RESTRICTIONS

VALUE PARTS

START VALUE BONUS

DIFFICULTY RESTRICTIONS FOR BARS, BEAM & FLOOR

- 0.5 for each Unallowable element

VAULTS ALLOWED

SPECIAL REQUIREMENTS

Deduct 0.50 for each missing SR for all Levels

BEAM (Max. time: 1:15)

1. A non-flight Acro Series (Excludes Mnt/Dmt)
   OR
   One (1) Acro Flight element (Isolated or in Series)
2. One (1) Leap/Jump requiring 180° Cross or Side Split (Isolated or in Series)
3. Min. of 360° Group 3 Turn on One (1) Foot (Isolated or in Series)
4. Aerial / Salto Dmt, min. “A”

BEAM (Max. time: 1:20)

1a. Acro Series (with/without Flight)
   AND
1b. One (1) Acro Flight element - (Isolated or in series)
   (Both Acro SRs exclude Mnt/Dmt)
2. One (1) Leap/Jump requiring 180° cross or side split (Isolated or in series)
3. Min. of 360° Turn on one foot (Isolated or in series)
4. Aerial or Salto Dmt, min. “A”

BEAM (Max. time: 1:30)

1. Acro Series: min. of 2 Flight elements
   (Excludes Mnt/Dmt)
2. One (1) Leap/Jump requiring 180° cross or side split (Isolated or in series)
3. Min. of 360° Turn on one foot (Isolated or in series)
4. Aerial or Salto Dmt, min. “B”

BEAM (Max. time: 1:30)

1. Acro series: Min. of 2 Flight ele., one a min. of C with or without hand support. (Excludes Mnt/Dmt) OR "E" Flight + “A” Non-Flight
2. One (1) Leap/Jump requiring 180° cross or side split (Isolated or in series)
3. Min. of 360° Turn on one foot (Isolated or in series)
4. Aerial or Salto Dmt, min. of C, OR min. “B” dismount directly connected to:
   - an Acro Series that includes:
     - a C Acro, OR
     - a C Acro or Dance

1. Min. of (1) Bar Change
   2. & 3.
   Two “B” elements, same or diff.
   - One (1) with Flight (not in Dmt)
   OR One (1) with LA Turn (not in Mt/Dmt)
   - “B” 360° Clear Circling ele. from Groups 3, 6, or 7
   4. Salto Dmt, min. “A”

1. Min. of (1) Bar Change
   2. & 3.
   Two “B” elements, same or diff.
   - One (1) with Flight (not in Dmt)
   OR One (1) with LA Turn (not in Mt/Dmt)
   - “B” 360° Clear Circling ele. from Groups 3, 6, or 7
   4. Salto Dmt, min. “A”

1. Min. of 2 Bar Changes
   2. One Flight Element, min. “B” (not Dmt)
   3. A second (different) Flight element (min. “C”)
   OR
   Min. “B” element with LA turn (not in Mt/Dmt)
   4. Salto Dmt, min. “B”
<table>
<thead>
<tr>
<th>REQUIREMENTS</th>
<th>LEVEL 6</th>
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</thead>
<tbody>
<tr>
<td>FLOOR (Max. time: 1:15)</td>
<td>1. One (1) acro series (min. 3 directly connected elements, Two (2) of which must have flight (Rolls do NOT fulfill SR)</td>
<td>1. One (1) Acro Series - min. 3 directly-connected Flight elements-one a Back layout to Two (2) feet</td>
<td>1. One Acro series w/ 2 Saltos, OR 2 directly connected Saltos (same or different)</td>
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<td>2. One Salto or Aerial (bwd, fwd, swd) (Isolated or in 2nd series)</td>
<td>2. Two or more directly connected Forward Acro Flight elements - One Salto or Aerial</td>
<td>2. Three (3) Different Saltos (not Aerials) within the exercise</td>
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<td>3. Dance Passage w/ min. of 2 Different Group 1 elements (directly or indirectly connected) - one a LEAP requiring 180° cross or side split</td>
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<td>3. Dance Passage w/ min. of Two (2) different Group 1 elements (directly or indirectly connected) - one a LEAP requiring 180° cross or side split</td>
<td>3. Dance Passage w/ min. of Two (2) different Group 1 elements (directly or indirectly connected) - one a LEAP requiring 180° cross or side split</td>
<td>3. Dance Passage w/ min. of Two (2) different Group 1 elements (directly or indirectly connected) - one a LEAP requiring 180° cross or side split</td>
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<td>4. Minimum of 360° Turn on One (1) foot (Isolated or in series)</td>
<td>4. Min. of 360° Turn on one (1) foot (Isolated or in series)</td>
<td>4. Min. of “A” salto as last Salto or in last Acro connection</td>
<td>4. Min. of B salto-as last Isolated Salto or in Last Acro Connection</td>
<td>4. Min. of C Salto- as last Salto or in Last Acro Connection</td>
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Please refer to the **2018-22 Jr. Olympic Code of Points** for a complete understanding of the Jr. Olympic rules. This is an overview only.