

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			10	9														
*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	3	B	3	4	C	2	1	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
Level 9 (If no turn/ C+C flight-must be different) Turn/flight C+C			Level 9 2 Bar Changes 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															

Composition – Execution Deductions

Uneven Bars		Balance Beam		Floor Exercise		Landing – Execution – General	
Composition		Composition		Composition		Composition	
Insufficient distribution of elements \uparrow .10		Missing Acro bwd & fwd or swd each \uparrow .05		Insufficient distribution of elements \uparrow .10		Slight hop, adjustment of feet, staggered feet \uparrow .10	
Insufficient change of direction \uparrow .10		- If only in dismount \uparrow .05		Space (use of entire floor area) & direction each \uparrow .10		Deviation from straight direction \uparrow .10	
Uncharacteristic elements each \uparrow .10		Spatially - insuff. use of entire beam \uparrow .10		Failure to perform saltos or aerials in 2 diff. directions (bwd & fwd or swd) \uparrow .10		Extra arm swings \uparrow .10	
More than one Squat on LB w/ or w/out sole circle to jump to grasp HB (Lev. 10 only) each \uparrow .10		Insufficient distribution of elements Dmt. a single ele of minimal req. diff. for the Lev. \uparrow .05		More than 2 dance elements of the same shape (tuck/wolf or straddle) each type \uparrow .10		Feet more than hip-width apart \uparrow .10	
3/4 fwd Giant circle (w/ or w/o grip change) each \uparrow .10		Insufficient level changes \uparrow .10		More than 1 leap/jump to prone position each \uparrow .10		Steps (each \uparrow .10) max. \uparrow .40	
Choice of elements		Failure to show movement/choreography in diff. dir. (fwd/swd/bwd) \uparrow .10		Lack of balance between acro & dance elements \uparrow .20		Trunk movements for balance (UB/BB dmt & FX acro) \uparrow .20	
- Failure to perform both fwd. & bwd. circles &/or releases \uparrow .05		Lack of variety in choice of Acro elements \uparrow .10		Acro elements not up to competitive level \uparrow .20		Incorrect body posture \uparrow .20	
- Imbalance between pirouettes & flight elem. \uparrow .10		More than 2 pivot (str. leg 1/2 turns) throughout exercise \uparrow .10		Lack of balance between acro & dance elements \uparrow .20		Large step or jump \uparrow .20	
- Lack of variety of elements & connections \uparrow .10		More than 2 dance elements of the same shape (tuck/wolf or straddle) each type \uparrow .10		Lack of turn on 1 foot, min. "B" \uparrow .20		Brush/touch of landing surface w/ 1 or 2 hands (no support) \uparrow .30	
Choice of release elements not up to competitive level (Lev. 10 only) \uparrow .20		More than 1 leap/jump to front support each \uparrow .10		Lack of min. of "B" salto (Level 9) \uparrow .30		Squat upon landing \uparrow .30	
Lack of two bar changes (Lev. 10 only) \uparrow .20		Acro elements not up to competitive level \uparrow .20		Lack of min. of "C" salto (Level 10) \uparrow .30		Spotting assist upon landing Award VP + \uparrow .50	
More than one element before mount \uparrow .20		Lack of dance series (min. 2 dance elements from Gr. 1, 2, 3) \uparrow .20		Execution		Execution	
Execution		More than one element before mount \uparrow .20		Feet apart on landing of leap/jump/hops each \uparrow .10		Flexed/sickled feet during value parts each time \uparrow .05	
Swing fwd. or bwd. under horizontal each \uparrow .10		Execution		Incorr. Rhythm during execution of direct conn. each \uparrow .10		Legs: crossed \uparrow .10 separated \uparrow .20	
Under-rotation of release/flight elements \uparrow .10		Feet apart on side pos. landing of leap/jump each \uparrow .10		Incorrect body pos./alignment on dance elem. each \uparrow .10		Insufficient exactness of body shape - N,V, / \uparrow .20	
Precision of handstand positions throughout \uparrow .10		Hesitation in jump, press, swing to HS \uparrow .10		Lack of precision in dance elements each \uparrow .10		Stretched - Arch or Hip angle (136-179°) \uparrow .20	
Insuff. extension of glides/swing into kips \uparrow .10		Incorrect body pos./alignment on dance elem. each \uparrow .10		Turn VPs not performed in high relevé each \uparrow .10		Failure to maintain stretched body pos. \uparrow .20	
Poor rhythm in elements/connections \uparrow .10		Lack of precision in dance elements each \uparrow .10		Concentration pause (more than 2 sec.) each \uparrow .10		- Pikes down (UB, BB, FX) \uparrow .20	
Hesitation in jump or swing to HS \uparrow .10		Turn elements not performed in high relevé each \uparrow .10		Legs not parallel to floor in split or straddle pike \uparrow .20		Incomplete turn/twist \uparrow .20	
Touch, brush of foot/feet on apparatus/mat \uparrow .10		Landing too close to beam on dismount \uparrow .10		Insuff. height of leaps/jumps/hops each \uparrow .20		Bent arms in support or bent legs \uparrow .30	
Landing too close to bars on dismount \uparrow .10		Concentration pause (more than 2 sec.) each \uparrow .10		Insuff. height of acro flights, aerials & saltos each \uparrow .20		Fall or support on hand(s) on apparatus or mat \uparrow .50	
Insuff. amplitude of elements each \uparrow .20		Rhythm of conn.- dance/mixed/acro (not bwd flight) each \uparrow .20		Insuff. height of acro flights, aerials & saltos each \uparrow .20		Fail to land on bottom of feet first in saltos & dismounts Fall (\uparrow .50) + No VP/SR	
Insufficient dynamics \uparrow .20		Insufficient split when required (dance/acro elements) \uparrow .20		Insuff. sureness of performance - throughout \uparrow .20		General	
- Insufficient swinging execution throughout \uparrow .20		Rhythm of conn.- dance/mixed/acro (not bwd flight) each \uparrow .20		Insuff. variation in rhythm/tempo - throughout \uparrow .20		Fail to Present before/after (CJ) each time \uparrow .10	
- Energy maintained throughout exercise \uparrow .20		Insufficient split when required (dance/acro elements) \uparrow .20		Relaxed/incorr. footwork in non-VPs throughout \uparrow .20		Exceeds Floor Ex. Boundary (CJ) each time \uparrow .10	
- Makes difficult look effortless \uparrow .20		Legs not parallel to beam in split or straddle pike \uparrow .20		Poor relationship of music & movement throughout \uparrow .20		Overtime-BB/FX (CJ) \uparrow .10	
Hit of foot/feet on apparatus \uparrow .20		Insufficient dynamics \uparrow .20		Insuff. height of saltos each \uparrow .30		Coach stands between bars or next to BB throughout exercise (CJ) \uparrow .10	
Incorrect padding (heel/hip) CJ \uparrow .20		Insuff. height of leaps/jumps/hops each \uparrow .20		Insuff. Extension (open) of tuck/pike body pos. prior to landing Acro elements \uparrow .30		Excessive use of magnesium (chalk) (CJ) \uparrow .20	
Insufficient height of salto dismount \uparrow .30		Insuff. height of acro flights, aerials & saltos each \uparrow .20		Relaxed/incorr./insuff. leg pos./body posture, & flexibility in non-VPs throughout \uparrow .30		Incorrect attire/jewelry (after 1 warning) (CJ) \uparrow .20	
Insuff. Extension (open) of tuck/pike body pos. prior to landing dismount \uparrow .30		Insuff. sureness of performance - throughout \uparrow .20		Missing synchronization of movement & musical beat \uparrow .30		Verbal cues by coach/team (after warning) (CJ) \uparrow .20	
Hit of foot/feet on mat \uparrow .30		Insuff. variation in rhythm/tempo - throughout \uparrow .20		- Each time \uparrow .05		Coach instructs gymnast during routine (CJ) \uparrow .20	
Grasp on apparatus to avoid a fall \uparrow .30		Relaxed/incorr. footwork in non-VPs throughout \uparrow .20		- Exercise not ended with music \uparrow .10		Failure to begin exercise within 30 sec. of signal (CJ) \uparrow .20	
Intermediate (extra) swing/cast (Max. .60 per elem) \uparrow .30		Support of 1 leg against side of BB \uparrow .20		Artistry/Presentation \uparrow .30		Exceeds warm-up time (after warning) (CJ) \uparrow .20	
Insuff. amplitude of "B" Clear hip circles \uparrow .40		Insuff. height of salto dismount \uparrow .30		- Originality/creativity of choreography \uparrow .10		Incorrect apparatus specs. (CJ) \uparrow .30	
Full support on foot/feet on mat during routine \uparrow .50		Add'l movements to maintain balance on the beam \uparrow .30		- Quality of movement reflects personal style \uparrow .10		Board on unpermitted surface (CJ) \uparrow .30	
		Direction on gainer dmt. off end of beam \uparrow .30		- Quality of expression \uparrow .10		Failure to remove board after mount (CJ) \uparrow .30	
		Insuff. Extension (open) of tuck/pike body pos. prior to landing acro elem. & dismount \uparrow .30		Music with words (CJ) \uparrow .10		Use of Supplementary mats (CJ) \uparrow .30	
		Relaxed/incorr./insuff. leg pos./body posture, & flexibility in non-VPs throughout \uparrow .30		Absence of music (CJ) \uparrow .10		No Dismount from Start Value \uparrow .30	
		Grasp of beam to avoid a fall \uparrow .30				Spotting Assist on element No VP awarded + \uparrow .50	
		Artistry/Presentation \uparrow .30				Start exercise before signal (repetition) (CJ) \uparrow .50	
		- Originality/creativity of choreography \uparrow .10				3 rd Run approach (UB/BB mounts) \uparrow .50	
		- Quality of movement reflects personal style \uparrow .10				Coach on FX mat (CJ) \uparrow .50	
		- Quality of expression \uparrow .10				Short Exercise: BB/FX-less than 30 sec. (CJ) \uparrow .20	
						UB- (less than 5 Value Parts)	
						Exceeds Fall time (UB/BB) CJ Terminates exercise	