LEVELS 4-7 EXERCISES
GENERAL INFORMATION

GENERAL
At Levels 4-7, pairs and groups perform one combined exercise. The combined exercise contains elements of balance (static holds), dynamic elements (with flight), and individual elements (choreography and tumbling elements).

*Level 4 exercises are compulsory and need only be put to music. Level 5 also has compulsory skills, but music and choreography are chosen by the coach and athletes. Choreography is optional at Level 5.*

*The maximum length of the exercise is three minutes.* Overtime exercises are penalized 0.1 per second up to 0.3 by the CJP.

Stylistic variations of compulsory elements are permitted as long as they do not change the character of the element. This leniency pertains mostly to handstands where legs may be together, split, straddled, staged or double staged but may not be in overarch, reverse planche or yogi positions. On occasion, a specific leg position is required and must be performed (i.e. front attitude). In pair/group elements where a straddle position is required by the top, either a straddle or pike position may be performed.

Artistic impression is permitted in the Levels 4-7 compulsory routines. Artistic impression is defined as simple hand movements or poses when entering or exiting skills.

*There will be no regular deduction at Level 4 or 5. Artistry judges work out of a 10.0, but may take max 2.0 for mass, maturity, and/or technical and physical preparation. An artistry minimum score, at these two levels, is 8.0.*

The compulsory elements and detailed exercise requirements and restrictions are listed on the following pages. Pictorial tariff sheets for each exercise are available in Appendix A-1. Athlete information must be filled out completely for competition entry.

DIFFICULTY
The maximum possible difficulty is 10.0. The Difficulty Judge reduces the difficulty score by the value of any elements which are not credited. If the wrong skill is performed in an exercise, no difficulty or special requirement credit is given for the wrong element. Credit for the missed skill is removed. Time fault penalties will not apply for the missed element, but may apply to the skill that was performed.

CJP deductions are taken from the difficulty score to determine the Adjusted Difficulty Score. CJP deductions are listed in Section 7.0.

Required holds for pair balance elements and fixed pyramids for men’s and women’s groups in Levels 4-7 are three seconds. The penalty for short holds is 0.3 per second for all levels. If a pair/group static hold element is attempted but not completed or is held for less than one second,
it is not credited and a penalty is taken by the Execution Judges of 0.5 for incompletion of the element or 1.0 for a fall. Maximum time fault of 0.9 is taken by the CJP.

In pairs, some balance elements require motion of the base and in groups some elements are transitional, meaning there is motion by the base and/or middle. These elements require a three second hold in the finish position. No static hold is required prior to the motion. Time hold requirements are noted with the drawings and descriptions of the elements. The penalty for a short hold in any part of the skill is 0.3 per second.

If the skill is attempted, but not completed a 0.3 time fault applies per second for short holds and/or incomplete portions through the entire skill up to a maximum deduction of 0.9. Examples of time faults for skills requiring a one-second hold followed by a three-second hold are listed below:

1. If a pair/group attempts the skill but does not complete it - holding no part of the skill - the maximum time fault is 0.9. The pair/group will lose the difficulty credit for the skill.
2. If the one-second hold is performed, but the three-second hold is not completed, a 0.9 time fault applies and the pair/group loses difficulty credit.
3. If the one-second hold is not completed, but one second of the three-second hold is performed, the time fault is 0.9. Difficulty is credited.
4. If the one-second hold is not completed, but three seconds of the next hold are done, the time fault is -0.3. Difficulty is credited.

For Levels 4-7, short hold penalties apply to pair and group balance elements only, not to individual elements. Balance individual elements are required to be held for two seconds, which is noted in the elements drawings. If one or more partners hold less than two seconds of the element, credit for the skill is lost, but no short hold penalties apply.

EXECUTION
The maximum execution score is 10.0. Deductions for execution errors are taken from the maximum score. Total execution deductions for all partners may not exceed the value of the element. Deductions for falls are in addition to this limitation and are taken by the execution judges. Execution deductions are listed in Section 9.0. The execution deduction of Early Completion (-0.5) does not apply to Levels 4-7.

ARTISTRY
The maximum artistry score is 10.0. Deductions for artistry errors are taken from the maximum score. Artistry deductions are listed in Section 10.0.

There will be no regular deduction at Level 4 or 5. Artistry judges work out of a 10.0, but may take max 2.0 for mass, maturity, and/or technical and physical preparation. An artistry minimum score, at these two levels, is 8.0.

FINAL SCORE
The final score is the sum of the adjusted difficulty score plus the average execution score plus the average artistry score.