

SR	SR	SR	SR	SR	SR	Content
Level 6	Level 8	Level 6	Level 7	Level 6	Level 7	8 7 6
1. 1 Cast –min. 45° Above Horiz. (Above Horiz. fulfills SR)	1. Min. of One (1) Bar Change	1. Non-Flight Acro Series OR One Acro Flight ele. (Isolated/in Series) (Excludes mnt/dmt)	1a. Acro Series (with or without Flight) AND	1. One (1) Acro series (min.3 directly connected elements, two (2) with Flight) Rolls do not fulfill req.	1. One (1) Acro Series-min.3 directly connected Flight elem.-one a Back Layout to Two (2) feet	A 4 5 5
2. Min. of One (1) Bar Change	2. & 3.	2. One Leap/Jump	1b. One (1) Acro Flight element (Isolated/in Series). (Both Acro SRs exclude Mnt/Dmt)	2. One Salto or Aerial (bwd, fwd or swd) (Isolated / in 2 nd Series)	2. Two (2) or more directly connected Forward Acro Flight ele.-one Salto/Aerial	B 4 2 1
3. One 360° Clear Circling element from Grp. 3, 6 or 7	Two B elements, same or different:	3. Min. of 360° Turn on One Foot (Isolated / in Series) (Group 3)	2. One (1) Leap/Jump requiring 180° Cross or Side Split (Isolated /in Series)	3. Dance Passage w/ min. of 2 diff. Group 1 ele. (direct/indirect connection)	3. Dance Passage w/ min. of 2 diff. Grp. 1 elements (direct/indirect connection) -one (1) a LEAP w/ 180° Cross / Side Split	C 0 0 0
4. Salto Dismount, min. of A	- One (1) w/ Flight (Not in dmt); OR One (1) w/ LA turn (Not in Mnt./ Dmt)	4. Aerial/Salto Dmt - Min. of A	3. Min. of 360° Group 3 Turn on One (1) Foot (Isolated / in Series)	4. Min. of 360° Turn on One (1) Foot (Isolated / in Series)	4. Min. of 360° Turn on One (1) Foot (Isolated / in Series)	SV 10 10 10
Level 7	- One "B" 360° Clear Circle ele. from Grp. 3, 6 or 7 (not in Dmt)		4. Aerial / Salto dmt - Min. of A			Level 6/7/8: Allowable C's = B
1. 1 Cast to Handstand (45° fulfills SR)	4. Salto Dmt – Min. A		Same as Level 7 except #1.			All Levels: Restricted elements = no VP credit -0.50 off SV
2. & 3. Two (2) 360° Clear Circling elements, same or different (no hips on bar)			1. Acro Series – min. of 2 elements, 1 w/ Flight. (Excludes mnt/dmt)			Missing SR – -0.50 off SV
- One must be a B						
- One from Grp. 3, 6 or 7						
4. Salto Dmt – Min. of A						

Composition – Execution Deductions		Balance Beam		Floor Exercise		Landing – Execution – General	
Uneven Bars		Composition (LEVEL 8 ONLY)		Composition (LEVEL 8 ONLY)		Landing	
Choice of dmt. not up to competitive level	↑.10	Failure to perform Acro ele. in 2 diff. directions (bwd & fwd/swd)	.10	Spacially (Floor pattern)	↑.10	Feet hip-width or closer, never join on dmt	.05
Uncharacteristic elements	each .10	* If the only diff. direction is in dismount	.05	Value of salto(s) performed as last isolated Salto or in last Acro connection not up to competitive level	↑.10	Slight hop, adjustment of feet, staggered feet	↑.10
¼ fwd. Giant circle (w/ or w/o grip change)	each .10	More than 2 pivot (str. leg ½ turns) thruout exercise	.10	Failure to perform Saltos/Aerials in 2 diff. directions (bwd & fwd/swd)	.10	Deviation from straight direction	↑.10
Lack of elements that achieve (or pass thru) vertical	↑.20	More than 2 Dance elements of the same shape (tuck/wolf or straddle jumps)	each type .10	More than 2 dance elements of the same shape (tuck/wolf or straddle jumps)	each type .10	Arm swings to maintain balance	↑.10
		Spatially - Insuff. use of entire beam	↑.10	Acro elements not up to competitive level	↑.20	Feet more than hip-width apart	.10
		Insufficient level changes	↑.10	Dance elements not up to competitive level	↑.20	Steps (each .10) max	.40
		Failure to show movement/choreography in diff. directions (fwd/swd/bwd)	↑.10	Lack of Turn on one foot, min. B	.20	Trunk movements for balance (UB/BB dmt. & FX acro)	↑.20
		Choice of dismount not up to competitive level	↑.10	Lack of min. of three (3) "A" saltos in exercise	.30	Incorrect body posture on landing of VPs	↑.20
		Acro elements not up to competitive level	↑.20			Large step or jump	.20
		Dance elements not up to competitive level	↑.20			Brush/touch of landing surface w/ hand(s)	↑.30
		Lack of Dance series (min. of 2 elements from Gr. 1, 2, or 3)	.20			Squat upon landing	↑.30
Execution						Spotting assist upon landing	Award VP/SR + .50
Swing fwd. or bwd. under horizontal	each ↑.10	Execution		Execution		Execution	
Under-rotation of release/flight elements	↑.10	Feet apart on side pos. landing of leap/jumps	each ↑.10	Feet apart on landing of leap/jumps	each ↑.10	Flexed/sickled feet during Value Parts	each time .05
Precision of handstand positions throughout	↑.10	Hesitation in jump, press, swing to HS	each ↑.10	Incorr. Rhythm during execution of direct conn.	each ↑.10	Legs/knees: crossed	↑.10
Insuff. extension of glides/swing into kips	↑.10	Incorrect body pos./alignment in Dance elem.	each ↑.10	Incorrect body pos./alignment in dance elem.	each ↑.10	separated	↑.20
Poor rhythm in elements/connections	↑.10	Lack of precision in Dance elements	each ↑.10	Lack of precision in Dance elements	each ↑.10	Insufficient exactness of body shape – N, V, / (Stretched - Arch or Hip angle: 136-179°)	↑.20
Hesitation in jump or swing to HS	↑.10	Fails to perform Gr. #3 Turns in high relevé	each ↑.10	Fails to perform Gr. #2 Turns in high relevé	each ↑.10	Failure to maintain stretched body pos. - Pikes down (UB, BB, FX)	↑.20
Touch, brush on apparatus/mat with foot/feet	↑.10	Landing too close to beam on dismount	.10	Concentration pause (2 sec.)	each .10	Incomplete turn/twist	each ↑.20
Landing too close to bars on dismount	.10	Concentration pause (more than 2 sec.)	each .20	Concentration pause (2 sec.)	each .10	Bent arms in support or bent legs	each ↑.30
Insuff. amplitude of elements	each ↑.20	Rhythm of conn. - Dance/Mixed/Acro (not bwd. flight)	each ↑.20	Insuff. height of leaps/jumps/hops	each ↑.20	Fall or support on hand(s) on apparatus or mat	.50
Insufficient dynamics	↑.20	Insufficient split when required (Dance/Acro elements)	↑.20	Insuff. height of Acro flights, Aerials & Saltos	each ↑.20	Fails to land on bottom of feet first on Saltos/Aerials/Dmt.	Fall (.50) + No VP/SR
- Insufficient swingful execution throughout		Legs not parallel to beam in split or straddle pike	↑.20	Insuff. sureness of performance throughout	↑.20		
- Falls not maintained throughout exercise		Insufficient dynamics	↑.20	Insuff. variation in rhythm/tempo throughout	↑.20	General	
- Failure to make difficult look effortless		Insuff. height of Acro flights, Aerials & Saltos	each ↑.20	Relaxed/incorr. footwork in non-VPs throughout	↑.20	Fail to present before/after (CJ)	each time .10
Hit of foot/feet on apparatus	.20	Insuff. variation in rhythm/tempo throughout	↑.20	Poor relationship of music & movement throughout	↑.20	Exceeds Floor Ex. boundary (CJ)	each time .10
Incorrect padding (heel/hip)	CJ .20	Relaxed/incorr. footwork in non-VPs throughout	↑.20	Insuff. height of saltos	each ↑.30	Overtime - BB/FX (CJ)	.10
Insufficient height of salto dismount	↑.30	Support of 1 leg against side of beam	each .20	Insuff. Extension (Open) of tuck/pike body pos. prior to landing Acro elements	↑.30	Coach between bars or next to BB thruout (CJ)	.10
Insuff. Extension (open) of tuck/pike body pos. prior to landing dismount	↑.30	Insuff. height of Salto dismount	↑.30	Insuff. height of Acro elements	each ↑.20	Excessive use of magnesium (chalk) (CJ)	.20
Insuff. Amplitude of casts	↑.30	Add'l movements to maintain balance on the beam	↑.30	Relaxed/incorr./insuff leg pos./body posture, & flexibility in non-VPs throughout	↑.30	Incorrect attire/jewelry (after 1 warning) (CJ)	.20
Insuff. Angle of turn completion	↑.30	Direction of Gainer dmt off end of beam	↑.30	Missing synchronization of movement & musical beat	↑.30	Verbal cues by coach/team (after warning) (CJ)	.20
Hit of foot/feet on mat	.30	Insuff. Extension (Open) of tuck/pike body pos. prior to landing Acro elem. & dismount	↑.30	Each time	.05	Coach instructs gymnast during routine (CJ)	.20
Grasp on apparatus to avoid a fall	.30	Relaxed/incorr./insuff. leg pos./body posture, & flexibility in non-VPs throughout	↑.30	Exercise not ended with music	.10	Failure to begin exer. w/in 30 sec. of CJ signal (CJ)	.20
Intermediate (extra) swing/cast (Max. of 0.60 per elem.)	.30	Grasp of beam to avoid a fall	.30	Artistry/Presentation:		Exceeds warm-up time (after warming) (CJ)	.20
Insuff. amplitude of "B" Clear hip circles	↑.40	Use of supplemental support	.30	- Originality/creativity of choreography	↑.10	Incorrect apparatus specs (CJ)	.30
Full support on foot/feet on mat during routine	.50	Artistry/Presentation:		- Quality of movement reflects personal style	↑.10	Board on unpermitted surface (CJ)	.30
		- Originality/creativity of choreography	↑.10	- Quality of expression	↑.10	Failure to remove board after mount (CJ)	.30
		- Quality of movement reflects personal style	↑.10	Music with words (CJ)	1.00	Use of Supplementary mats (CJ)	.30
		- Quality of expression	↑.10	Absence of music (CJ)	1.00	No Dismount from Start Value	.30
						Lands Acro ele. or dmt in Pit (CJ) No VP/SR +	.30
						Spotting Assist on element No VP awarded +	.50
						Starts exercise before signal (repetition) (CJ)	.50
						3 rd run approach (UB/BB mounts)	.50
						Coach on FX mat (CJ)	.50
						Short Exercise (CJ): BB/FX-less than 30 sec.	2.00
						UB- (less than 5 Value Parts)	.50
						L6 BB ONLY w/ 10 SV (CJ)	0.50
						Exceeds Fall time (UB/BB) CJ Terminates exercise	