

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 requiring 180° Cross or Side Split (Isolated / in Series)	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) - one (1) a LEAP w/ 180° Cross /Side Split	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) - One must be a B - One from Grp. 3, 6 or 7			Level 8			Missing SR – -0.50 off SV
4. Salto Dmt – Min. of A			1. Acro Series – min. of 2 elements, 1 w/ Flight. (Excludes mnt/dmt)			

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 $\uparrow .10$	Failure to perform Acro ele. in 2 diff. directions (bwd & fwd/swd) $\uparrow .10$	Spacially (Floor pattern) $\uparrow .10$	Flexed/sickled feet during Value Parts each time $\uparrow .05$
Uncharacteristic elements each $\uparrow .10$	* If the only diff. direction is in dismount $\uparrow .05$	Value of salto(s) performed as last isolated Salto or in last Acro connection not up to competitive level $\uparrow .10$	Legs/knees: crossed $\uparrow .10$ separated $\uparrow .20$
3/4 fwd. Giant circle (w/ or w/o grip change) each $\uparrow .10$	More than 2 pivot (str. leg 1/2 turns) thruout exercise $\uparrow .10$	Failure to perform Saltos/Aerials in 2 diff. directions (bwd & fwd/swd) $\uparrow .10$	Insufficient exactness of body shape – N, V, / $\uparrow .20$ (Stretched - Arch or Hip angle: 136-179°)
Lack of elements that achieve (or pass thru) vertical $\uparrow .20$	More than 2 Dance elements of the same shape (tuck/wolf or straddle jumps) each type $\uparrow .10$	More than 2 dance elements of the same shape (tuck/wolf or straddle jumps) each type $\uparrow .10$	Failure to maintain stretched body pos. $\uparrow .20$ - Pikes down (UB, BB, FX)
	Spatially - Insuff. use of entire beam $\uparrow .10$	Acro elements not up to competitive level $\uparrow .20$	Incomplete turn/twist each $\uparrow .20$
	Insufficient level changes $\uparrow .10$	Dance elements not up to competitive level $\uparrow .20$	Bent arms in support or bent legs each $\uparrow .30$
	Failure to show movement/choreography in diff. directions (fwd/swd/bwd) $\uparrow .10$	Lack of Turn on one foot, min. B $\uparrow .20$	Fall or support on hand(s) on apparatus or mat $\uparrow .50$
	Choice of dismount not up to competitive level $\uparrow .10$	Lack of min. of three (3) “A” saltos in exercise $\uparrow .30$	Fails to land on bottom of feet first on Saltos/Aerials/Dmt. Fall $\uparrow .50$ + No VP/SR
Execution	Acro elements not up to competitive level $\uparrow .20$		General
Swing fwd. or bwd. under horizontal each $\uparrow .10$	Dance elements not up to competitive level $\uparrow .20$	Execution	Fail to present before/after (CJ) each time $\uparrow .10$
Under-rotation of release/flight elements $\uparrow .10$	Lack of Dance series (min. of 2 elements from Gr. 1, 2, or 3) $\uparrow .20$	Feet apart on landing of leap/jumps each $\uparrow .10$	Fail to mark boundary line on mat CJ $\uparrow .10$
Precision of handstand positions throughout $\uparrow .10$		Incorr. Rhythm during execution of direct conn. each $\uparrow .10$	Exceeds Floor Ex. boundary (CJ) each time $\uparrow .10$
Insuff. extension of glides/swing into kips $\uparrow .10$	Execution	Incorrect body pos./alignment in dance elem. each $\uparrow .10$	Overtime - BB/FX (CJ) $\uparrow .10$
Poor rhythm in elements/connections $\uparrow .10$	Feet apart on side pos. landing of leap/jumps each $\uparrow .10$	Lack of precision in Dance elements each $\uparrow .10$	Coach between bars or next to BB thruout (CJ) $\uparrow .10$
Hesitation in jump or swing to HS $\uparrow .10$	Hesitation in jump, press, swing to HS each $\uparrow .10$	Fails to perform Gr. #3 Turns in high relevé each $\uparrow .10$	Excessive use of magnesia (chalk) (CJ) $\uparrow .20$
Touch, brush on apparatus/mat with foot/feet $\uparrow .10$	Incorrect body pos./alignment in Dance elem. each $\uparrow .10$	Landing too close to beam on dismount $\uparrow .10$	Incorrect attire/jewelry (after 1 warning) (CJ) $\uparrow .20$
Landing too close to bars on dismount $\uparrow .10$	Lack of precision in Dance elements each $\uparrow .10$	Concentration pause (2 sec.) each $\uparrow .10$	Verbal cues by coach/team (after warning) (CJ) $\uparrow .20$
Insuff. amplitude of elements each $\uparrow .20$	Fails to perform Gr. #3 Turns in high relevé each $\uparrow .10$	Concentration pause (more than 2 sec.) each $\uparrow .20$	Coach instructs gymnast during routine (CJ) $\uparrow .20$
Insufficient dynamics $\uparrow .20$	Landing too close to beam on dismount $\uparrow .10$	Insuff. height of leaps/jumps/hops each $\uparrow .20$	Failure to begin exer. w/in 30 sec. of CJ signal (CJ) $\uparrow .20$
- Insufficient swinging execution throughout	Concentration pause (2 sec.) each $\uparrow .10$	Insuff. height of leaps/jumps/hops each $\uparrow .20$	Exceeds warm-up time (after warning) (CJ) $\uparrow .20$
- Energy not maintained throughout exercise	Concentration pause (more than 2 sec.) each $\uparrow .20$	Insuff. variation in rhythm/tempo throughout $\uparrow .20$	Incorrect apparatus specs (CJ) $\uparrow .30$
- Fails to make difficult look effortless	Rhythm of conn. - Dance/Mixed/Acro (not bwd. flight) each $\uparrow .20$	Relaxed/incorr. footwork in non-VPs throughout $\uparrow .20$	Board on unpermitted surface (CJ) $\uparrow .30$
Hit of foot/feet on apparatus $\uparrow .20$	Insuff. split when required (Dance/Acro elements) $\uparrow .20$	Poor relationship of music & movement throughout $\uparrow .20$	Failure to remove board after mount (CJ) $\uparrow .30$
Incorrect padding (heel/hip) CJ $\uparrow .20$	Legs not parallel to beam in split or straddle pike $\uparrow .20$	Insuff. height of saltos each $\uparrow .30$	Use of Supplementary mats (CJ) $\uparrow .30$
Insufficient height of salto dismount $\uparrow .30$	Insuff. dynamics $\uparrow .20$	Insuff. Extension (Open) of tuck/pike body pos. prior to landing Acro elements $\uparrow .30$	No Dismount from Start Value $\uparrow .30$
Insuff. Extension (open) of tuck/pike body pos. prior to landing dismount $\uparrow .30$	Insuff. height of leaps/jumps/hops each $\uparrow .20$	Relaxed/incorr./insuff leg pos./body posture, & flexibility in non-VPs throughout $\uparrow .30$	Lands Acro ele. or dmt in Pit (CJ) No VP/SR + $\uparrow .30$
Insuff. Amplitude of casts $\uparrow .30$	Insuff. height of Acro flights, Aerials & Saltos each $\uparrow .20$	Missing synchronization of movement & musical beat $\uparrow .30$	Spotting Assist on element No VP awarded + $\uparrow .50$
Insuff. Angle of turn completion $\uparrow .30$	Insuff. sureness of performance throughout $\uparrow .20$	Each time $\uparrow .05$	Starts exercise before signal (repetition) (CJ) $\uparrow .50$
Hit of foot/feet on mat $\uparrow .30$	Insuff. variation in rhythm/tempo throughout $\uparrow .20$	Exercise not ended with music $\uparrow .10$	3 rd run approach (UB/BB mounts) $\uparrow .50$
Grasp on apparatus to avoid a fall $\uparrow .30$	Relaxed/incorr. footwork in non-VPs throughout $\uparrow .20$	Artistry/Presentation:	Coach on FX mat (CJ) $\uparrow .50$
Intermediate (extra) swing/cast (Max. of 0.50 per elem.) $\uparrow .30$	Support of 1 leg against side of beam each $\uparrow .20$	- Originality/creativity of choreography $\uparrow .10$	Short Exercise (CJ): BB/FX-less than 30 sec. $\uparrow .50$
Insuff. amplitude of “B” Clear hip circles $\uparrow .40$	Insuff. height of Salto dismount $\uparrow .30$	- Quality of movement reflects personal style $\uparrow .10$	UB- (less than 5 Value Parts) L6 BB ONLY w/ 10 SV (CJ) 0.50
Full support on foot/feet on mat during routine $\uparrow .50$	Add'l movements to maintain balance on the beam $\uparrow .30$	- Quality of expression $\uparrow .10$	Exceeds Fall time (UB/BB) CJ Terminates exercise
	Direction of Gainer dmt off end of beam $\uparrow .30$	Music with words (CJ) $\uparrow .10$	
	Insuff. Extension (Open) of tuck/pike body pos. prior to landing Acro elem. & dismount $\uparrow .30$	Absence of music (CJ) $\uparrow .10$	
	Relaxed/incorr./insuff. leg pos./body posture, & flexibility in non-VPs throughout $\uparrow .30$		
	Grasp of beam to avoid a fall $\uparrow .30$		
	Use of supplemental support $\uparrow .30$		
	Artistry/Presentation:		
	- Originality/creativity of choreography $\uparrow .10$		
	- Quality of movement reflects personal style $\uparrow .10$		
	- Quality of expression $\uparrow .10$		