

Conn. Val.	0.1	0.2	SR	√	Connection Value	0.1	0.2	SR	∩	Connection Value	0.1	0.2	SR	□	Content
Level 10				Level 10	Acro Flight				Level 10	Acro Indirect	A/B+ A/B +C	C+D		Level 10	10 9
*Turn/Flight C+C			Min. of 1 C-Flight	Min. of 1 C-Flight	(2 elements, excluding dmt)	B+D, B+E	C+C, C/D+D		Acro Series- 2 Flight elements, min. of 1 C; also E (Flight) + A (Non-Flight)	A/B+ A/B +D				1 Acro Series w/ 2 Saltos	A 3 3
For a connection of 2 elements from Gr.3/6/7 - turn/flight is NOT req'd (elements must be different)			2 nd diff. Flight, min. B	2 nd diff. Flight, min. B		B + C			Leap or Jump w/ 180° Cross or Side Split	C+C				OR 2 directly connected Saltos (same or diff.)	B 3 4
C (no turn/ C+D D+D flight req.)			Min. of C element w/ LA Turn (excludes Mnt/Dmt)	Min. of C element w/ LA Turn (excludes Mnt/Dmt)					360° Turn on One Foot Aerial/Salto Dmt - Min. C or Min. B w/ C conn.	A/B+D				3 Diff. Saltos (No Aerials)	C 2 1
			Salto Dmt - Min. of C	Salto Dmt - Min. of C	Acro flight	B+ B +C	B+C+C			Acro Direct	B+B	B+C		Dance Pass w/ 2 diff. Gr. 1 elements (direct or indirect connection)	SV 9.5 9.7
			Level 9	Level 9	(3+ elements)	B+B+C	B+B+D				A +C	A/B+D		one Leap w/ 180° Split	L10: Extra +0.1 Bonus (not in SV) if exer. has a min. of 0.6 total Bonus + an E (BB/FX-E.Acro)
			2 Bar Changes	2 Bar Changes	Add 1 +0.1 for 3 ele. series (BBC+) w/ min. C salto/aerial or D/E flight w/wo hand support, excluding dmt					2 *Dance/Mix	B+D	C+D		Min. of C salto- Isolated or in Last Acro conn.	L9: allowable D/E's=C
			Min. of 1 B-Flight	Min. of 1 B-Flight	2 Dance/Mix	A+D or D/E	B+D				B+D	C+D		Same as L10 except	Restricted elements = no VP credit -0.50 off SV
(If no turn/ C+C flight—must be different)			2 nd diff. Flight – min. C	2 nd diff. Flight – min. C	(excluding dmt)	B+C	C+C				C+C	C+D		Min. of B Salto- Isolated or in Last Acro conn.	No CV/DV w/ fall or spot
			OR min. B element w/ LA Turn (excludes mt/dmt)	OR min. B element w/ LA Turn (excludes mt/dmt)	Turns	A+C	C+D				D-Salto+A-Jump	(This order only)		Level 9	Missing SR - -0.50 off SV
Turn/Flight C+C			Salto Dmt – Min. of B	Salto Dmt – Min. of B		(or reverse)								Level 9	
					All Acro elements used for CV must have Flight										

Composition – Execution Deductions

Uneven Bars		Balance Beam		Floor Exercise		Landing – Execution – General	
Composition	Execution	Composition	Execution	Composition	Execution	Execution	General
Choice of dmt. not up to competitive level	↑.10	Failure to perform Acro ele. in 2 diff. directions (bwd & fwd/swd)	↑.10	Spatially – (Floor pattern)	↑.10	Feet hip-width or closer; never join on dmt.	.05
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 in last Acro connection not up to competitive level	↑.10	Slight hop, adjustment of feet, staggered feet	↑.10
Uncharacteristic elements	each .10	More than 2 pivot (Str. Leg) ½ turns thruout exercise	.10	Failure to perform Saltos/Aerials in 2 diff. directions (bwd & fwd/swd)	.10	Deviation from straight direction	↑.10
More than one Squat on LB w/ or w/out sole circle to jump to grasp HB (Lev. 10 only)	each .10	More than 2 Dance elements of the same shape (tuck/wolf or straddle jumps)	each type .10	More than 2 dance elements of the same shape (tuck/wolf or straddle jumps)	each type .10	Arm swings to maintain balance	↑.10
¾ fwd Giant circle (w/ or w/o grip change)	each .10	Spatially - Insuff. use of entire length of beam	↑.10	Acro elements not up to competitive level	↑.20	Feet more than hip-width apart	.10
Failure to perform 2 ele. that fulfill 2 of 3 following requirements, (excl. dmt):	each .10	Insufficient level changes	↑.10	Dance elements not up to competitive level	↑.20	Steps (each .10) max.	.40
- Forward element (circle/release) (Min. B)		Failure to show movement/non-VP/choreography in diff. dir. (fwd/swd/bwd)	↑.10	Lack of turn on 1 foot, min. "B"	.20	Trunk movements for balance (UB/BB dmt & FX acro)	↑.20
- Element from Groups 3, 6, or 7 (Min. B)		Choice of dismount not up to competitive level	↑.10	Lack of min. of "B" salto (Level 9)	.30	Incorrect body posture on landing of VPs	↑.20
- Element w/ min. 180° LA turn, with/wo flight (Min. C)		Acro elements not up to competitive level	↑.20	Lack of min. of "C" salto (Level 10)	.30	Large step or jump	.20
Choice of release elements not up to competitive level (Lev. 10 only)	↑.20	Dance elements not up to competitive level	↑.20			Brush/touch of landing surface w/hand(s)	↑.30
Lack of two (2) bar changes (Lev. 10 only)	.20	Lack of dance series (min. 2 dance elements from Gr. 1, 2, 3)	.20			Squat upon landing	↑.30
Execution				Execution		Spotting assist upon landing	Award VP/SR + .50
Insuff. Angle of arrival-Flight to HS on LB	.05			Feet apart on landing of leaps/jumps	each ↑.10	Execution	
Swing fwd. or bwd. under horizontal	each ↑.10			Incorr. Rhythm during execution of direct conn.	each ↑.10	Flexed/sickled feet during value parts	each time .05
Under-rotation of release/flight elements	↑.10			Incorrect body pos./alignment in Dance elem.	each ↑.10	Legs/knees: crossed	↑.10
Precision of handstand positions throughout	↑.10			Lack of precision in Dance elements	each ↑.10	separated	↑.20
Insuff. extension of glides/swing into kips	↑.10			Fails to perform Gr. #2 Turns in high relevé	each ↑.10	Insufficient exactness of body shape – N, V, / (Stretched - Arch or Hip angle 136-179°)	↑.20
Poor rhythm in elements/connections	↑.10			Concentration pause (2sec.)	each .10	Failure to maintain stretched body pos. - Pikes down (UB, BB, FX)	↑.20
Hesitation in jump or swing to HS	↑.10			Insuff. height of leaps/jumps/hops	each ↑.20	Incomplete turn/twist	↑.20
Touch, brush on apparatus/mat with foot/feet	↑.10			Insuff. height of Acro flights w/ hand support & Aerials	each ↑.20	Bent arms in support or bent legs	↑.30
Landing too close to bar on dismount	.10			Insuff. split when required (Dance/Acro elements)	↑.20	Fall or support on hand(s) on apparatus or mat	.50
Insuff. amplitude of elements	each ↑.20			Insuff. dynamics	↑.20	Fail to land on bottom of feet first on Saltos/Aerials/Dmt.	Fall (.50) + No VP/SR
Insufficient dynamics	↑.20			Insuff. variation in rhythm/tempo throughout	↑.20	General	
- Insufficient swingful execution throughout				Relaxed/incorr. footwork in non-VPs throughout	↑.20	Fail to mark boundary line on mat	CJ .10
- Energy not maintained throughout exercise				Poor relationship of music & movement throughout	↑.20	Fail to Present before/after (CJ)	each time .10
- Fails to make difficult look effortless				Insuff. height of Saltos	each ↑.30	Exceeds Floor Ex. boundary (CJ)	each time .10
Hit of foot/feet on apparatus	.20			Insuff. Extension (Open) of tuck/pike body pos. prior to landing Acro elements	↑.30	Overtime - BB/FX (CJ)	.10
Incorrect padding (heel/hip)	CJ .20			Relaxed/incorr./insuff. leg pos./body posture, & flexibility in non-VPs throughout	↑.30	Coach between bars or next to BB thruout (CJ)	.10
Insufficient height of salto dismount	↑.30			Missing synchronization of movement & musical beat	↑.30	Excessive use of magnesium (chalk) (CJ)	.20
Insuff. Extension (open) of tuck/pike body pos. prior to landing dismount	↑.30			- Each time	.05	Incorrect attire/jewelry (after 1 warning) (CJ)	.20
Insuff. Amplitude of casts	↑.30			- Exercise not ended with music	.10	Verbal cues by coach/team (after warning) (CJ)	.20
Insuff. Angle of turn completion	↑.30			Artistry/Presentation	↑.30	Coach instructs gymnast during routine (CJ)	.20
Hit of foot/feet on mat	.30			- Originality/creativity of choreography	↑.10	Failure to begin exercise w/in 30 sec. of CJ signal (CJ)	.20
Grasp on apparatus to avoid a fall	.30			- Quality of movement reflects personal style	↑.10	Exceeds warm-up time (after warning) (CJ)	.20
Intermediate (extra) swing/cast (Max. 0.50 per elem)	.30			- Quality of expression	↑.10	Incorrect apparatus specs. (CJ)	.30
Insuff. amplitude of "B" Clear hip circles	↑.40			Music with words (CJ)	.10	Board on unpermitted surface (CJ)	.30
Full support on foot/feet on mat during routine	.50			Absence of music (CJ)	.10	Failure to remove board after mount (CJ)	.30
						Use of Supplementary mats (CJ)	.30
						No Dismount from Start Value	.30
						Lands Acro ele. or dmt in Pit (CJ)	No VP/SR + .30
						Spotting Assist on element	No VP awarded + .50
						Start exercise before signal (repetition) (CJ)	.50
						3 rd Run approach (UB/BB mounts)	.50
						Coach on FX mat (CJ)	.50
						Short Exercise: BB/FX-less than 30 sec. (CJ)	.20
						UB- (less than 5 Value Parts)	.20
						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