

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				Min. of 1 C-Flight	Acro Flight		B+D, B+E		Acro Series- 2 flight elements, min. of 1 C; also E (flight) + A (non-flight)	Acro Indirect	A/B+ A/B +C	C+D		1 Acro series w/ 2 saltos OR 2 directly connected saltos (same or diff.)	A 3 3	
*For a connection of 2 elements from Gr.3/6/7 - turn/flight is NOT req'd (elements must be different)				2 nd diff. flight, min. B	(2 elements, excluding dmt)		C+C, C/D+D		Leap or jump w/ 180° cross or side split		A/B + A/B +D			3 Diff. Saltos (No aeriels)	B 3 4	
C (no turn/ flight req.)				Min. of C element w/ LA turn (not in mt/dmt)	* (excluding mt/dmt- C must be salto at L10 At Lev 9 - C must be salto or aerial)				360° Turn on one foot	Acro Direct	C+C			Dance Pass w/ 2 diff. Gr. 1 elements (direct or indirect connection) - one w/ 180° split	C 2 1	
(If no turn/ flight—must be different)				Dmt - Min. of C	Acro flight (3+ elements)	B+ B +C	B+C+C		Aerial/Salto Dmt - Min. C or Min. B w/ C conn.		A/B+D			Dmt. - Min. of C salto	SV 9.5 9.7	
Turn/flight		C+C		Level 9	2 Dance/Mix (excluding dmt)	A+D	B+D		Level 9	2 *Dance/Mix	B+D			Award CV & DV unless a fall or spot occurs		
				2 Bar Changes	Turns	A+C	C+C		Acro Series- 2 flight elements		C+C			Missing Spec. Req. = 0.50		
				Min. of 1 B-Flight	All acro elements used for CV must have flight	(or reverse)	C+D		Leap or jump w/ 180° cross or side split		D-salto+A-jump (This order only)					
				2 nd diff. flight – min. C					360° Turn on one foot		*No CV for a turn followed by a jump					
				OR min. B element w/ LA turn (not in mt/dmt)					Aerial/Salto Dmt – Min. of B							
				Salto/Hecht Dmt – Min. of B												

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