



JR. OLYMPIC OPTIONAL REQUIREMENTS FOR LEVELS 6, 7, 8, 9 & 10 (Effective August 1, 2013 - July 31, 2018) Revised Sept 2016

| REQUIREMENTS | LEVEL 6 | LEVEL 7 | LEVEL 8 | LEVEL 9 | LEVEL 10 |
|---|---|---|--|---|---|
| VALUE PARTS A=.10, B=.30, C=.50 | 5 A's, 1 B, 0 C's | 5 A's, 2 B's, 0 C's | 4 A's, 4 B's, 0 C's | 3 A's, 4 B's, 1 C | 3 A's, 3 B's, 2 C's |
| START VALUE BONUS | 10.0 Not eligible for Bonus | 10.0 Not eligible for Bonus | 10.0 Not eligible for Bonus | 9.70 Maximum of 0.30 Bonus for Connections only | 9.50 Maximum of 0.50 Bonus (min. of +.10 Difficulty Value & min. of +.10 Connection Value) |
| DIFFICULTY RESTRICTIONS FOR BARS, BEAM & FLOOR - 0.5 for each unallowable element | Allowed: All "A" & "B" elements plus ONE of the following "C's" on UB: Choice of Clear hip, back stalder or back pike circle to HS which receives "B" VP credit. No flight elements from bar to bar are allowed. No other "C's", "D's" or "E's" are allowed. | Allowed: All "A" & "B" elements plus any number of the following "C's" on UB: Cast Handstand ½ turn, Clear hip circle, Back stalder & Pike sole circle bwd. to HS, all also with ½ turn <i>A max. of one "C" Dance element on BB/FX may also be performed.</i> All allowable "C's" receive "B" VP credit. <i>No other "C's", "D's" or "E's" are allowed.</i> | Allowed: All "A" & "B" elements plus all "C" dance on BB/FX & any number of the following "C's" on UB: Cast Handstand ½ turn, Clear hip circle/Back stalder/Pike sole circle bwd. to HS, all also with ½ turn. A maximum of one "C" other than those indicated above may also be performed. All allowable "C's" receive "B" VP credit. No other "C's", "D's" or "E's" are allowed. | Allowed: "A's", "B's", and "C's" & any number of the following D/E's: Dance on BB/FX & any "B" or "C" "root" element with a 1/1 pirouette on UB. A max. of one "D or E" other than those indicated above may also be performed. All allowable D/E's are considered as "C" for VP & CV credit. | No restrictions |
| VAULTS ALLOWED | Group 1 Handspring/Yamashita vaults with maximum of 360° in one flight phase & no more than 540° turn in total. Refer to Level 6/7 Vault chart. All allowable vaults are worth 10.0 | Group 1 Handspring/Yamashita vaults with maximum of 360° in one flight phase & no more than 540° turn in total. Refer to Level 6/7 Vault chart. All allowable vaults are worth 10.0 | Group 1, 3, 4 & 5 Vaults indicated on the Lev. 8 chart (Handsprings, Tsukaharas & RO entry) All other vaults are not permitted & if performed, VOID the event. | Selected vaults from all Grps Refer to Level 9 Vault Chart All other vaults are not permitted & if performed, VOID the event. | All vaults from Groups 1-5 Certain 10 SV vaults will receive +0.1 bonus if performed successfully |
| SPECIAL REQUIREMENTS Deduct 0.50 for each missing SR for all Levels | <u>BARS</u> 1. 1 cast – min. of horizontal 2. One bar change 3. <i>One 360° Clear Circling element from Grps 3, 6, 7</i> 4. Dismount, min. A <u>BEAM (Max. time: 1:15)</u> 1. One acro elem. from Gr. 5, 6 or 7 (Must start & finish on beam) 2. One leap/jump requiring 180° cross or side split (Isolated or in a series) 3. Min. of 360° turn on one foot (Isolated or in a series) 4. Min. of A dismount, with or without hand support | <u>BARS</u> 1. 1 cast–min. of 45° from vert. 2. & 3. Two 360° clear circling elem. Same or different - one must be a B - one from Group 3, 6, or 7 4. Salto or hecht dmt, min. A <u>BEAM (Max. time: 1:20)</u> 1a. Acro series with a min. of two A's or B's with or without flight, AND 1b. One acro flight element - may be included in series (All Acro SRs must start & finish on the beam) 2. One leap/jump requiring 180° cross or side split (Isolated or in a series) 3. Min. of 360° turn on one foot (Isolated or in a series) 4. Aerial or salto dmt, min. A | <u>BARS</u> 1. Min. of 1 bar change 2. & 3. Two B elem., same or diff. - One with flight (not in dmt) or one with turn (not in mt/dmt) - One from Groups 3, 6, or 7 4. Salto or hecht dmt, min. A <u>BEAM (Max. time: 1:30)</u> 1. Acro series- min. of 2 elements, 1 with flight. (Both must start & finish on beam) 2. One leap/jump requiring 180° cross or side split (Isolated or in a series) 3. Min. of 360° turn on one foot (Isolated or in a series) 4. Aerial or salto dmt, min. A | <u>BARS</u> 1. Min. of 2 bar changes 2. One flight element, min. B (not dmt) 3. A second (different) flight element (min. C) OR one element with LA turn (<i>min. B</i>) (not in mt/dmt) 4. Salto or hecht dmt, min. B <u>BEAM (Max. time: 1:30)</u> 1. Acro series: min. of 2 flight elements. (Both must start & finish on beam) 2. One leap/jump requiring 180° cross or side split (Isolated or in a series) 3. Min. of 360° turn on one foot (Isolated or in series) 4. Aerial or salto dmt, min. B | <u>BARS</u> 1. Flight element, min. C (not dmt) 2. A 2 nd (different) flight elements, min. B 3. Element with LA turn, min. C (not in mt/dmt) 4. Salto or hecht dmt, min. C <u>BEAM (Max. time: 1:30)</u> 1. Acro series: Min. of 2 flight elem., one a min. of C with or without hand support. (Both must start & finish on beam) 2. One leap/jump requiring 180° cross or side split (Isolated or in a series) 3. Min. of 360° turn on one foot (Isolated or in a series) 4. Aerial or salto dmt, min. of C, OR a B dismount that is directly connected to: - an acro series that includes: a C acro, OR - a C acro or dance |

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|--------------|---|--|--|---|--|
| | <p>FLOOR (Max. time: 1:15)</p> <ol style="list-style-type: none"> 1. One acro series, with a min. of 3 directly connected flight or non-flight acro elements, flight with or without hand support 2. One salto or aerial acro element (bwd, fwd, swd) (Isolated or in a 2nd series) 3. Dance Passage w/ min. of 2 different Group 1 elements (directly or indirectly connected) - one a LEAP w/ 180° cross or side split 4. Minimum of 360° turn on one foot (May be isolated or in a series) | <p>FLOOR (Max. time: 1:30)</p> <ol style="list-style-type: none"> 1. One acro series (min. 3 flight elements) including a Back layout to 2 feet 2. A direct connection of two or more forward acro elements with flight - One must be a salto or an aerial 3. Dance Passage w/ min. of 2 different Grp 1 elements (directly or indirectly connected) - one a LEAP w/ 180° cross or side split 4. Min. of 360° turn on one foot (May be isolated or in a series) | <p>FLOOR (Max. time: 1:30)</p> <ol style="list-style-type: none"> 1. One Acro series w/ 2 saltos, OR 2 directly connected saltos (same or different) 2. Three different saltos (not aerials) within the exercise 3. Dance Passage w/ min. of 2 different Group 1 elements (directly or indirectly connected) - one a LEAP w/ 180° cross or side split 4. Min. of "A" salto as last Salto or in last Acro connection | <p>FLOOR (Max. time: 1:30)</p> <ol style="list-style-type: none"> 1. One Acro series w/ 2 saltos, OR 2 directly connected saltos (same or different) 2. Three different saltos (not aerials) within the exercise 3. Dance Passage w/ min. of 2 different Group 1 elements (directly or indirectly connected) - one a LEAP w/ 180° cross or side split 4. Min. of B salto as last salto or in last connection of saltos | <p>FLOOR (Max. time: 1:30)</p> <ol style="list-style-type: none"> 1. One Acro series w/ 2 saltos, OR 2 directly connected saltos (same or different) 2. Three different saltos (not aerials) within the exercise 3. Dance Passage w/ min. of 2 different Grp. 1 elements (directly or indirectly connected) - one a LEAP w/ 180° cross or side split 4. Min. of C salto as last salto or in last connection of saltos |

Please refer to the 2013-17 *Jr. Olympic Code of Points* for a complete understanding of the Jr. Olympic rules. This is an overview only.