

Shorthand Examples Uneven Bars Composition

Choice of Level of Release	Examples	↑.2
2 different D/E		0
D+C		.05
D → C		.10
D → B C+C	OR	.15
C → C B → C	OR	.2
Choice of Level of Dismount	Examples	↑.1
D/E+C dismount or D/E dismount	OR	0
C+C+C dismount or D+C+C dismount	OR	.05
C+C or B+C	OR	.10 <i>CL</i>

Shorthand Examples Balance Beam Composition

Choice of Level of Acro	Examples	↑.2
2 elem <i>Acro series w/C salto</i> & D/E Acro & C salto		0
3 elem <i>Acro series w/C w/wo hs</i> & D/E Acro & C salto		
2 elem <i>Acro series w/D/E flight</i> & D/E flight		
<i>Acro series w/C salto</i> & D/E flight		.05
<i>Acro series w/D/E flight</i> & C salto		
<i>Acro series w/C salto</i> & C salto		.10
<i>Acro series wo/C salto</i> & C salto & D/E flight		
<i>Acro series w/D/E</i> + B or C flight w/ hand support		
<i>Acro series</i> + C salto OR <i>Acro series w/D/E</i>	OR	.15
<i>Acro series wo/C salto</i> & 1 D flight		
No <i>Acro series</i> acro flight series + ONLY 1 D acro flight		
No <i>Acro series</i> or arco series has no salto or aerial	OR	.2

Choice of Level of Dance	Examples	↑.2
C & C & C OR C & C & D/E		0
C & C & B OR C & D/E		.05
C & C OR B & D/E		.10
C & B OR D/E		.15
C OR B & B		.2

Choice of Level of Dismount	Example	↑.1
B acro + C dismount C dance + C dismount D/E dismount	OR OR	0
A acro + C dismount B dance + C dismount Acro series w/C + B dismount D/E acro + B dismount	OR OR OR	.05
C isolated dismount C acro /C dance + B dismount	OR OR	.10 <i>EL 15</i>

Shorthand Floor Exercise Composition

Choice of Level of Acro	Examples	↑.2
Routine with 3 passes		
D in 1 pass; + D in 2nd pass; + D in 3rd pass; D in 1 pass; + D in 2nd pass; minimum B+C in 3rd		0
D in 1 pass; + D in 2nd pass; + C+A CV in 3rd		.05
D in 1 pass; C+A/B CV in 2nd pass; & C+B CV in 3rd pass; <i>OR</i> D in 1 pass; and D in 2nd pass; C (or less difficult) in 3rd pass		.10
D in 1 pass; C+A/B CV in 2nd pass; & C+B <i>indirect</i> in 3rd pass D in 1 pass C+B in 1 pass & C or less difficult in 3rd		.15
No D/E salto		.2
Routine with 2 passes		
E salto in 1 pass; + E salto in 1 pass; <i>OR</i> E salto in 1 pass; 2nd pass w/ 2 direct. conn. saltos 1 a D		0
D salto in pass w/ 2 saltos direct or indirect X 2 E salto in 1 pass; + 2nd pass 2 indirect saltos 1 a D w/ CV		.05
1 pass w/ 2 saltos 1 a D; + 2nd pass with 1 D salto <i>OR</i> 1 pass w/ E salto ; 2nd pass with 2 saltos; 1 a C in CV		.10
1 Pass w/ D salto; 2nd w/ 2 saltos min. C+C or C+B CV 1 pass w/ 2 saltos 1 a D; 2nd pass w/C salto 1 pass w/ E salto ; 2nd pass w/ 1 or 2 saltos B+B or less		.15
1pass w/ D salto 2nd pass 2 saltos wo/ CV		.2

Choice of Level of Dance	Examples	↑.2
C & C & C <i>OR</i> C & C & D/E		0
C & C & B <i>OR</i> C & D/E		.05
C & C <i>OR</i> B & D/E		.10
C & B <i>OR</i> D/E		.15
C <i>OR</i> B & B		.2

Choice of Level of Dismount	Example	↑.1
D or E Salto <i>OR</i> C+B direct or more difficult		0
C+B indirect <i>OR</i> C+A direct		.05
C+ A in direct or less diff. conn. <i>OR</i> isolated C salto or less difficult		.10