

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

Landing – Execution – General

Uneven Bars	Balance Beam	Floor Exercise	Landing
Composition (LEVEL 8 ONLY)	Composition (LEVEL 8 ONLY)	Composition (LEVEL 8 ONLY)	Execution
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	Flexed/sickled feet during Value Parts each time .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	Legs/knees: crossed ↑.10 separated ↑.20
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) .010	Insufficient exactness of body shape – N, V, / ↑.20
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	(Stretched - Arch or Hip angle: 136-179°)
	Spatially - Insuff. use of entire beam ↑.10	Acro elements not up to competitive level ↑.20	Failure to maintain stretched body pos. ↑.20
	Insufficient level changes ↑.10	Dance elements not up to competitive level ↑.20	- Pikes down (UB, BB, FX)
	Failure to show movement/choreography in diff. directions (fwd/swd/bwd) ↑.10	Lack of Turn on one foot, min. B .20	Incomplete turn/twist each ↑.20
	Choice of dismount not up to competitive level ↑.10	Lack of min. of three (3) "A" saltos in exercise .30	Bent arms in support or bent legs each ↑.30
Execution	Acro elements not up to competitive level ↑.20		Fall or support on hand(s) on apparatus or mat .50
Swing fwd. or bwd. under horizontal each ↑.10	Dance elements not up to competitive level ↑.20	Execution	Fails to land on bottom of feet first on Saltos/Aerials/Dmt. Fall (.50) + No VP/SR
Under-rotation of release/flight elements ↑.10	Lack of Dance series (min. of 2 elements from Gr. 1, 2, or 3) .20	Feet apart on landing of leap/jumps each ↑.10	General
Precision of handstand positions throughout ↑.10		Incorr. Rhythm during execution of direct conn. each ↑.10	Fail to present before/after (CJ) each time .10
Insuff. extension of glides/swing into kips ↑.10	Execution	Incorrect body pos./alignment in dance elem. each ↑.10	Exceeds Floor Ex. boundary (CJ) each time .10
Poor rhythm in elements/connections ↑.10	Feet apart on side pos. landing of leap/jumps each ↑.10	Lack of precision in Dance elements each ↑.10	Overtime - BB/FX (CJ) .10
Hesitation in jump or swing to HS ↑.10	Hesitation in jump, press, swing to HS each ↑.10	Fails to perform Gr. #2 Turns in high relevé each ↑.10	Coach between bars or next to BB thruout (CJ) .10
Touch, brush on apparatus/mat with foot/feet ↑.10	Incorrect body pos./alignment in Dance elem. each ↑.10	Concentration pause (2 sec.) each .10	Excessive use of magnesium (chalk) (CJ) .20
Landing too close to bars on dismount .10	Lack of precision in Dance elements each ↑.10	Legs not parallel to floor in split or straddle pike ↑.20	Incorrect attire/jewelry (after 1 warning) (CJ) .20
Insuff. amplitude of elements each ↑.20	Fails to perform Gr. #3 Turns in high relevé each ↑.10	Insuff. height of leaps/jumps/hops each ↑.20	Verbal cues by coach/team (after warning) (CJ) .20
Insufficient dynamics ↑.20	Landing too close to beam on dismount .10	Insuff. height of Acro flights, Aerials & Saltos each ↑.20	Coach instructs gymnast during routine (CJ) .20
- Insufficient swingful execution throughout	Concentration pause (2 sec.) each .10	Insuff. sureness of performance throughout ↑.20	Failure to begin exer. w/in 30 sec. of CJ signal(CJ) .20
- Falls not maintained throughout exercise	Concentration pause (more than 2 sec.) each .20	Insuff. variation in rhythm/tempo throughout ↑.20	Exceeds warm-up time (after warming) (CJ) .20
- Failure to make difficult look effortless	Rhythm of conn. - Dance/Mixed/Acro (not bwd. flight) each ↑.20	Relaxed/incorr. footwork in non-VPs throughout ↑.20	Incorrect apparatus specs (CJ) .30
Hit of foot/feet on apparatus .20	Insufficient split when required (Dance/Acro elements) ↑.20	Insuff. height of saltos each ↑.30	Board on unpermitted surface (CJ) .30
Incorrect padding (heel/hip) CJ .20	Legs not parallel to beam in split or straddle pike ↑.20	Insuff. Extension (Open) of tuck/pike body pos. prior to landing Acro elements ↑.30	Failure to remove board after mount (CJ) .30
Insufficient height of salto dismount ↑.30	Insufficient dynamics ↑.20	Relaxed/incorr. footwork in non-VPs throughout ↑.20	Use of Supplementary mats (CJ) .30
Insuff. Extension (open) of tuck/pike body pos. prior to landing dismount ↑.30	Insuff. height of leaps/jumps/hops each ↑.20	Support of 1 leg against side of beam each ↑.20	No Dismount from Start Value .30
Insuff. Amplitude of casts ↑.30	Insuff. height of Acro flights, Aerials & Saltos each ↑.20	Insuff. height of Salto dismount ↑.30	Lands Acro ele. or dmt in Pit (CJ) No VP/SR + .30
Insuff. Angle of turn completion ↑.30	Insuff. sureness of performance throughout ↑.20	Add'l movements to maintain balance on the beam ↑.30	Spotting Assist on element No VP awarded + .50
Hit of foot/feet on mat .30	Insuff. variation in rhythm/tempo throughout ↑.20	Direction of Gainer dmt off end of beam ↑.30	Starts exercise before signal (repetition) (CJ) .50
Grasp on apparatus to avoid a fall .30	Relaxed/incorr./insuff. leg pos./body posture, & flexibility in non-VPs throughout ↑.30	Insuff. Extension (Open) of tuck/pike body pos. prior to landing Acro elem. & dismount ↑.30	3 rd run approach (UB/BB mounts) .50
Intermediate (extra) swing/cast (Max. of 0.60 per elem.) .30	Grasp of beam to avoid a fall .30	Relaxed/incorr./insuff. leg pos./body posture, & flexibility in non-VPs throughout ↑.30	Coach on FX mat (CJ) .50
Insuff. amplitude of "B" Clear hip circles ↑.40	Use of supplemental support .30	Use of supplemental support .30	Short Exercise (CJ): BB/FX-less than 30 sec. .200
Full support on foot/feet on mat during routine .50	Artistry/Presentation:	Artistry/Presentation:	UB- (less than 5 Value Parts) .50
	- Originality/creativity of choreography ↑.10	- Originality/creativity of choreography ↑.10	L6 BB ONLY w/ 10 SV (CJ) 0.50
	- Quality of movement reflects personal style ↑.10	- Quality of movement reflects personal style ↑.10	Exceeds Fall time (UB/BB) CJ Terminates exercise
	- Quality of expression ↑.10	- Quality of expression ↑.10	