

| 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) - 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 ↑.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°) ↑.20 |
| | 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 |
| | Acro elements not up to competitive level ↑.20 | | Fall or support on hand(s) on apparatus or mat .50 |
| | Dance elements not up to competitive level ↑.20 | | Fails to land on bottom of feet first on Saltos/Aerials/Dmt. Fall (.50) + No VP/SR |
| | Lack of Dance series (min. of 2 elements from Gr. 1, 2, or 3) .20 | | General |
| Execution | Execution | Execution | Fail to present before/after (CJ) each time .10 |
| Swing fwd. or bwd. under horizontal each ↑.10 | Feet apart on side pos. landing of leap/jumps each ↑.10 | Feet apart on landing of leap/jumps each ↑.10 | Fail to mark boundary line on mat CJ .10 |
| Under-rotation of release/flight elements ↑.10 | Hesitation in jump, press, swing to HS each ↑.10 | Incorr. Rhythm during execution of direct conn. each ↑.10 | Exceeds Floor Ex. boundary (CJ) each time .10 |
| Precision of handstand positions throughout ↑.10 | Incorrect body pos./alignment in Dance elem. each ↑.10 | Incorrect body pos./alignment in dance elem. each ↑.10 | Overtime - BB/FX (CJ) .10 |
| Insuff. extension of glides/swing into kips ↑.10 | Lack of precision in Dance elements each ↑.10 | Lack of precision in Dance elements each ↑.10 | Coach between bars or next to BB thruout (CJ) .10 |
| Poor rhythm in elements/connections ↑.10 | Fails to perform Gr. #3 Turns in high relevé each ↑.10 | Fails to perform Gr. #2 Turns in high relevé each ↑.10 | Excessive use of magnesia (chalk) (CJ) .20 |
| Hesitation in jump or swing to HS ↑.10 | Landing too close to beam on dismount .10 | Concentration pause (2 sec.) each ↑.10 | Incorrect attire/jewelry (after 1 warning) (CJ) .20 |
| Touch, brush on apparatus/mat with foot/feet ↑.10 | Concentration pause (more than 2 sec.) each .20 | Legs not parallel to floor in split or straddle pike ↑.20 | Verbal cues by coach/team (after warning) (CJ) .20 |
| Landing too close to bars on dismount .10 | Rhythm of conn. - Dance/Mixed/Acro (not bwd. flight) each ↑.20 | Insuff. height of leaps/jumps/hops each ↑.20 | Coach instructs gymnast during routine (CJ) .20 |
| Insuff. amplitude of elements each ↑.20 | Insufficient split when required (Dance/Acro elements) ↑.20 | Insuff. height of Acro flights, Aerials & Saltos each ↑.20 | Failure to begin exer. w/in 30 sec. of CJ signal (CJ) .20 |
| Insufficient dynamics ↑.20 | Insufficient dynamics ↑.20 | Insuff. sureness of performance throughout ↑.20 | Exceeds warm-up time (after warning) (CJ) .20 |
| - Insufficient swingful execution throughout | Legs not parallel to beam in split or straddle pike ↑.20 | Insuff. variation in rhythm/tempo throughout ↑.20 | Incorrect apparatus specs (CJ) .20 |
| - Energy not maintained throughout exercise | Insuff. height of Acro flights, Aerials & Saltos each ↑.20 | Relaxed/incorr. footwork in non-VPs throughout ↑.20 | Board on unpermitted surface (CJ) .30 |
| - Fails to make difficult look effortless | Insuff. height of Acro flights, Aerials & Saltos each ↑.20 | Insuff. relationship of music & movement throughout ↑.20 | Failure to remove board after mount (CJ) .30 |
| Hit of foot/feet on apparatus .20 | Insuff. sureness of performance throughout ↑.20 | Insuff. height of saltos each ↑.30 | Use of Supplementary mats (CJ) .30 |
| Incorrect padding (heel/hip) CJ .20 | Insuff. variation in rhythm/tempo throughout ↑.20 | Insuff. Extension (Open) of tuck/pike body pos. prior to landing Acro elements ↑.30 | No Dismount from Start Value .30 |
| Insufficient height of salto dismount ↑.30 | Relaxed/incorr. footwork in non-VPs throughout ↑.20 | Relaxed/incorr./insuff leg pos./body posture, & flexibility in non-VPs throughout ↑.30 | Lands Acro ele. or dmt in Pit (CJ) No VP/SR + .30 |
| Insuff. Extension (open) of tuck/pike body pos. prior to landing dismount ↑.30 | Support of 1 leg against side of beam each .20 | Grasp of beam to avoid a fall .30 | Spotting Assist on element No VP awarded + .50 |
| Insuff. Amplitude of casts ↑.30 | Insuff. height of Salto dismount ↑.30 | Use of supplemental support .30 | Starts exercise before signal (repetition) (CJ) .50 |
| Insuff. Angle of turn completion ↑.30 | Add'l movements to maintain balance on the beam ↑.30 | Artistry/Presentation: ↑.10 | 3 rd run approach (UB/BB mounts) .50 |
| Hit of foot/feet on mat .30 | Direction of Gainer dmt off end of beam ↑.30 | - Originality/creativity of choreography ↑.10 | Coach on FX mat (CJ) .50 |
| Grasp on apparatus to avoid a fall .30 | Insuff. Extension (Open) of tuck/pike body pos. prior to landing Acro elem. & dismount ↑.30 | - Quality of movement reflects personal style ↑.10 | Short Exercise (CJ): BB/FX-less than 30 sec. .200 |
| Intermediate (extra) swing/cast (Max. of 0.50 per elem.) .30 | Relaxed/incorr./insuff. leg pos./body posture, & flexibility in non-VPs throughout ↑.30 | - Quality of expression ↑.10 | UB- (less than 5 Value Parts) |
| Insuff. amplitude of “B” Clear hip circles ↑.40 | Grasp of beam to avoid a fall .30 | Music with words (CJ) 1.00 | L6 BB ONLY w/ 10 SV (CJ) 0.50 |
| Full support on foot/feet on mat during routine .50 | Use of supplemental support .30 | Absence of music (CJ) 1.00 | Exceeds Fall time (UB/BB) CJ Terminates exercise |

Score Range: 9.5-10: 0.2 9.0-9.475: 0.5 8.0 – 8.975: 0.7 Below 8.0: 1.00

Courtesy Score = Minimum of 1.00