




JUNIOR OLYMPIC LEVEL 7 & 8

effective August 1, 2008 – July 31, 2009

Special Requirements 	Special Requirements 	Special Requirements 	Content													
<p>Level 8</p> <p>1. Min. of 1 Bar Change</p> <p>2./3. 2 elements (same or diff.), min. of B: -1 elem. with turn or flight -1 elem. from Grp. 3, 6, or 7</p> <p>4. Salto/Hecht Dismount – min. of A</p> <p>Level 7</p> <p>1. Min. of “A” Cast (21°- 45° <i>from vertical</i>)</p> <p>2./3. Two 360° circling elements, min. of B -Same or different -One from Grp. 3, 6, or 7</p> <p>4. Salto Dismount - min. of A</p>	<p>Level 8</p> <p>1. Acro Series - min. of 2 elements, 1 with flight (both start & finish on Beam)</p> <p>2. One Leap or jump requiring 180° split</p> <p>3. Min. of 360° turn on one foot</p> <p>4. Aerial or salto dismount - min. A</p> <p>Level 7</p> <p>1. Acro Series- min. of 2 A elements with or without flight, & one acro flight element(may be in series) (both must start & finish on beam)</p> <p>2. One leap/jump requiring 180° split</p> <p>3. Min. of 360° turn on one foot</p> <p>4. Aerial or salto dismount - min. A</p>	<p>Level 8</p> <p>1. One Acro Series w/ 2 Saltos OR 2 directly connected saltos (same or diff.)</p> <p>2. 3 Different Saltos within the exercise</p> <p>3. Dance Series w/ leap requiring 180° split</p> <p>4. Min. of A salto as last salto or in last connection of saltos</p> <p>Level 7</p> <p>1. One Acro series (3 or more flight elements) including a Back layout to 2 feet</p> <p>2. Direct conn. of 2 forward acro elements, one a salto or aerial</p> <p>3. Dance Series w/ leap requiring 180° split</p> <p>4. Min. of 360° turn on one foot (isolated or in a series)</p>	<table border="1"> <thead> <tr> <th></th> <th><u>Lev. 8</u></th> <th><u>Lev. 7</u></th> </tr> </thead> <tbody> <tr> <td>A</td> <td>4</td> <td>5</td> </tr> <tr> <td>B</td> <td>4</td> <td>2</td> </tr> <tr> <td>SV</td> <td>10</td> <td>10</td> </tr> </tbody> </table> <p>Missing Spec. Req. = 0.50</p> <p>Level 8 Difficulty Restrictions</p> <p>1. D/E Acro elements (BB/FX) & UB mnts/dismnts/releases = VOID exercise</p> <p>2. All other D’s = - 2.00 & no VP</p> <p>3. C’s = B</p> <p>Level 7 Difficulty Restrictions</p> <p>1. C Acro elements (BB/FX) & UB mnts/dismnts /releases & all D/Es = VOID exer.</p> <p>2. All other C’s = - 2.00 & no VP (see <i>JO Code</i> for exceptions)</p>			<u>Lev. 8</u>	<u>Lev. 7</u>	A	4	5	B	4	2	SV	10	10
	<u>Lev. 8</u>	<u>Lev. 7</u>														
A	4	5														
B	4	2														
SV	10	10														
			A	VP												
			B	SR												
			A	VP												
			B	SR												
				SV												
				FIN												