







**JUNIOR OLYMPIC LEVEL 7 & 8**

**effective August 1, 2009, revised Jan. 18, 2010**

Special Requirements 	Special Requirements 	Special Requirements 	Content													
<p><b>Level 8</b></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><b>Level 7</b></p> <p>1. One cast, min. 45° from vertical</p> <p>2./3. Two 360° clear circling elements (Same or different) - one must be a “B” - one from Group 3, 6, or 7</p> <p>4. Salto Dismount - minimum A</p>	<p><b>Level 8</b></p> <p>1. Acro Series - min. of 2 elements, 1 with flight (both must start &amp; finish on Beam- no mnt/dmt))</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><b>Level 7</b></p> <p>1. Acro Series- min. of 2 A elements with or without flight, &amp; one acro flight element(may be in series) (both must start &amp; finish on Beam- no mnt/dmt))</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 - minimum A</p>	<p><b>Level 8</b></p> <p>1. One Acro Series w/ 2 Saltos <b>OR</b> 2 directly connected saltos (same or diff.)</p> <p>2. 3 Different Saltos within the exercise</p> <p>3. <b>Dance Passage w/ 2 diff. Group 1 elements (directly or indirectly connected)</b> - one a <b>LEAP w/ 180° cross or side split</b></p> <p>4. Min. of A salto as last salto or in last connection of saltos</p> <p><b>Level 7</b></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 front salto or front aerial</p> <p>3. <b>Dance Passage w/ 2 diff. elements from Group 1 (directly or indirectly connected)</b> - one a <b>LEAP w/ 180° cross or side split</b></p> <p>4. Min. of 360° turn on one foot (isolated or in a series)</p>	<table border="1"> <thead> <tr> <th></th> <th><b>Lev. 8</b></th> <th><b>Lev. 7</b></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><b>10</b></td> <td><b>10</b></td> </tr> </tbody> </table> <p><b>Missing Spec. Req. = 0.50</b></p> <p><b>Level 8 Difficulty Restrictions</b> Allowable: A &amp; B elements plus C dance BB/FX + specific C elements on UB* No other C, D or E elements</p> <p><b>Level 7 Difficulty Restrictions</b> Allowable: A &amp; B elements only, with exception of specific C elements on UB*</p> <p><b>If unallowable elements are performed, no Value Part credit is awarded and a deduction of 0.5 for each is taken from the Start Value.</b></p> <p><b>*Cast Handstand ½ turn, Clear hip circle to HS, Clear hip circle to HS with ½ turn</b></p>			<b>Lev. 8</b>	<b>Lev. 7</b>	A	4	5	B	4	2	SV	<b>10</b>	<b>10</b>
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