

Special Requirements	Release Not ^Level	Other Composition	Bonus	Dismount Rules
1. "C" Release 2. 2 nd Different Release, Min "B" 3. "C" Turn 4. "C" Salto Dismount	0.00 2 Diff D/E 0.05 D+C connected 0.10 D, C isolated 0.15 C+C connected OR D, B isolated 0.20 C, C isolated OR B, C or less <i>Consider value of the release elems and:</i> 1) Type of Release 2) Direct Connection to other release &/or high VPs 3) Total number in exercise (if 3 or more, use discretion)	0.10 Direction Chg ^0.20 Elem Choice (Min "B" VP: Forward, 3/6/7, & Pirouette) 2 of 3 = 0.00 1 of 3 = 0.10 0 of 3 = 0.20 0.20 2 Bar Chgs 0.10 >1 Squat On 0.10 ¾ Giant Fwd - Not a VP 0.10 Uncharac Elems	+0.10 C+C <i>Both with turn or flight</i> C+C 2 Different 3/6/7 elements C+D <i>C doesn't need turn / flight</i> +0.20 D+D or more Award Extra 0.10 (not in SV) if Routine has minimum 0.60 Bonus including "E" Element.	1. Must be performed from Bar designated in element description 2. Flyaways retain Value Part regardless of starting position 3. Dismount w/o Salto 0.50 Missing SR from SV DO NOT deduct for No Dismt 4. Dismount of No Value - NIC 0.50 Missing SR from SV 0.30 No Dismount from SV 5. Terminates exercise early - Intentionally or due to a fall 0.50 Missing SR from SV 0.30 No Dismount from SV 0.50 Fall (w/ or w/o actual fall on mat) 2.00 From Avg if <5 VP (CJ) 6. Falls on Salto Dismount <i>Initiates Salto, Falls, doesn't land Feet First</i> No VP Deduct for Difficulty if appropriate 0.50 Missing SR from SV 0.50 Fall Deduct for other Exec / Amp if appropriate <i>Never Initiates Salto, Falls, doesn't land Feet First</i> No VP Deduct for Difficulty if appropriate 0.50 Missing SR from SV 0.30 No Dismount from SV 0.50 Fall Deduct for other Exec / Amp if appropriate
Dismount Not ^Level	0.00 D/E OR D/E+C 0.05 C+C+C OR D+C+C 0.10 C +C or less			
C Salto Dismounts	D Salto Dismounts	E Salto Dismounts		
Clear/Toe, Fwd Salto T/P & w/ ½ Turn Clear/Toe, ½ Turn, Back Salto Tk / Pk Flyaway w/ 1 ½ or 2/1 Twist Double Back Tk/Pk Front Flyaway w/ 1 ½ - 2/1 Twist Tk / LO Cast near HS - Back Salto Tk/Pk Cast near HS - Front Salto Pk Back Giant to Back Salto over HB Clear hip to Back Salto Tk/Pk Tanac 1/1 - 1 ½ Back Giant w/ ½ Turn to Back LO	Clear/Toe salto fwd T/P w/ 1/1 Twist Clear/Toe salto fwd LO Clear P circle Bkwd to salto fwd LO w/ ½ Twist Clear/Toe ½ turn back salto LO Clear/Toe ½ turn to back salto w/ ½ Twist Flyaway 2 ½ Double back Tk ½ turn in 2 nd Salto Double Flyaway Pk/LO or LO/Pk Fwd Giant, Salto Fwd T/P/LO w/ 2 ½ Twist Fwd Giant, ½ Turn Double Back Tk / Pk Back Hip Hecht to Back Salto Tk Stalder HS to Bck Salto Tk/Pk Back Giant, Salto Back Tk over HB w/ 1/1 Twist Tanac 2/1 or more	Clear/Toe Front T/P w/ 1 ½ Twist Clear/Toe ½ to Back Tk 1/1 Twist Flyaway 3/1 Double Back TK 2/1 Twist Double Back Tk, 1/1 In or Out Back LO ½ Front Pk ½ Triple Back Tk Double Back LO, also w/ 1/1- 2/1 Twist Double Back LO w/ 2 ½ Twist Double Back LO w/ scissor splits Back Tk ½ into Front Tk/LO, also w/ ½ Twist ½ Twist to Double Front Tk Double Front Tk, also w/ ½ Twist Front Tk ½ Back TK Back Hip Hecht - ½ Turn to Front Salto Back Hip Hecht-Back Salto w/1/1Twist		

Uneven Bars - Level 10

Updated 5/29/18

E Mounts

RO FF w/ 1/1 to Clr Support
RO FF w/ 1/1 thru HS on LB
RO Tk / Pk Arabian over LB to hang on HB (*no touch on LB*)

E Casts / Counterswings

Inner Frt Support on LB, Roll w/ 1/1 to hang on HB
Frt Support on HB, Cast w/ Salto Fwd straddled to hang on HB

E Undrswgs & Clear Hips

Inner Frt Support on LB, CHC thru HS w/ ½ to Hang on HB
CHC on HB thru HS, counter straddle to hang on HB, also Pk
HS on HB facing LB, Undrswg w/ 1 ½ and flight over LB to hang on LB
CHC to HS w/ 1 ½ in HS
On HB, Clear Hip Fwd to immed Straddle Frt Salto to catch in hang on HB

E Bkwd Giants

Giant w/ Hop 1/1 to regular grip in HS
Giant w/ 2/1 in HS
Hang on HB, long swg Fwd w/ 1 ½ and flight over LB to hang on LB
Piked Tkatchev
HS on HB, Giant w/ ½ turn, further ½ turn to counter straddle in flt over HB to hang
Tkatchev w/ 1/1
Facing out - Undrswg bkwd on HB w/ support of feet or swg fwd on HB - counter salto fwd straddled to hang on HB in reverse grip
Pak 1/1
Layout Geinger

E Stalder Circles

Stalder Fwd in L grip w/ 1/1 in HS
Stalder Bkwd to HS w/ 1 ½ in HS also to L or mixed-L grip
Stalder Bkwd thru HS & Counter Straddle to hand on HB
Facing outward- Stalder Bkwd w/ flgt w/ ½ turn to hand on HB or from outside w/ ½ turn to hand on HB

E Forward Giants

Giant Fwd in reverse grip w/ start of 1/1 on 1 arm before HS
Giant Fwd in reverse grip w/ 1 ½ in HS
From HS, Swg down betw bars, w/ ½ thru brief hand in cross or regular grip, swg bkwd w/ salto fwd pk to hang on HB
Piked Jaeger
Frt Giant in L-grip w/ ½ turn and straddle flight over HB to hang on HB (***D if in reverse grip***)
L-grip Frt Giant, hop to reverse grip w/ 1/1 turn finish in HS to mixed-L or L grip
L-grip Frt Giant, to HS & 1/1 turn in HS from L-grip on 1 arm w/ side flair of free arm to reverse grip
Fwd Giant in L grip to HS w/ 1 ½ - 2/1 turn

E Circle Swings / Hechts

Free hip Bkwd on LB or HB, Hecht w/ flgt & ½ turn passing over bar to hand on same bar
Also from CHC Bkws on HB (free or clear Hechtkehre)
From Stoop in or from rear support on HB - Alder-seat (Pk) circle fwd thru clear extended support (in L-grip) to finish with in 30° of vertical Also w/ ½ turn
Clear rear Pk support on HB -full circle swg bkwd-continue thru clear rear pike support bkwd over HB into hang
Clear rear Pk support on HB circle swg bkwd LO or PK betw bars to clear support on LB
Clear rear Pk support on HB circle swg bkwd and ½ turn w/ flight to HS on LB
Clear rear Pk support on HB from HS, clear Pk circle bkwd to rear inverted Pk support
Pike Sole circle Fwd in L-grip to HS w/ 1/1 or 1 ½ to L or Mix-L
On LB-Pike Sole circle Bkwd thru HS w/ flgt & ½ turn to catch HB Also w/ 1/1 turn
HS on HB-Pike circle Bkwd Reverse Hecht over HB to hang, Straddle, Pike, or w/ ½
Clear Pike Sole circle Fwd to HS w/ 1/1 in HS
Clear Pike Sole circle Bkwd to HS w/ 1/1 in H

Special Requirements

1. Acro Series w/ C flight w/ or w/o hands
OR A Non-flight to E Acro Flight
2. Leap or Jump 180°
3. 360° Turn on 1 Foot
4. C Aerial/Salto Dsmt
OR Acro Series w/ C Acro + B Dsmt **OR** C Acro Flt/Dance + B Dsmt

Other Composition

- 0.10** Direction
(Bkwd & Fwd/Sidwd)
0.05 If only in Dsmt
- 0.10** Same Dance Shape >2 wolf/tuck or >2 straddle
- 0.10** >2 Pivots
- 0.20** No Dance Series
- ^0.10** Level Changes
- ^0.10** Spatial (Up/Dwn)
- ^0.10** Choreo Direction
(Bkwd/Fwd/Sidwd)

Acro Not ^Level

<u>Max C in Acro Flt Series</u> 0.00	<u>D/E in Acro Flt Series</u> 0.00
1a. 2 elem Flt Series w/ C salto OR 1b. 3 elem Flt Series w/ or w/o hand support 2. D/E Flt w/ or w/o hand support 3. Min Add'l C Salto or Add'l D/E Acro Flt w/ or w/o hand support <i>Note: If the Acro Flt Series has 2 C saltos, 1 can count for Add'l C salto</i>	1a. 2 elem flt series w/ D/E Flt 2. Add'l D/E Flt
0.05 1. 2 elem Series w/ C Salto 2. One D/E Flt w/ or w/o hand support	0.05 1. Flt series w/ D/E 2. Add'l C salto
0.10 1a. 2 elem Series w/ C Salto 2a. One Add'l C Salto OR 1b. Flt Series w/o C Salto 2b. One C salto (Not in Acro Series) 3b. One D/E Flt	0.10 1. Flt series w/ D/E 2. Add'l B/C w/ hand
0.15 1a. 2 elem Acro Series w/ C salto OR 1b. Flt Seies w/o C Salto 2b. Only 1 D/E Flt	0.15 1a. Flt series w/ D/E 2a. No add'l Flt OR 1a. No Acro Flt Series 2a. Only 1 D Acro Flt
0.20 1. No Flt Series OR Flt Series w/o Salto or Aerial 2a. No Add'l C or more Salto/Aerial OR 2b. Only isolated C Salto or less	<p style="text-align: right;">Compiled by B. Eberhardt BLEgym@aol.com</p>

Dance Not ^Level

- 0.00**
3 C's **OR**
2 C's+1 D/E
- 0.05**
2 C's + 1 B **OR**
1 C+1 D/E
- 0.10**
2 C's **OR** 1 B+1 D/E
- 0.15**
1 C+1 B **OR** 1 D/E
- 0.20**
1 C **OR** 2 B's

Dismt Not ^Level

- 0.00**
B acro + C
OR
C dance + C
OR
D/E Dismount
- 0.05**
A acro + C
OR
B dance + C
OR
Series w/ C + B
OR
D/E acro + B
- 0.10**
Isolated C
OR
C acro flt or dance +B

Balance Beam - Level 10

Updated 5/29/18

Bonus

+0.10	2 Flight B+C salto <i>Not Mt/Dsmt</i>	3 Flight B+B+C	Dance/Mix A+D B+C	Turns A+C <i>No Turn to Leap</i>
--------------	---	---------------------------------	--	--

+0.20	2 Flight B+D/E C+C C+D D+D or more <i>Not Dsmt</i>	3 Flight B+C+C B+B+D/E B+C+D or more <i>Mt / Dsmt OK</i>	Dance/Mix B+D C+C C+D or more <i>Same / Diff</i>	Extra +0.10 if Min 0.60 Bonus & "E" Acro Element
--------------	--	--	--	---

Award **Extra 0.10 Bonus** (not in SV) if Routine has minimum **0.60** total Bonus **including** "E" Acro Element

E Acro Elements ON Beam

Jmp Bkwd w/ 1/2 Twist to WO Fwd (Onodi)
Aerial WO Fwd - free leg Bkwd to finish in Scale (2 sec)
Aerial WO Fwd land on 2 feet
Butterfly
Aerial CW across width of BB
Aerial CW w/Switch of Legs take-off & land on same leg
Aerial CW to land in immediate Scale (2 sec)
FF w/ 3/4 - 1/1 Twist before hand support
FF from side position w/ 1/1 Twist to hip circle Bkwd
Gainer FF w/ 1/1 Twist before hand support
Salto Fwd Tk take off 1 Foot-end - Scale (2 sec)
Salto Fwd Pk finish in Stand
Salto Fwd Tk w/ 1/2 Twist - 2 Foot take-off
Arabian Salto Tk
Salto Fwd Pk take off 1 Foot 1/4 Turn- land side
Salto Bkwd LO
Salto Bkwd TK or LO w/ 1/1 Twist
Jmp Fwd w/ 1/2 Twist - Salto Bkwd Pk

E Mount Elements

RO FF w/ 1/1 Twist to Hip Circle Bkwd
Salto Fwd Pk to Stand - End of BB
Salto Fwd Tk w/ 1/2 Turn to Stand
RO Arabian Salto to Stand
RO Salto Bkwd LO to Stand
RO Salto Bkwd LO w/ 1/1 Twist

Dismount Rules

- Evaluate all elems, incl. Dsmt, after Time called
- Dismount w/ Hand Support - No Aerial / Salto
0.50 Missing SR from SV
DO NOT deduct for No Dismt
- Dismount of No Value - NIC
0.50 Missing SR from SV
0.30 No Dismount from SV
- Terminates exercise early -Intentional or Fall
0.50 Missing SR from SV
0.30 No Dismount from SV
0.50 Fall (w/ or w/o actual fall on mat)
2.00 From Avg is <5 VP (CJ)
- Falls on Salto Dismount
Initiates Salto, Falls, doesn't land Feet First
No VP Deduct for Difficulty if appropriate
0.50 Missing SR from SV
0.50 Fall
Deduct for other Exec / Amp if appropriate
Never Initiates Salto, Falls, doesn't land Feet First
No VP Deduct for Difficulty if appropriate
0.50 Missing SR from SV
0.30 No Dismount from SV
0.50 Fall
Deduct for other Exec / Amp if appropriate

E Dismount Elements

Double Salto Fwd Tk
Double Arabian Salto Fwd Tk
Salto Bkwd LO w/ 3/1 Twist
Double Salto Bkwd Tk or Pk
Full-In Double Salto Bkwd Tk
Gainer Salto Bkwd LO w/ 3/1 Twist to Side
Gainer Salto LO w/ 1/1 or more Twist at End

Difficulty Required: 3A, 3B, 2C

Floor Exercise - Level 10

Updated 5/30/18

Start Value 9.50 + 0.50
(Min 0.10 ea DV & CV)

Dismt Not ^Level	Acro Not ^Level		Dance Not ^Level
<p>0.00 D/E OR C+B Direct or more</p> <p>0.05 C+B Indirect OR C+A Direct</p> <p>0.10 C+A Indirect or less OR Isolated C or less</p>	<p>3 Pass Routines 0.00</p> <p>1. D/E Salto in 3 Passes OR</p> <p>1. D/E Salto in 2 Passes 2. Min B+C Bonus in 1 Pass</p>	<p>2 Pass Routines 0.00</p> <p>1. E Salto in both Passes OR</p> <p>1. E Salto in 1 Pass 2. Pass w/ 2 Directly Connected Saltos w/ 1 D</p>	<p>0.00 3 C's OR 2 C's+1 D/E</p> <p>0.05 2 C's + 1 B OR 1 C+1 D/E</p> <p>0.10 2 C's OR 1 B+1 D/E</p> <p>0.15 1 C+1 B OR 1 D/E</p> <p>0.20 1 C OR 2 B's</p>
<p>Special Requirements</p>	<p>0.05</p> <p>1. D/E Salto in 2 Passes 2. C+A Bonus in 1 Pass</p>	<p>0.05</p> <p>1. D Salto in both Passes, each w/ 2 Saltos Direct or Indirect Connection OR</p> <p>1. E Salto in 1 Pass 2. Pass w/2 Indirectly Connected Saltos w/1 D</p>	<p>Last Salto Rules</p>
<p>1. Acro Series w/ 2 Saltos OR 2 Directly connected saltos (<i>same or different</i>)</p> <p>2. 3 Different Saltos (<i>not Aerials</i>)</p> <p>3. Dance Passage - (Min 2 different elems, one a 180° Leap)</p> <p>4. C Salto Dismount (<i>last isolated or within last salto connection</i>)</p>	<p>0.10</p> <p>1 D Salto in 1 Pass 2 C+A/B Bonus in 1 Pass 3. C+B Bonus in 1 Pass OR</p> <p>1. D Salto in 2 Passes 2. C or less in 1 Pass</p>	<p>0.10</p> <p>1. Pass w/ 2 Saltos, w/1 D 2. D Salto in 1 Pass OR</p> <p>1. E Salto in 1 Pass 2. Pass w/ 2 Saltos w/ C Salto Bonus</p>	<p>Saltos must land on the bottom of the feet 1st for VP Credit</p> <p>1. If Last Salto does not receive VP credit due to: <i>Fail to land bottom of feet 1st Salto performed 3rd time</i> <i>Salto performed 2nd time in exact same series</i> <i>Restricted element (Lev 6-9)</i> <i>Spot during the element</i> 0.50 Missing SR from SV 0.30 No Dismount from SV 0.50 If Restr'd elem from SV</p> <p>2. If Last Salto never initiated - 0.50 Missing SR from SV 0.30 No Dismount from SV 0.50 Fall if appropriate</p> <p>3. Flight elems (<i>w/o hand support</i>) that are NOT Saltos <i>Aerials</i> <i>Saltos landing in sitting, prone, or split-sit</i></p> <p>4. Saltos that land on 2 feet or 1 foot then lowers with control to 1 knee are considered Saltos - Award SR & CV if appropriate</p>
<p>Other Composition</p>	<p>0.15</p> <p>1 D Salto in 1 Pass 2 C+A/B Bonus in 1 Pass 3. C+B Indirect in 1 Pass OR</p> <p>1 D Salto in 1 Pass 2 C+B Bonus in 1 Pass 3. C or less difficult in 1 Pass</p>	<p>0.15</p> <p>1. D Salto in 1 Pass 2. Pass w/2 Saltos, Min C+C or C+B Bonus OR</p> <p>1. Pass w/ 2 Saltos w/ D Salto 2. Pass w/ C Salto OR</p> <p>1. E Salto Pass 2. Pass w/ 1 or 2 Saltos, B+B or less difficult</p>	
<p>0.10 Direction of Saltos / Aerials (<i>Bkwd & Fwd/Sidwd</i>)</p> <p>0.10 Same Dance Shape >2 wolf/tuck or >2 straddle</p> <p>^0.10 Spatial (<i>Use of Floor Area</i>)</p> <p>0.20 No B Turn</p> <p>0.30 No C Salto</p>	<p>0.20</p> <p>1. No D/E Saltos</p>	<p>0.20</p> <p>1. No D/E Saltos OR</p> <p>1. D Salto Pass 2. Pass w/ 2 Saltos w/o Bonus</p>	

Floor Exercise - Level 10

Updated 5/29/18

Bonus

	<u>Acro Indirect</u>	<u>Acro Direct</u>	<u>Dance/Mix</u>
+0.10	A/B + A/B + C A/B + A/B + D A + D B + D C + C	A + C B + B A + A + C	C + C B + D D Salto + A Jump (this order only) <i>Turn on 1 Foot to Jump = No Bonus</i> <i>Turn on 1 Foot to Hop = OK for Bonus</i>
<div style="border: 1px solid black; padding: 5px;"> Extra +0.10 if Min 0.60 Bonus & "E" Acro Element </div>			

Award **Extra 0.10 Bonus** (not in SV) if Routine has minimum **0.60** total Bonus **including** "E" Acro Element

E Acro Elements

Salto Fwd Stretched w/ 2/1 Twist or more
 Double Salto Fwd Tk / Pk, also w/ 1/2 Twist
 Arabian Double Salto, also w/ 1/2 Twist
 Salto Bkwd w/ 3/1 Twist or more
 Double Salto Bkwd Tk / Pk / LO w/ 1/1 Twist in either Salto (Full In or Out)
 Double Salto Bkwd Tk w/ 1 1/2 Twist
 Double Salto Bkwd Stretched
 Double Salto Bkwd Tk / LO w/ 2/1 Twist

	<u>Acro Indirect</u>	<u>Acro Direct</u>	<u>Dance/Mix</u>
+0.20	C + D or more	B + C A/B + D A + A + D C + C or more	C + D or more

D Dance Elements

Split Jump w/ 1 1/2 Turn Switch Leap w/ 1/1 Turn Straddle Pk Jump w/ 1 1/2 Turn Leap w/ 2 1/2 Turn in Horiz plane landing in Frt Lying Support Tour Jeté w/ Additional 1/1 Turn Tour Jeté to Ring Leap w/ 1/2 Turn Switch Leap w/ 1/2 Turn to Ring Stretched Jmp w/ 3/1 Turn Cat Leap w/ 2/1 Turn Hop w/ 2/1 Turn, Free Leg >Horiz	Tk Hop / Jmp w/ 2/1 Turn, also landing in Frt Lying Support Wolf Hop / Jmp w/ 1 1/2 Turn 3/1 or more Turn on 1 Leg 2/1 or 2 1/2 Turn w/ Free Leg +/- Horiz 2/1 Turn to Scale Fwd 2/1 Turn <i>in</i> Scale w/ Free Leg > Horiz 2/1 Illusion Turn - No Touch on Floor 2/1 Turn in Tk Stand on 1 Leg 2/1 Turn w/ Free Leg 180°
---	---

D Acro Elements

Salto Fwd Tk/ Pk/ LO w/ 1 1/2 Twist
 Salto Bkwd w/ 2 1/2 Twist
 Double Salto Bkwd Tk/ Pk

C Acro Elements

From Bkwd Take-off - Stretched Jmp w/ 1 1/2 Twist to Hecht Roll
 Hsprg Fwd w/ 1/1 Tw *before / after Hand Support*
 Aerial WO Fwd w/ 1/1 Twist
 Salto Fwd Tk/ Pk/ LO w/ 1/1 Twist
 Salto Bkwd Tk/ LO w/ 1 1/2 - 2/1 Twist

E Dance Elements

Wolf Hop/ Jmp w/ 2/1 Turn	4/1 Turn
---------------------------	----------