

Conn. Val.	0.1	0.2	SR	∨	Connection Value	0.1	0.2	SR	∩	Connection Value	0.1	0.2	SR	□	Content		
Level 10			Level 10			Level 10			Level 10			Level 10					
*Turn/flight C+C *For a connection of 2 elements from Gr.3/6/7 - turn/flight is NOT req'd (elements must be different) C no turn/ C+D D+D flight req.)	Min. of 1 C-Flight 2 nd diff. flight,min.B Min. of "C" element w/ LA turn (not in mt/dmt) Dmt- Min. of "C"		Acro Flight (2 elements, excluding dmt.) B + D, B+E C+C, C/D+D B + C* * (excluding mt/dmt- C must be salto at L10 At Lev 9- C must be salto or aerial)			Acro Series- 2 flight elements, min. of 1 C; also E (flight) +A (non-flight) Leap or jump w/ 180° cross or side split 360° Turn on one foot Aerial/Salto Dmt.-Min. "C" or "B" w/ "C" conn.			Acro Indirect A/B+ A/B +C C+D A/B + A/B +D C+C A/B+D Acro Direct B+B B+C A +C A/B+D A+A+C A+A+D C+C 2 *Dance/Mix B+D C+C C+D D-salto+A-jump (This order only)			1 Acro series w/ 2 saltos OR 2 directly connected saltos (same or diff.) 3 Diff. Saltos (No aerials) Dance Pass w/ 2 diff. Gr. 1 elements (direct or indirect connection) - one w/ 180° split Dmt. - Min. of C salto			A 3 B 3 C 2 SV 9.5 9.7 L9: allowable DE's=C Restricted elements = no Value +0.5 deduction from Start Value Award CV & DV unless a fall or spot occurs Missing Spec. Req. = 0.50		
(If no turn/ C+C flight-must be different)	Min. of 1 B-Flight 2 nd diff. flight-min "C" OR min. "C" element w/ LA turn (not in mt/dmt) Salto/Hecht Dmt - Min. of "B"		Acro flight B+ B +C B+C+C (3+ elements) B+B+D 2 Dance/Mix A+D B+D (excluding dmt) B+C C+C C+D Turns A+C (or reverse) C+D All acro elements used for CV must have flight			Acro Series- 2 flight elements Leap or jump w/ 180° cross or side split 360° Turn on one foot Aerial/Salto Dmt. - Min. of "B"			*No CV for a turn followed by a jump			Level 9 Same as L10 except Dmt.- M in. of B salto					
Turn/flight C+C																	

Composition – Execution Deductions				Landing – Execution – General			
Uneven Bars		Balance Beam		Floor Exercise		Landing	
Composition				Execution			
<i>Insufficient distribution of elements</i> ↑.10		<i>Missing Acro bwd & fwd or swd - If only in dismount</i> each .10		<i>Insufficient distribution of elements</i> ↑.10		<i>Slight hop, adjustment of feet, staggered feet</i> ↑.10	
<i>Insufficient change of direction</i> ↑.10		<i>Spatially - insuff. use of entire beam</i> ↑.10		<i>Space (use of entire floor area) & direction</i> each ↑.10		<i>Deviation from straight direction</i> ↑.10	
<i>Uncharacteristic elements</i> each .10		<i>Insufficient distribution of elements</i> ↑.10		Lack of variety in choice of Acro elements ↑.10		<i>Extra arm swings</i> ↑.10	
<i>More than one Squat on LB w/ or w/out sole circle to jump to grasp HB (Lev. 10 only)</i> each .10		<i>Dmt. a single ele of minimal req. diff. for the Lev.</i> .05		<i>Failure to perform saltos or aerials in 2 diff. directions (bwd & fwd or swd)</i> .10		<i>Feet more than hip-width apart</i> .10	
<i>¾ fwd Giant circle (w/ or w/o grip change)</i> each .10		<i>Insufficient level changes</i> ↑.10		<i>More than 2 dance elements of the same shape (tuck/wolf or straddle)</i> each type .10		<i>Steps</i> (each .10) max .40	
<i>Choice of elements</i>		<i>Failure to show movement/choreography in diff. dir. (fwd/swd/bwd)</i> ↑.10		<i>More than 1 leap/jump to prone position</i> each .10		<i>Trunk movements for balance (UB/BB dmt & FX acro)</i> ↑.20	
<i>- Failure to perform both fwd. & bwd. circles &/or releases</i> .05		Lack of variety in choice of Acro elements ↑.10		<i>Lack of balance between acro & dance elements</i> ↑.20		<i>Incorrect body posture</i> ↑.20	
<i>- Imbalance between pirouettes & flight elem.</i> ↑.10		<i>More than 2 pivot (str. leg ½ turns) throughout exercise</i> .10		<i>Acro elements not up to competitive level</i> ↑.20		<i>Large step or jump</i> .20	
<i>- Lack of variety of elements & connections</i> ↑.10		<i>More than 2 dance elements of the same shape (tuck/wolf or straddle)</i> each type .10		<i>Lack of turn on 1 foot, min. "B"</i> .20		<i>Brush/touch of landing surface w/ 1 or 2 hands (no support)</i> ↑.30	
<i>Choice of release elements not up to competitive level (Lev. 10 only)</i> ↑.20		<i>More than 1 leap/jump to front support</i> each ↑.20		<i>Lack of min. of "B" salto (Level 9)</i> .30		<i>Squat upon landing</i> ↑.30	
<i>Lack of two bar changes (Lev. 10 only)</i> .20		<i>Acro elements not up to competitive level</i> ↑.20		<i>Lack of min. of "C" salto (Level 10)</i> .30		<i>Spotting assist upon landing</i> Award VP + .50	
<i>More than one element before mount</i> .20		<i>Lack of balance between acro & dance elements</i> ↑.20		Execution		Execution	
Execution		<i>Lack of dance series (min. 2 dance elements from Gr. 1, 2, 3)</i> .20		<i>Feet apart on landing of leap/jump/hops</i> each ↑.10		<i>Flexed/sickled feet during value parts</i> each time .05	
<i>Swing fwd. or bwd. under horizontal</i> each ↑.10		<i>More than one element before mount</i> .20		<i>Incorr. Rhythm during execution of direct conn.</i> each ↑.10		<i>Legs: crossed</i> ↑.10 <i>separated</i> ↑.20	
<i>Under-rotation of release/flight elements</i> ↑.10		Execution		<i>Incorrect body pos./alignment on dance elem.</i> each ↑.10		<i>Insufficient exactness of body shape - N,V, /</i> ↑.20	
<i>Precision of handstand positions throughout</i> ↑.10		<i>Feet apart on side pos. landing of leap/jump</i> each ↑.10		<i>Lack of precision in dance elements</i> each ↑.10		<i>Stretched - Arch or Hip angle (136-179°)</i> ↑.20	
<i>Insuff. extension of glides/swing into kips</i> ↑.10		<i>Hesitation in jump, press, swing to HS</i> ↑.10		<i>Turn VPs not performed in high relevé</i> each ↑.10		<i>Failure to maintain stretched body pos. - Pikes down (UB, BB, FX)</i> ↑.20	
<i>Poor rhythm in elements/connections</i> ↑.10		<i>Incorrect body pos./alignment on dance elem.</i> each ↑.10		<i>Concentration pause (more than 2 sec.)</i> each .10		<i>Incomplete turn/twist</i> ↑.20	
<i>Hesitation in jump or swing to HS</i> ↑.10		<i>Lack of precision in dance elements</i> each ↑.10		<i>Legs not parallel to floor in split or straddle pike</i> ↑.20		<i>Bent arms in support or bent legs</i> ↑.30	
<i>Touch, brush of foot/feet on apparatus/mat</i> ↑.10		<i>Turn elements not performed in high relevé</i> each ↑.10		<i>Insuff. height of leaps/jumps/hops</i> each ↑.20		<i>Fall or support on hand(s) on apparatus or mat</i> .50	
<i>Landing too close to bars on dismount</i> .10		<i>Landing too close to beam on dismount</i> .10		<i>Insuff. height of acro flights & aerials</i> each ↑.20		<i>Fail to land on bottom of feet first in saltos & dismounts</i> Fall (.50) + No VP/SR	
<i>Insuff. amplitude of elements</i> each ↑.20		<i>Concentration pause (more than 2 sec.)</i> each .10		<i>Insuff. split on elements</i> ↑.20		General	
<i>Insufficient dynamics</i> ↑.20		<i>Rhythm of conn.- dance/mixed/acro (not bwd flight)</i> each .20		<i>Insuff. dynamics</i> ↑.20		<i>Fail to Present before/after (CJ)</i> each time .10	
<i>- Insufficient swinging execution throughout</i>		<i>Insuff. split when required (dance/acro elements)</i> ↑.20		<i>Insuff. variation in rhythm/tempo throughout</i> ↑.20		<i>Exceeds Floor Ex. Boundary (CJ)</i> each time .10	
<i>- Energy maintained throughout exercise</i>		<i>Legs not parallel to beam in split or straddle pike</i> ↑.20		<i>Relaxed/incorr. footwork in non-VPs throughout</i> ↑.20		<i>Overtime-BB/FX (CJ)</i> .10	
<i>- Makes difficult look effortless</i>		<i>Insuff. dynamics</i> ↑.20		<i>Poor relationship of music & movement throughout</i> ↑.20		<i>Coach stands between bars or next to BB throughout exercise (CJ)</i> .10	
<i>Hit of foot/feet on apparatus</i> .20		<i>Insuff. height of leaps/jumps/hops</i> each ↑.20		<i>Insuff. height of saltos</i> each ↑.30		<i>Excessive use of magnesium (chalk) (CJ)</i> .20	
<i>Incorrect padding (heel/hip)</i> CJ .20		<i>Insuff. height of acro flights, aerials & saltos</i> each ↑.20		<i>Insuff. Extension (open) of tuck/pike body pos. prior to landing Acro elements</i> ↑.30		<i>Incorrect attire/jewelry (after 1 warning) (CJ)</i> .20	
<i>Insufficient height of salto dismount</i> ↑.30		<i>Insuff. sureness of performance - throughout</i> ↑.20		<i>Relaxed/incorr./insuff. leg pos./body posture, & flexibility in non-VPs throughout</i> ↑.30		<i>Verbal cues by coach/team (after warning) (CJ)</i> .20	
<i>Insuff. Extension (open) of tuck/pike body pos. prior to landing dismount</i> ↑.30		<i>Insuff. variation in rhythm/tempo - throughout</i> ↑.20		<i>Missing synchronization of movement & musical beat</i> ↑.30		<i>Coach instructs gymnast during routine (CJ)</i> .20	
<i>Hit of foot/feet on mat</i> .30		<i>Relaxed/incorr. footwork in non-VPs throughout</i> ↑.20		<i>- Each time</i> .05		<i>Failure to begin exercise within 30 sec. of signal (CJ)</i> .20	
<i>Grasp on apparatus to avoid a fall</i> .30		<i>Support of 1 leg against side of BB</i> .20		<i>- Exercise not ended with music</i> .10		<i>Exceeds warm-up time (after warning) (CJ)</i> .20	
<i>Intermediate (extra) swing/cast (Max. .60 per elem)</i> .30		<i>Insuff. height of salto dismount</i> ↑.30		<i>Artistry/Presentation</i> ↑.30		<i>Incorrect apparatus specs. (CJ)</i> .30	
<i>Insuff. amplitude of "B" Clear hip circles</i> ↑.40		<i>Add'l movements to maintain balance on the beam</i> ↑.30		<i>- Originality/creativity of choreography</i> ↑.10		<i>Board on unpermitted surface (CJ)</i> .30	
<i>Full support on foot/feet on mat during routine</i> .50		<i>Direction on gainer dmt. off end of beam</i> ↑.30		<i>- Quality of movement reflects personal style</i> ↑.10		<i>Failure to remove board after mount (CJ)</i> .30	
		<i>Insuff. Extension (open) of tuck/pike body pos. prior to landing acro elem. & dismount</i> ↑.30		<i>- Quality of expression</i> ↑.10		<i>Use of Supplementary mats (CJ)</i> .30	
		<i>Relaxed/incorr./insuff. leg pos./body posture, & flexibility in non-VPs throughout</i> ↑.30		<i>Music with words (CJ)</i> 1.00		<i>No Dismount from Start Value</i> .30	
		<i>Grasp of beam to avoid a fall</i> .30		<i>Absence of music (CJ)</i> 1.00		<i>Spotting Assist on element No VP awarded +</i> .50	
		<i>Artistry/Presentation</i> ↑.30				<i>Start exercise before signal (repetition) (CJ)</i> .50	
		<i>- Originality/creativity of choreography</i> ↑.10				<i>3rd Run approach (UB/BB repeats)</i> .50	
		<i>- Quality of movement reflects personal style</i> ↑.10				<i>Coach on FX mat (CJ)</i> .50	
		<i>- Quality of expression</i> ↑.10				<i>Short Exercise: BB/FX-less than 30 sec. (CJ)</i> .20	
						<i>UB- (less than 5 Value Parts)</i>	
						<i>Exceeds Fall time (UB/BB) CJ Terminates exercise</i>	