







JUNIOR OLYMPIC LEVEL 7 & 8

effective August 1, 2010

Special Requirements 	Special Requirements 	Special Requirements 	Content													
<p style="text-align: center;"><u>Level 8</u></p> <p>1. Min. of 1 Bar Change 2./3. 2 elements (same or diff.), min. of B: -1 elem. with turn or flight -1 elem. from Grp. 3, 6, or 7 4. Salto/Hecht Dismount – min. of A</p> <p style="text-align: center;"><u>Level 7</u></p> <p>1. One cast, min. 45° from vertical 2./3. Two 360° clear circling elements (Same or different) - one must be a “B” - one from Group 3, 6, or 7 4. Salto Dismount - minimum A</p>	<p style="text-align: center;"><u>Level 8</u></p> <p>1. Acro Series - min. of 2 elements, 1 with flight (both must start & finish on Beam- no mnt/dmt) 2. One Leap or jump requiring 180° split 3. Min. of 360° turn on one foot 4. Aerial or salto dismount - min. A</p> <p style="text-align: center;"><u>Level 7</u></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- no mnt/dmt) 2. One leap/jump requiring 180° split 3. Min. of 360° turn on one foot 4. Aerial or salto dismount - minimum A</p>	<p style="text-align: center;"><u>Level 8</u></p> <p>1. One Acro Series w/ 2 Saltos OR 2 directly connected saltos (same or diff.) 2. 3 Different Saltos within the exercise 3. Dance Passage w/ 2 diff. Group 1 elements (directly or indirectly connected) - one a LEAP w/ 180° cross or side split 4. Min. of A salto as last salto or in last connection of saltos</p> <p style="text-align: center;"><u>Level 7</u></p> <p>1. One Acro series (3 or more flight elements) including a Back layout to 2 feet 2. Direct conn. of 2 forward acro elements, one a front salto or front aerial 3. Dance Passage w/ 2 diff. elements from Group 1 (directly or indirectly connected) - one a LEAP w/ 180° cross or side split 4. Min. of 360° turn on one foot (isolated or in a series)</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 15%;"></th> <th style="width: 15%; text-align: center;"><u>Lev. 8</u></th> <th style="width: 15%; text-align: center;"><u>Lev. 7</u></th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">A</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> </tr> <tr> <td style="text-align: center;">B</td> <td style="text-align: center;">4</td> <td style="text-align: center;">2</td> </tr> <tr> <td style="text-align: center;">SV</td> <td style="text-align: center;">10</td> <td style="text-align: center;">10</td> </tr> </tbody> </table> <p>Missing Spec. Req. = 0.50</p> <p><u>Level 8 Difficulty Restrictions</u> Allowable: A & B elements plus C dance BB/FX + specific C elements on UB* No other C, D or E elements</p> <p><u>Level 7 Difficulty Restrictions</u> Allowable: A & B elements only, with exception of specific C elements on UB*</p> <p>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.</p> <p>*Cast Handstand ½ turn, Clear hip circle- back stalder - back sole circle piked -to HS, also with ½ turn</p>			<u>Lev. 8</u>	<u>Lev. 7</u>	A	4	5	B	4	2	SV	10	10
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