JUNIOR OLYMPIC 2009 – 2013

effective August 1, 2009 - July 31, 2013

Conn. Val. 0.1 0.2	SR
Level 10 *Turn/flight C+C ***For a connection of 2 elem. from Gr. 3/6/7 – turn/flight NOT req'd (elements must be diff.)*** *C no turn/ C+D D+D flight req.)* Level 9 (If no turn/ C+C flight – must be different) Turn/flight C+C	Level 10 Min of 1 C-Flight 2nd diff. flight, min. B **Min. of C element w/ LA turn *(not in mnt/dmt)*** Dmt- Minimum C Level 9 2 Bar Changes Min. of 1 B-Flight 2nd diff. flight, min. C **OR** min. C-ele. w/ LA turn *(not in mnt/dmt)* Salto/Hecht Dmt - B

Connection Value 0.1 0.2	SR
Acro Flight B+D, B+E (*2 elem. excluding* dmt.) C+C, C/D+D ***B + C** **** (excluding mnt/dmt- C must be salto)*** Acro flight B+ B +C B+C+C *(3+ ele.)* B+B+D 2 Dance/Mix A+D B+D (excluding dmt) B+C C+C C +C (diff. dance) (same dance elem.) C+D **Turns A+C** **(or reverse)** *All acro elements used for CV must have flight*	**Level 10** Acro Series- 2 flight, min. of 1 C; Also E (flight) +A (non-flight) Leap or jump w/ 180° cross or side split 360° Turn Dmt. - min. C or B with C-ele. connection **Level 9** Acro Series- 2 flight Leap or jump w/ 180° cross or side split 360° Turn Dmt. - min. B

Connection Value 0.1 0.2	SR
Acro. Indirect A/B+ A/B +C C+D A/B + A/B +D C+C A/B+D Acro Direct B+B B+C A +C A/B+D A+A+C A+A+D C+C 2 *Dance/Mix B+D C+C C+D (diff. dance) **D-salto+A-jump** **(This order only)** ***No CV for a turn followed by a jump**	**Level 10** 1 Acro Series w/ 2 saltos **OR** 2 directly connected saltos (same or diff.) 3 Diff. Saltos **Dance Pass w/ 2 diff. Gr. 1 elements (direct or indirect connection) - one w/ 180° split** Dmt. - min. C salto **Level 9** Same as L10 except Dmt. – min. B salto

Content	10	9	8	7
A	3	3	4	5
B	3	4	4	2
C	2	1	0	0
SV	**9.5**	**9.7**	**10**	**10**

L9: D/E's ***(max. 1)*** = C

Unallowable elements = no Value + 0.5 deduction from Start Value

Award CV & DV unless a fall occurs

Missing Spec. Req. = 0.50

Composition – Execution Deductions

Uneven Bars

Composition

Insufficient distribution of value parts	*↑.10*
Insufficient change of direction (Lev. 9/10)	*↑.10*
Uncharacteristic elements	*each .10*
More than one Squat on LB w/ or w/out sole circle to grasp HB (Lev. 10 only)	*each .10*
¾ fwd Giant circle (w/ or w/o grip change)	*each .10*
Choice of elements	*Max. ↑.20*
** Failure to perform both forw. & backwd. circles & releases (Lev. 9/10)*	*.05*
** Balance between pirouettes & flight elem. (L.9/10)*	*↑.10*
** Lack of variety of elements & connections*	*↑.10*
Choice of release elements not up to competitive level (Lev. 10)	*↑.20*
Lack of elements that achieve (or pass thru) vertical (Lev. 8)	*↑.20*
More than 1 elem. before mount	*.20*
Lack of two bar changes (Lev. 10 only)	*.20*

Execution

Landing too close to bars on dismount	.10
Swing fwd. or bwd. under horiz.	each .10
Touch/brush of foot on apparatus/mat	↑.10
Under- rotation of release/flight elem.	↑.10
Precision of handstand positions throughout	↑.10
Insuff. ext. of glides/swing into kips	↑.10
Poor rhythm in elements	↑.10
Hesitation in jump or swing to HS	↑.10
Insuff. amplitude of elements	each ↑.20
Insufficient dynamics	↑.20
**Insufficient swingful execution throughout*	
** Energy maintained throughout exercise*	
** Makes difficult look effortless*	
Hit foot on apparatus .20 mat	.30
Insuff. height of salto dismount	↑.30
Grasp on apparatus to avoid a fall	.30
Intermediate (extra) swing	.30
Failure to remove board/spotting block after release element (CJ)	.30

Balance Beam

Composition

Missing Acro bwd & fwd or swd	*each .10*
- If only in dismnt	*.05*
Spatially - insuff. use of entire beam	*↑.10*
Insufficient distribution of value parts	*↑.10*
Insufficient level changes	*↑.10*
Failure to show movement/choreography in diff. dir. (frwd/sidewd/bckwd)	*↑.10*
More than 2 pivot (str. leg ½ turns) throughout exercise	*.10*
More than 2 dance elements of the same shape (tuck/wolf or straddle)	*each type .10*
More than 1 leap/jump to front support	*each .10*
More than 1 elem. before mount	*.20*
Lack of dance series (min. 2 dance ele. from Gr. 1, 2, 3)	*0.20*
Acro elements not up to competitive level	*↑.20*
Lack of balance between acro & dance VP	*↑.20*

Execution

Landing too close to beam on dismount	.10
Concentration pause (more than 2 sec.)	each .10
Incor. Rhythm during exec. of dance/mixed conn.	each ↑.10
Hesitation in jump, press, swing to HS	↑.10
Incorrect body pos. in dance elem.	each ↑.10
Support of 1 leg against side of BB	.20
Insufficient split when required (dance/acro ele.)	↑.20
Legs not parallel to beam in split or straddle pike	↑.20
Insufficient dynamics	↑.20
Insuff. height of leaps/jumps/hops	each ↑.20
Insuff. height of acro flights, aerials & saltos	each ↑.20
Grasp of beam to avoid a fall	.30
Rhythm during exec. of acro connections	each ↑.30
Insuff. height of salto dismount	↑.30
Additional movements to maintain balance	↑.30
Direction on gainer dsmnt. off end of beam	↑.30
Insuff. sureness of performance - throughout	↑.20
Insuff. variation in rhythm/tempo - throughout	↑.20
Relaxed/incorr. footwork in non-value parts throughout	↑.20
Relaxed/incorr./insuff. Leg pos./body posture & flexibility in non-value parts throughout	↑.30
Artistry/Presentation	↑.30
*Originality/creativity of choreography	↑.10
* Quality of movement reflects personal style	↑.10
* Quality of expression	↑.10

Floor Exercise

Composition

Failure to perform saltos in 2 diff. directions (bwd & fwd or swd)	*.10*
Insufficient distribution of value parts	*↑.10*
Space (use of entire floor area) & direction	*each ↑.10*
More than 2 dance elements of the same shape (tuck/wolf or straddle)	*each type .10*
More than 1 leap/jump to prone position	*each .10*
Lack of balance between acro & dance VP	*↑.20*
Acro not up to competitive level	*↑.20*
Lack of turn on 1 foot, min. B	*0.20*
Lack of min. of B salto (Level 8 & 9)	*.30*
Lack of min. of C salto (Level 10)	*.30*

Execution

Incor. Rhythm during exec. of direct conn.	each ↑.10
Incorrect body pos. in dance elem.	each ↑.10
Concentration pause (more than 2 sec.)	each .10
Legs not parallel to floor in split or straddle pike	↑.20
Insuff. height of leaps/jumps/hops	each ↑.20
Insuff. height of acro flights & aerials	each ↑.20
Insufficient split on Value Part elem.	↑.20
Insufficient dynamics	↑.20
Insuff. variation in rhythm/tempo throughout	↑.20
Relaxed/incorr. footwork in non-value parts throughout	↑.20
Insuff. height of saltos	each ↑.30
Relaxed/incorr./insuff. leg pos./body posture & flexibility in non-value parts throughout	↑.30
Artistry/Presentation	↑.30
*Originality/creativity of choreography	↑.10
* Quality of movement reflects personal style	↑.10
* Quality of expression	↑.10
Missing synchronization of movement & musical beat	↑.30
• Each time	.05
• Exercise not ended with music	.10
Poor relationship of music & movement throughout	↑.20
Music with voice/no music (CJ)	1.00

Landing – Execution – General

Landing

Slight hop, adjustment of feet	↑.10
Steps	(each .10) max .40
Deviation from straight direction	↑.10
Extra arm swings	↑.10
Very Large step or jump	.20
Incorrect body posture	↑.20
Brush/touch of landing surface w/ 1 or 2 hands (no support)	↑.30
Deep squat	↑.30
Trunk movements for balance	↑.30

Execution

Flexed/sickled feet during value parts	each time .05
Legs: crossed .10	separated ↑.20
Insufficient exactness of N, V, /	↑.20
Failure to maintain stretched body pos. - Pikes down early (UB, BB,FX)	↑.20
Bent arms in support or bent legs	↑.30
Fall, or support on hands	.50
Fail to land feet first in saltos & dmts	No VP

General

Fail to Present before/after (CJ)	each time .10
Exceeds Floor Ex. Boundary (CJ)	each .10
Overtime (CJ)	.10
Coach stands between bars or next to BB throughout exercise (CJ)	.10
Excessive use of magnesia (chalk) (CJ)	.20
Incorrect attire/jewelry (after 1 warning) (CJ)	.20
Signals/verbal cues by coach/team (after warning) (CJ)	.20
Coach instructs gymnast during routine (CJ)	.20
Failure to begin exer. within 30 sec, of CJ signal (CJ)	.20
Exceeds warm-up time (after warning) (CJ)	.20
Incorrect apparatus specs. (CJ)	.30
Board on unpermitted surface (CJ)	.30
Failure to remove board after mnt. (CJ)	.30
Use of Supplementary mats (CJ)	.30
No Dismount from Start Value	.30
Spotting Assistance	.50
Start exer. before signal (repetition) (CJ)	.50
3rd Run approach	.50
Coach on FX mat (CJ)	1.00
Short Exercise: BB/FX-less than 30 sec. (CJ) UB- (less than 5 Value Parts)	2.00

Score Range: 9.5-10: 0.2 9.0-9.475: 0.5 8.0 – 8.975: 0.7 Below 8.0: 1.00

Revised 7/2/09