

SR	SR	SR	SR	SR	SR	Content
<p><b>Level 6</b></p> <p>1. 1 Cast – min. of horizontal</p> <p>2. Min. of 1 bar change</p> <p>3. One 360° Clear Circling element from Grp. 3, 6 or 7</p> <p>4. Dismount, min. of “A”</p> <p><b>Level 7</b></p> <p>1. 1 Cast–min. of 45° from vertical</p> <p>2. &amp; 3.</p> <p>Two 360° clear circling elements, same or different (no hips on bar)</p> <p>- One must be a “B”</p> <p>- One from Grp. 3, 6 or 7</p> <p>4. Salto/Hecht Dmt–Min. of “A”</p>	<p><b>Level 8</b></p> <p>1. Min. of 1 bar change</p> <p>2. &amp; 3.</p> <p>Two “B” elements, same or different:</p> <p>- One with flight (Not in dmt.); OR one with turn (Not in mnt. or dmt.)</p> <p>- One 360° circle elem. from Grp. 3, 6 or 7 (not in dmt)</p> <p>4. Salto or Hecht Dmt.</p> <p>- Min. of “A”</p>	<p><b>Level 6</b></p> <p>1. One acro element from Group 5, 6 or 7 (Must start &amp; finish on beam)</p> <p>2. One leap/jump requiring 180° cross or side split (Isolated or in a series)</p> <p>3. Min. of 360° turn on one foot (Isolated or in a series)</p> <p>4. Min. of “A” dismount, with or w/out hand support</p>	<p><b>Level 7</b></p> <p>1a. Acro Series with a min. of 2 “A’s” or “B’s” with or without flight, AND</p> <p>1b. One acro flight element (included in series or isolated). (All SR Acro must start &amp; finish on beam)</p> <p>2. One leap/jump requiring 180° cross or side split (Isolated or in a series)</p> <p>3. Min. of 360° turn on one foot (Isolated or in a series)</p> <p>4. Aerial or salto dmt.- Min. of “A”</p> <p><b>Level 8</b></p> <p>Same as Level 7 except #1.</p> <p>1. Series –min. of 2 elements, 1 with flight. (Both must start &amp; finish on beam)</p>	<p><b>Level 6</b></p> <p>1. One Acro series (min.3 directly connected flight or non-flight elements, with or without hand support) Rolls do not fulfill req.</p> <p>2. One salto or aerial acro element (bwd, fwd or swd)(Isolated or in 2<sup>nd</sup> series)</p> <p>3. Dance passage w/ min. of 2 different Group 1 elements (direct or indirect connection) - one a LEAP w/ 180° cross or side split</p> <p>4. Min. of 360° turn on one foot (Isolated or in a series)</p>	<p><b>Level 7</b></p> <p>1. One Acro series (min.3 directly connected flight elem -one a back layout to 2 feet</p> <p>2. A direct connection of 2 or more forward acro elements with flight – one must be a salto or aerial</p> <p>3. Dance Passage w/ min. of 2 diff. Grp. 1 elements (direct or indirect connection) - one a LEAP w/ 180° cross or side split</p> <p>4. Min. of 360° turn on one foot (Isolated or in a series)</p> <p><b>Level 8</b></p> <p>1. One Acro series w/ 2 saltos OR 2 directly connected saltos (same or diff.)</p> <p>2. 3 Diff. Saltos (not aerials) within exercise</p> <p>3. Dance Passage w/ min. of 2 diff. Grp. 1 elements (direct or indirect connection) - one a LEAP w/ 180° cross or side split</p> <p>4. Dmt. – Min. of “A” salto</p>	<p><b>8 7 6</b></p> <p>A 4 5 5</p> <p>B 4 2 1</p> <p>C 0 0 0</p> <p>SV 10 10 10</p> <p>Level 6-8: Allowable C’s = B</p> <p>All levels: Restricted elements = no Value-Part credit +0.50 deduction from SV</p> <p>Missing Spec. Req. = 0.50</p>

Composition – Execution Deductions		Landing – Execution – General	
<p><b>Uneven Bars</b></p> <p><b>Composition (LEVEL 8 ONLY)</b></p> <p>Insufficient distribution of elements <math>\uparrow .10</math></p> <p>Uncharacteristic elements each <math>\downarrow .10</math></p> <p>3/4 fwd. Giant circle (w/ or w/o grip change) each <math>\downarrow .10</math></p> <p>Lack of variety of elements &amp; connections <math>\uparrow .10</math></p> <p>Lack of elements that achieve (or pass thru) vertical <math>\uparrow .20</math></p> <p><b>Execution</b></p> <p>Swing fwd. or bwd. under horizontal each <math>\uparrow .10</math></p> <p>Under- rotation of release/flight elements <math>\uparrow .10</math></p> <p>Precision of handstand positions throughout <math>\uparrow .10</math></p> <p>Insuff. extension of glides/swing into kips <math>\uparrow .10</math></p> <p>Poor rhythm in elements/connections <math>\uparrow .10</math></p> <p>Hesitation in jump or swing to HS <math>\uparrow .10</math></p> <p>Touch, brush of foot/feet on apparatus/mat <math>\uparrow .10</math></p> <p>Landing too close to bars on dismount <math>\downarrow .10</math></p> <p>Insuff. amplitude of elements each <math>\uparrow .20</math></p> <p>Insufficient dynamics <math>\uparrow .20</math></p> <p>- Insufficient swinging execution throughout</p> <p>- Energy maintained throughout exercise</p> <p>- Makes difficult look effortless</p> <p>Hit of foot/feet on apparatus <math>\downarrow .20</math></p> <p>Incorrect padding (heel/hip) CJ <math>\downarrow .20</math></p> <p>Insufficient height of salto dismount <math>\uparrow .30</math></p> <p>Insuff. Extension (open) of tuck/pike body pos. prior to landing dismount <math>\uparrow .30</math></p> <p>Hit of foot/feet on mat <math>\downarrow .30</math></p> <p>Grasp on apparatus to avoid a fall <math>\downarrow .30</math></p> <p>Intermediate (extra) swing/cast (Max. of .60 per elem.) <math>\downarrow .30</math></p> <p>Insuff. amplitude of “B” Clear hip circles <math>\uparrow .40</math></p> <p>Full support on foot/feet on mat during routine <math>\downarrow .50</math></p>	<p><b>Balance Beam</b></p> <p><b>Composition (LEVEL 8 ONLY)</b></p> <p>Missing Acro elements bwd &amp; fwd or swd each <math>\downarrow .10</math></p> <p>- If only in dismount <math>\downarrow .05</math></p> <p>Spatially - insuff. use of entire beam <math>\downarrow .10</math></p> <p>Insufficient distribution of elements <math>\downarrow .10</math></p> <p>-Dmt. a single ele. of min. req. difficulty for Lev. <math>\downarrow .05</math></p> <p>Insufficient level changes <math>\downarrow .10</math></p> <p>Failure to show movement/choreography in diff. directions (fwd/swd/bwd) <math>\uparrow .10</math></p> <p><b>Lack of variety in choice of Acro elements</b></p> <p>More than 2 pivot (str. leg 1/2 turns) throughout exercise <math>\downarrow .10</math></p> <p>More than 2 dance elements of the same shape (tuck/wolf or straddle) each type <math>\downarrow .10</math></p> <p>More than 1 leap/jump to front support each <math>\downarrow .10</math></p> <p>Acro elements not up to competitive level <math>\downarrow .20</math></p> <p>Lack of balance between acro &amp; dance elements <math>\downarrow .20</math></p> <p>Lack of dance series (min. of 2 elements from Gr. 1, 2, or 3) <math>\downarrow .20</math></p> <p>More than one element before mount <math>\downarrow .20</math></p> <p><b>Execution</b></p> <p>Feet apart on side pos. landing of leap/jumps each <math>\uparrow .10</math></p> <p>Hesitation in jump, press, swing to HS <math>\uparrow .10</math></p> <p>Incorrect body pos./alignment in dance elem. each <math>\uparrow .10</math></p> <p>Lack of precision in dance elements each <math>\uparrow .10</math></p> <p>Turn elements not performed in high relevé each <math>\uparrow .10</math></p> <p>Landing too close to beam on dismount <math>\downarrow .10</math></p> <p>Concentration pause (more than 2 sec.) each <math>\downarrow .10</math></p> <p>Rhythm of conn.- dance/mixed/acro (not bwd. flight) each <math>\downarrow .20</math></p> <p>Insufficient split when required (dance/acro elements) <math>\downarrow .20</math></p> <p>Legs not parallel to beam in split or straddle pike <math>\downarrow .20</math></p> <p>Insufficient dynamics <math>\downarrow .20</math></p> <p>Insuff. height of leaps/jumps/hops each <math>\uparrow .20</math></p> <p>Insuff. height of acro flights, aerials &amp; saltos each <math>\uparrow .20</math></p> <p>Insuff. sureness of performance - throughout <math>\uparrow .20</math></p> <p>Insuff. variation in rhythm/tempo - throughout <math>\uparrow .20</math></p> <p>Relaxed/incorr. footwork in non-VPs throughout <math>\uparrow .20</math></p> <p>Support of 1 leg against side of BB <math>\downarrow .20</math></p> <p>Insuff. height of salto dismount <math>\uparrow .30</math></p> <p>Add'l movements to maintain balance on the beam <math>\uparrow .30</math></p> <p>Direction of gainer dmt. off end of beam <math>\uparrow .30</math></p> <p>Insuff. Extension (Open) of tuck/pike body pos. Prior to landing Acro elem. &amp; dismount <math>\uparrow .30</math></p> <p>Relaxed/incorr./insuff. leg pos./body posture, &amp; flexibility in non-VPs throughout <math>\uparrow .30</math></p> <p>Artistry/Presentation <math>\uparrow .30</math></p> <p>- Originality/creativity of choreography <math>\uparrow .10</math></p> <p>- Quality of movement reflects personal style <math>\uparrow .10</math></p> <p>- Quality of expression <math>\uparrow .10</math></p> <p>Grasp of beam to avoid a fall <math>\downarrow .30</math></p>	<p><b>Floor Exercise</b></p> <p><b>Composition (LEVEL 8 ONLY)</b></p> <p>Insufficient distribution of elements <math>\uparrow .10</math></p> <p>Space (use of entire floor area) &amp; direction each <math>\downarrow .10</math></p> <p><b>Lack of variety in choice of Acro elements</b></p> <p>Failure to perform saltos or aerials in 2 diff. directions (bwd &amp; fwd or swd) <math>\downarrow .10</math></p> <p>More than 2 dance elements of the same shape (tuck/wolf or straddle) each type <math>\downarrow .10</math></p> <p>More than 1 leap/jump to prone position each <math>\downarrow .10</math></p> <p>Lack of balance between acro &amp; dance elements <math>\downarrow .20</math></p> <p>Acro elements not up to competitive level <math>\downarrow .20</math></p> <p>Lack of turn on 1 foot, min. B <math>\downarrow .20</math></p> <p>Lack of min. of “B” salto (Level 8) <math>\downarrow .30</math></p> <p><b>Execution</b></p> <p>Feet apart on landing of leap/jumps each <math>\uparrow .10</math></p> <p>Incorr. rhythm during execution of direct conn. each <math>\uparrow .10</math></p> <p>Incorrect body pos./alignment in dance elem. each <math>\uparrow .10</math></p> <p>Lack of precision in dance elements each <math>\uparrow .10</math></p> <p>Turn VPs not performed in high relevé each <math>\uparrow .10</math></p> <p>Concentration pause (more than 2 sec.) each <math>\downarrow .10</math></p> <p>Legs not parallel to floor in split or straddle pike <math>\uparrow .20</math></p> <p>Insuff. height of leaps/jumps/hops each <math>\uparrow .20</math></p> <p>Insuff. height of acro flights &amp; aerials each <math>\uparrow .20</math></p> <p>Insufficient split on elements <math>\downarrow .20</math></p> <p>Insufficient dynamics <math>\downarrow .20</math></p> <p>Insuff. variation in rhythm/tempo throughout <math>\downarrow .20</math></p> <p>Relaxed/incorr. footwork in non-VPs throughout <math>\downarrow .20</math></p> <p>Poor relationship of music &amp; movement throughout <math>\downarrow .20</math></p> <p>Insuff. height of saltos each <math>\uparrow .30</math></p> <p>Insuff. Extension (open) of tuck/pike body pos. prior to landing Acro elements <math>\uparrow .30</math></p> <p>Relaxed/incorr./insuff leg pos./body posture, &amp; flexibility in non-VPs throughout <math>\uparrow .30</math></p> <p>Missing synchronization of movement &amp; musical beat <math>\uparrow .30</math></p> <p>- Each time <math>\downarrow .05</math></p> <p>- Exercise not ended with music <math>\downarrow .10</math></p> <p>Artistry/Presentation <math>\uparrow .30</math></p> <p>- Originality/creativity of choreography <math>\uparrow .10</math></p> <p>- Quality of movement reflects personal style <math>\uparrow .10</math></p> <p>- Quality of expression <math>\uparrow .10</math></p> <p>Music with words (CJ) <math>\downarrow .10</math></p> <p>Absence of music (CJ) <math>\downarrow .10</math></p>	<p><b>Landing</b></p> <p>Slight hop, adjustment of feet, Feet staggered <math>\uparrow .10</math></p> <p>Deviation from straight direction <math>\uparrow .10</math></p> <p>Extra arm swings <math>\uparrow .10</math></p> <p>Feet more than hip-width apart <math>\downarrow .10</math></p> <p>Steps (each <math>\downarrow .10</math>) max. <math>\downarrow .40</math></p> <p>Trunk movements for balance (UB/BB dmt. &amp; FX acro) <math>\uparrow .20</math></p> <p>Incorrect body posture <math>\uparrow .20</math></p> <p>Large step or jump <math>\downarrow .20</math></p> <p>Brush/touch of landing surface w/ 1 or 2 hands (no support) <math>\uparrow .30</math></p> <p>Squat upon landing <math>\uparrow .30</math></p> <p>Spotting assist upon landing Award VP + <math>\downarrow .50</math></p> <p><b>Execution</b></p> <p>Flexed/sickled feet during Value Parts each time <math>\downarrow .05</math></p> <p>Legs: crossed <math>\uparrow .10</math> separated <math>\uparrow .20</math></p> <p>Insufficient exactness of body shape – N, V, / <math>\uparrow .20</math></p> <p>(Stretched - Arch or Hip angle: 136-179°)</p> <p>Failure to maintain stretched body pos. <math>\uparrow .20</math></p> <p>- Pikes down (UB, BB, FX) <math>\uparrow .20</math></p> <p>Incomplete turn/twist <math>\uparrow .20</math></p> <p>Bent arms in support or bent legs <math>\uparrow .30</math></p> <p>Fall or support on hand(s) on apparatus or mat <math>\downarrow .50</math></p> <p>Fail to land on bottom of feet first in saltos &amp; dismounts Fall (.50) + No VP/SR</p> <p><b>General</b></p> <p>Fail to present before/after (CJ) each time <math>\downarrow .10</math></p> <p>Exceeds Floor Ex. boundary (CJ) each time <math>\downarrow .10</math></p> <p>Overtime-BB/FX (CJ) <math>\downarrow .10</math></p> <p>Coach stands between bars or next to BB throughout exercise (CJ) <math>\downarrow .10</math></p> <p>Excessive use of magnesium (chalk) (CJ) <math>\downarrow .20</math></p> <p>Incorrect attire/jewelry (after 1 warning) (CJ) <math>\downarrow .20</math></p> <p>Verbal cues by coach/team (after warning) (CJ) <math>\downarrow .20</math></p> <p>Coach instructs gymnast during routine (CJ) <math>\downarrow .20</math></p> <p>Failure to begin exer. within 30 sec. of CJ signal (CJ) <math>\downarrow .20</math></p> <p>Exceeds warm-up time (after warning) (CJ) <math>\downarrow .20</math></p> <p>Incorrect apparatus specs (CJ) <math>\downarrow .30</math></p> <p>Board on unpermitted surface (CJ) <math>\downarrow .30</math></p> <p>Failure to remove board after mount (CJ) <math>\downarrow .30</math></p> <p>Use of Supplementary mats (CJ) <math>\downarrow .30</math></p> <p>No Dismount from Start Value <math>\downarrow .30</math></p> <p>Spotting Assist on element No VP awarded + <math>\downarrow .50</math></p> <p>Starts exercise before signal (repetition) (CJ) <math>\downarrow .50</math></p> <p>3<sup>rd</sup> run approach (UB/BB mounts) <math>\downarrow .50</math></p> <p>Coach on FX mat (CJ) <math>\downarrow .50</math></p> <p>Short Exercise: BB/FX-less than 30 sec. (CJ) <math>\downarrow .50</math></p> <p>UB- (less than 5 Value Parts)</p> <p>Exceeds Fall time (UB/BB) CJ Terminates exercise</p>