

# WOMEN'S JR. OLYMPIC 2018-22 OPTIONAL FLIP BOOK

1<sup>st</sup> EDITION, NOVEMBER 2018

Revisions-Yellow highlight - February 6, 2019

## LEVEL 10 BALANCE BEAM

-Guidelines for Applying "Not up to the level" Composition Deductions

<b>CHOICE OF BEAM DANCE ELEMENTS</b>	
No ded.	Minimum of 3 "C's" OR 2 "C" + 1 "D/E"
<u>0.05</u>	2 "C" + 1 "B" OR 1 "C" + 1 "D/E"
<u>0.10</u>	2 "C" OR 1 "B" + 1 "D/E"
<u>0.15</u>	1 "C" + 1 "B" OR 1 "D/E"
<u>0.20</u>	1 "C" OR 2 "B"

## LEVEL 8 FLOOR EXERCISE

-Guidelines for Applying "Not up to the level" Composition Deductions

<b>VALUE OF LAST SALTO/SALTO CONNECTION</b>	
No ded.	"B" Salto
<u>0.05</u>	"A" + "A" <b>Direct</b> /Indirect
<u>0.10</u>	Isolated "A" Salto OR Non-salto Acro Flight

## LEVEL 9 FLOOR EXERCISE

-Guidelines for Applying "Not up to the level" Composition

<b>CHOICE OF FX ACRO (SALTO) ELEMENTS</b> 2-Acro Pass Routines - In any order	
No ded.	"C" Salto Acro Bonus connection in both passes
<u>0.05</u>	"C" "C" Acro Bonus Connection
<u>0.10</u>	"C" "C" + "B" Indirect
<u>0.15</u>	<b>"C"</b> "C" + "A" Indirect
<u>0.20</u>	No "C" Saltos