

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			Level 10		10 9
*Turn/Flight C+C			Min. of 1 C-Flight		Acro Flight		B+D, B+E	Acro Series- 2 Flight		Acro Indirect	A/B+ A/B +C	C+D	1 Acro Series w/ 2 Saltos		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	elements, min. of 1 C; also E (Flight) + A (Non-Flight)		A/B + A/B +D			OR 2 directly connected Saltos (same or diff.)		B 3 4
C (no turn/ C+D D+D flight req.)			Min. of C element w/ LA Turn (excludes Mnt/Dmt)		* (excluding mt/dmt- C must be salto at L10 At Lev 9 - C must be salto or aerial)		B + C*	Leap or Jump w/ 180° Cross or Side Split		A/B+D			3 Diff. Saltos (No Aerials)		C 2 1
Level 9			Salto Dmt - Min. of C		Acro flight		B+ B +C	360° Turn on One Foot		A+B+D			Dance Pass w/ 2 diff. Gr. 1 elements (direct or indirect connection) one Leap w/ 180° Split		SV 9.5 9.7
(If no turn/ C+C flight—must be different)			2 Bar Changes		(3+ elements)		B+B+D	Aerial/Salto Dmt - Min. C or Min. B w/ C conn.		A +C A/B+D			Min. of C salto- Isolated or in Last Acro conn.		L10: Extra +0.1 Bonus (not in SV) if Exer. has a min. of 0.6 total Bonus + an E (BB/FX-E Acro)
Turn/Flight C+C			Min. of 1 B-Flight		2 Dance/Mix		A+D B+D	Level 9		A+A+C A+A+D			Level 9		L9: allowable D/E's=C
			2 nd diff. Flight - min. C		(excluding dmt)		B+C C+C	Acro Series- 2 Flight elements		C+C			Same as L10 except Min. of B Salto- Isolated or in Last Acro conn.		Restricted elements = no VP credit -0.50 off SV
			OR min. B element w/ LA Turn (excludes mt/dmt)		Turns		A+C (or reverse)	Leap or Jump w/ 180° Cross or Side Split		D-Salto+A-Jump			(This order only)		No CV/DV w/ fall or spot
			Salto Dmt - Min. of B		All Acro elements used for CV must have Flight			360° Turn on One Foot		*No CV for a Turn followed by a Jump					Missing SR - -0.50 off SV
								Aerial/Salto Dmt - Min.B							

Composition – Execution Deductions

Composition	Uneven Bars	Balance Beam	
Choice of dmt. not up to competitive level	↑.10	Failure to perform Acro ele. in 2 diff. directions (bwd & fwd/swd)	↑.10
Faces same direction thruout exer (excl.Mt/dmt)	↑.10	* If the only diff. direction is in dismount	↑.05
Uncharacteristic elements	each ↓.10	More than 2 pivot (Str. Leg) ½ turns thruout exercise	↑.10
More than one Squat on LB w/ or w/out sole circle to jump to grasp HB (Lev. 10 only)	each ↓.10	More than 2 Dance elements of the same shape (tuck/wolf or straddle jumps)	each type ↓.10
¾ fwd Giant circle (w/ or w/o grip change)	each ↓.10	Spatially - Insuff. use of entire length of beam	↑.10
Failure to perform 2 ele. (Min. B) that fulfill 2 of the 3 following requirements:	each ↓.10	Insufficient level changes	↑.10
- Forward element (circle/release) (excl. dmt)		Failure to show movement/non-VP/choreography in diff. dir. (fwd/swd/bwd)	↑.10
- Element from Groups 3, 6, or 7		Choice of dismount not up to competitive level	↑.10
- Pirouette (Turn through handstand- min. 180°)		Acro elements not up to competitive level	↑.20
Choice of release elements not up to competitive level (Lev. 10 only)	↑.20	Dance elements not up to competitive level	↑.20
Lack of two (2) bar changes (Lev. 10 only)	↓.20	Lack of dance series (min. 2 dance elements from Gr. 1, 2, 3)	↓.20
Execution		Execution	
Insuff. Angle of arrival-Flight to HS on LB	↓.05	Feet apart on side pos. landing of leaps/jumps	each ↑.10
Swing fwd. or bwd. under horizontal	each ↑.10	Hesitation in jump, press, swing to HS	each ↑.10
Under-rotation of release/flight elements	↑.10	Incorrect body pos./alignment in Dance elem.	each ↑.10
Precision of handstand positions throughout	↑.10	Lack of precision in Dance elements	each ↑.10
Insuff. extension of glides/swing into kips	↑.10	Turn elements not performed in high relevé	each ↑.10
Poor rhythm in elements/connections	↑.10	Landing too close to beam on dismount	↓.10
Hesitation in jump or swing to HS	↑.10	Concentration pause (2sec.)	each ↓.10
Touch, brush on apparatus/mat with foot/feet	↑.10	Concentration pause (more than 2sec.)	each ↓.20
Landing too close to bar on dismount	↓.10	Rhythm of conn.-Dance/Mixed/Acro (not bwd flight)	each ↑.20
Insuff. amplitude of elements	each ↑.20	Insufficient split when required (Dance/Acro elements)	↑.20
Insufficient dynamics	↑.20	Legs not parallel to beam in split or straddle pike	↑.20
- Insufficient swingful execution throughout		Insufficient dynamics	↑.20
- Energy not maintained throughout exercise		Insuff. height of leaps/jumps/hops	each ↑.20
- Fails to make difficult look effortless		Insuff. height of Acro flights, Aerials & Saltos	each ↑.20
Hit of foot/feet on apparatus	↓.20	Insuff. sureness of performance throughout	↑.20
Incorrect padding (heel/hip)	CJ ↓.20	Insuff. variation in rhythm/tempo throughout	↑.20
Insufficient height of salto dismount	↑.30	Relaxed/incorr. footwork in non-VPs throughout	↑.20
Insuff. Extension (open) of tuck/pike body pos. prior to landing dismount	↑.30	Support of 1 leg against side of BB	each ↓.20
Insuff. Amplitude of casts	↑.30	Insuff. height of Salto dismount	↑.30
Insuff. Angle of turn completion	↑.30	Add'l movements to maintain balance on the beam	↑.30
Hit of foot/feet on mat	↓.30	Direction on Gainer dmt. off end of beam	↑.30
Grasp on apparatus to avoid a fall	↓.30	Insuff. Extension (Open) of tuck/pike body pos. prior to landing Acro elem. & dismount	↑.30
Intermediate (extra) swing/cast (Max. .60 per ele.)	↓.30	Relaxed/incorr./insuff. leg pos./body posture, & flexibility in non-VPs throughout	↑.30
Insuff. amplitude of "B" Clear hip circles	↑.40	Grasp of beam to avoid a fall	↓.30
Full support on foot/feet on mat during routine	↓.50	Use of supplemental support	↓.30
		Artistry/Presentation	
		- Originality/creativity of choreography	↑.10
		- Quality of movement reflects personal style	↑.10
		- Quality of expression	↑.10

Landing – Execution – General

Composition	Floor Exercise	Landing	
Spatially – (Floor pattern)	↑.10	Feet hip-width or closer; never join on dmt.	↓.05
Value of salto(s) performed as last isolated Salto or in last Acro connection not up to competitive level	↑.10	Slight hop, adjustment of feet, staggered feet	↑.10
Failure to perform Saltos/Aerials in 2 diff. directions (bwd & fwd/swd)	↓.10	Deviation from straight direction	↑.10
More than 2 dance elements of the same shape (tuck/wolf or straddle jumps)	each type ↓.10	Arm swings to maintain balance	↑.10
Acro elements not up to competitive level	↑.20	Feet more than hip-width apart	↓.10
Dance elements not up to competitive level	↑.20	Steps (each ↓.10) max.	↓.40
Lack of turn on 1 foot, min. "B"	↓.20	Trunk movements for balance (UB/BB dmt & FX acro)	↑.20
Lack of min. of "B" salto (Level 9)	↓.30	Incorrect body posture on landing of VPs	↑.20
Lack of min. of "C" salto (Level 10)	↓.30	Large step or jump	↓.20
Execution		Brush/touch of landing surface w/hand(s)	↑.30
Feet apart on landing of leaps/jumps	each ↑.10	Squat upon landing	↓.30
Incorr. Rhythm during execution of direct conn.	each ↑.10	Spotting assist upon landing	Award VP/SR + ↓.50
Incorrect body pos./alignment in Dance elem.	each ↑.10	Execution	
Lack of precision in Dance elements	each ↑.10	Flexed/sicked feet during value parts	each time ↓.05
Fails to perform Gr. #2 Turns in high relevé	each ↑.10	Legs/knees: crossed	↑.10
Concentration pause (2sec.)	each ↓.10	separated	↑.20
Legs not parallel to floor in split or straddle pike	↑.20	Insufficient exactness of body shape – N, V, / (Stretched - Arch or Hip angle 136-179°)	↑.20
Insuff. height of leaps/jumps/hops	each ↑.20	Failure to maintain stretched body pos. - Pikes down (UB, BB, FX)	↑.20
Insuff. height of Acro flights w/ hand support & Aerials	each ↑.20	Incomplete turn/twist	↑.20
Insufficient split when required (Dance/Acro elements)	↑.20	Bent arms in support or bent legs	↑.30
Insufficient dynamics	↑.20	Fall or support on hand(s) on apparatus or mat	↓.50
Insuff. variation in rhythm/tempo throughout	↑.20	Fail to land on bottom of feet first on Saltos/Aerials/Dmt.	Fall (↓.50) + No VP/SR
Relaxed/incorr. footwork in non-VPs throughout	↑.20	General	
Poor relationship of music & movement throughout	↑.20	Fail to mark boundary line on mat	↓.10
Insuff. height of Saltos	each ↑.30	Fail to Present before/after (CJ)	each time ↓.10
Insuff. Extension (Open) of tuck/pike body pos. prior to landing Acro elements	↑.30	Exceeds Floor Ex. boundary (CJ)	each time ↓.10
Relaxed/incorr./insuff. leg pos./body posture, & flexibility in non-VPs throughout	↑.30	Overtime - BB/FX (CJ)	↓.10
Missing synchronization of movement & musical beat	↑.30	Coach between bars or next to BB thruout (CJ)	↓.10
- Each time	↓.05	Excessive use of magnesium (chalk) (CJ)	↓.20
- Exercise not ended with music	↓.10	Incorrect attire/jewelry (after 1 warning) (CJ)	↓.20
Artistry/Presentation	↑.30	Verbal cues by coach/team (after warning) (CJ)	↓.20
- Originality/creativity of choreography	↑.10	Coach instructs gymnast during routine (CJ)	↓.20
- Quality of movement reflects personal style	↑.10	Failure to begin exercise w/in 30 sec. of CJ signal (CJ)	↓.20
- Quality of expression	↑.10	Exceeds warm-up time (after warning) (CJ)	↓.20
Music with words (CJ)	↓.10	Incorrect apparatus specs. (CJ)	↓.30
Absence of music (CJ)	↓.10	Board on unpermitted surface (CJ)	↓.30
		Failure to remove board after mount (CJ)	↓.30
		Use of Supplementary mats (CJ)	↓.30
		No Dismount from Start Value	↓.30
		Lands Acro ele. or dmt in Pit (CJ)	No VP/SR + ↓.30
		Spotting Assist on element	No VP awarded + ↓.50
		Start exercise before signal (repetition) (CJ)	↓.50
		3 rd Run approach (UB/BB mounts)	↓.50
		Coach on FX mat (CJ)	↓.50
		Short Exercise: BB/FX-less than 30 sec. (CJ)	↓.50
		UB- (less than 5 Value Parts)	↓.50
		Exceeds Fall time (UB/BB) CJ Terminates exercise	