



JR. OLYMPIC OPTIONAL REQUIREMENTS FOR LEVELS 6, 7, 8, 9 & 10

(Effective August 1, 2018 - July 31, 2022) Revised 5/20/18

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 D/E & min. of +.10 CV)
DIFFICULTY RESTRICTIONS FOR BARS, BEAM & FLOOR - 0.5 for each Unallowable element	Allowed: All "A" & "B" elem., plus ONE (1) of the following "C's" on UB, which receives "B" VP credit: - Clear Hip to HS - Back Stalder to HS - Back Pike Circle to HS Not Allowed: - Other C/D/E VPs - Flight elements from bar to bar	Allowed: All "A" & "B" elements, plus any number of the following "C's", which receive "B" VP credit: on UB - Cast Handstand ½ turn - Clear Hip Circle HS; ½ turn - Back Stalder HS; ½ turn - Pike Sole Circle HS; ½ turn AND on BB/FX: - Max. of one (1) "C" Dance VP Not Allowed: - Other C/D/E VPs	Allowed: All "A" & "B" elements, plus all "C" Dance on BB/FX & any number of the following "C's", which receive "B" VP credit: On Bars: - Cast Handstand ½ turn - Clear Hip Circle HS; ½ turn - Back Stalder; ½ turn - Pike Sole Circle HS½ turn AND - Max. of One (1) other "C" VP Not Allowed: - Other C/D/E VPs	Allowed: "A", "B", "C" and -UB: any "B" or "C" "root" element with a 1/1 pirouette -BB: any D/E Dance -FX: any D/E Dance Max. of One (1) other "D or E" may also be performed. All allowable D/E are considered "C" for VP & CV credit.	Award Extra +0.10 bonus (not in SV) if exercise has: - a min. of 0.60 total bonus - "E" element on UB - "E" Acro element on BB - "E" Acro element on FX No Restrictions
VAULTS ALLOWED	<u>Refer to Level 6/7 Vault chart.</u> All Three allowable vaults are worth 10.0	<u>Refer to Level 6/7 Vault chart.</u> All Three allowable vaults are worth 10.0	<u>Refer to Level 8 Vault chart:</u> - Handspring-Group 1 - Tsukahara-Group 3 - RO Entry – Groups 4 & 5 Not Allowed: all other Vaults, if performed, VOID the event.	<u>Refer to Level 9 Vault chart:</u> Selected Vaults Not Allowed: all other Vaults, if performed, VOID the event.	<u>Refer to Level 10 Vault chart:</u> All Vaults from Groups 1-5 Bonus Vaults: if performed successfully, selected 10.0 (SV) vaults will receive +0.1 Bonus
SPECIAL REQUIREMENTS Deduct 0.50 for each missing SR for all Levels	BARS 1. One (1) Cast – min. of 45° above horizontal (Above Horiz. fulfills SR) 2. Min. One (1) Bar Change 3. One 360° Clear Circling element from Grps 3, 6, 7 4. Salto Dmt., min. "A" BEAM (Max. time: 1:15) 1. A non-flight Acro Series (Excluding 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"	BARS 1. One (1) cast to handstand (Cast to 45° fulfills SR) 2. & 3. Two (2) 360° Clear Circling ele. Same or different (no hips on - one must be a "B" - one from Group 3, 6, or 7 4. 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"	BARS 1. Min. of One (1) Bar Change 2. & 3. <u>Two "B" elem., same or diff.</u> - One (1) with Flight (not in Dmt) OR One (1) with LA Turn (not in Mt/Dmt) - One "B" 360° Clear Circling ele. from Groups 3, 6, or 7 4. Salto Dmt, min. "A" BEAM (Max. time: 1:30) 1. Acro Series- min. of 2 elements, 1 with flight. (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. "A"	BARS 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" 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"	BARS 1. Flight element, min. "C" (not Dmt) 2. A 2 nd (Different) Flight element, min. "B" 3. Min. "C" element with LA turn, (not in Mt/Dmt) 4. Salto Dmt, min. "C" 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 a series) 3. Min. of 360° Turn on one foot (Isolated or in a 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

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	<p>FLOOR (Max. time: 1:15)</p> <ol style="list-style-type: none"> One (1) acro series (min. 3 directly connected elements, Two (2) of which must have flight (Rolls do NOT fulfill SR) One Salto or Aerial (bwd, fwd, swd) (Isolated or in 2nd series) Dance Passage w/ min. of 2 Different Group 1 elements (directly or indirectly connected) - one a LEAP requiring 180° cross or side split Minimum of 360° Turn on One (1) foot (Isolated or in series) 	<p>FLOOR (Max. time: 1:30)</p> <ol style="list-style-type: none"> One (1) Acro Series - min. 3 directly-connected Flight elements-one a Back layout to Two (2) feet Two or more directly connected Forward Acro Flight elements - One Salto or Aerial Dance Passage w/ min. of 2 different Grp 1 elements (directly or indirectly connected) - one a LEAP requiring 180° cross or side split Min. of 360° Turn on one (1) foot (Isolated or in series) 	<p>FLOOR (Max. time: 1:30)</p> <ol style="list-style-type: none"> One Acro series w/ 2 Saltos, OR 2 directly connected Saltos (same or different) Three (3) Different Saltos (not Aerials) within the exercise Dance Passage w/ min. of 2 different Group 1 elements (directly or indirectly connected) - one a LEAP requiring 180° cross or side split 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"> One Acro series w/ 2 saltos, OR 2 directly connected Saltos (same or different) Three Different Saltos (not Aerials) within the exercise Dance Passage w/ min. of Two (2) different Group 1 elements (directly or indirectly connected) - one a LEAP requiring 180° cross or side split Min. of B salto-as last Isolated Salto or in Last Acro Connection 	<p>FLOOR (Max. time: 1:30)</p> <ol style="list-style-type: none"> One Acro series w/ 2 saltos, OR 2 directly connected Saltos (same or different) Three Different Saltos (not Aerials) within the exercise Dance Passage w/ min. of Two (2) different Group 1 elements (directly or indirectly connected) - one a LEAP requiring 180° cross or side split Min. of C Salto- as last Salto or in Last Acro Connection

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.