with same shape More than 2: Wolf / Tuck
0.10	Overuse of Dance elements with same shape More than 2: Straddle
0.20	Lack of a turn on one foot, minimum B
0.30	Lack of a C-salto (in addition to lack of SR)