



# JR. OLYMPIC OPTIONAL REQUIREMENTS FOR LEVELS 7, 8, 9 & 10 (Effective August 1, 2010 - July 31, 2013)

REQUIREMENTS	LEVEL 7	LEVEL 8	LEVEL 9	LEVEL 10
<b>VALUE PARTS</b> A = .10, B=.30, C=.50	5 A's, 2 B's,	4 A's, 4 B's, 0 C's	3 A's, 4 B's, 1 C's	3 A's, 3 B's, 2 C's
<b>START VALUE BONUS</b> (No CV or D/E bonus if a Fall or Spot occurs)	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 +0.10 Difficulty Value & min. of +0.10 Connection Value)
<b>DIFFICULTY RESTRICTIONS FOR BARS, BEAM &amp; FLOOR</b> -0.5 for each unallowable elem.	"Only "A" & "B" elements are allowed. Only the following "C" elements on UB are allowed & receive "B" credit: Cast Handstand ½ turn, Clear hip circle/Back stalder/Pike sole circle bkwd. to HS, also with ½ turn	"Only "A" & "B" elements, plus C dance on BB/FX are allowed. Only the following "C" elements on UB are allowed: Cast Handstand ½ turn, Clear hip circle/Back stalder/Pike sole circle bkwd. to HS, also with ½ turn	Only "A", "B", and "C" elements are allowed, plus a maximum of one "D/E" element, which is considered as "C" for Value Part & Connection Value.	No restrictions
<b>VAULTS ALLOWED</b>	Group 1 Handspring/Yamashita vaults that have no more than 360° in one flight phase & no more than 540° turn in total. Refer to Level 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 Groups 1-5 Refer to Level 9 Vault Chart	All vaults from Groups 1-5 Certain 10 SV vaults will receive +0.1 bonus if performed successfully
<b>SPECIAL REQUIREMENTS</b>  Deduct 0.50 for each missing SR for all Levels	<p><b>BARS</b></p> <ol style="list-style-type: none"> <li>1 cast - minimum of 45° from vertical</li> <li>2. &amp; 3. Two 360° clear circling elements, same or different (no hips on bar) <ul style="list-style-type: none"> <li>- one must be a "B"</li> <li>- one from Group 3, 6, or 7</li> </ul> </li> <li>4. Salto dismount, minimum A</li> </ol> <p><b>BEAM</b></p> <ol style="list-style-type: none"> <li>1. a. Acro series with a min. of two A or B elements with or without flight, AND <ol style="list-style-type: none"> <li>1. b. One acro flight element (may be included in series) (All elements must start &amp; finish on beam.)</li> </ol> </li> <li>2. One leap/jump requiring 180° split (Isolated or in a series)</li> <li>3. Minimum of 360° turn on one foot (Isolated or in a series)</li> <li>4. Aerial or salto dismount, min. A</li> </ol> <p><b>FLOOR</b></p> <ol style="list-style-type: none"> <li>1. One acro series (3 or more flight elements) which includes a back salto stretched to 2 feet (Backlayout)</li> <li>2. A direct connection of two or more forward acro elements with flight. <ul style="list-style-type: none"> <li>- One element must be a salto or an aerial.</li> </ul> </li> <li>3. Dance Passage w/ min. of 2 different Group 1 elements (directly or indirectly connected) - one a LEAP w/ 180° cross or side split</li> <li>4. Minimum of 360° turn on one foot (May be isolated or in a series)</li> </ol>	<p><b>BARS</b></p> <ol style="list-style-type: none"> <li>1. Min. of 1 bar change</li> <li>2. &amp; 3. Two elements, same or different, minimum of B: <ul style="list-style-type: none"> <li>- One element with flight or turn,</li> <li>- One element from Groups 3, 6, or 7</li> </ul> </li> <li>4. Salto or hecht dismount, minimum A</li> </ol> <p><b>BEAM</b></p> <ol style="list-style-type: none"> <li>1. Acro series- min. of 2 elements, 1 with flight. (Both must start &amp; finish on beam.)</li> <li>2. One leap/jump requiring 180° split (Isolated or in a series)</li> <li>3. Minimum of 360° turn on one foot</li> <li>4. Aerial or salto dismount, min. A</li> </ol> <p><b>FLOOR</b></p> <ol style="list-style-type: none"> <li>1. One Acro series w/ 2 saltos, OR 2 directly connected saltos (same or different)</li> <li>2. Three different saltos within the exercise</li> <li>3. Dance Passage w/ min. of 2 different Group 1 elements (directly or indirectly connected) <ul style="list-style-type: none"> <li>- one a LEAP w/ 180° cross or side split</li> </ul> </li> <li>4. Min. of A salto as last salto or in last connection of saltos</li> </ol>	<p><b>BARS</b></p> <ol style="list-style-type: none"> <li>1. Min. of 2 bar changes</li> <li>2. One flight element, minimum B</li> <li>3. A second (different) flight element (min. C) OR one element with LA turn (min. C)</li> <li>4. Salto or hecht dismount, minimum B</li> </ol> <p><b>BEAM</b></p> <ol style="list-style-type: none"> <li>1. Acro series: min. of 2 flight elements. (Both elements must start &amp; finish on beam)</li> <li>2. One leap/jump requiring 180° split (Isolated or in a series)</li> <li>3. Minimum of 360° turn on one foot</li> <li>4. Aerial or salto dismount, min. B</li> </ol> <p><b>FLOOR</b></p> <ol style="list-style-type: none"> <li>1. One Acro series w/ 2 saltos, OR 2 directly connected saltos (same or different)</li> <li>2. Three different saltos within the exercise</li> <li>3. Dance Passage w/ min. of 2 different Group 1 elements (directly or indirectly connected) <ul style="list-style-type: none"> <li>- one a LEAP w/ 180° cross or side split</li> </ul> </li> <li>4. Min. of B salto as last salto or in last connection of saltos</li> </ol>	<p><b>BARS</b></p> <ol style="list-style-type: none"> <li>1. Flight element, minimum C</li> <li>2. A 2<sup>nd</sup> (different) flight element, minimum B</li> <li>3. Element with LA turn, min. C (not mnt/dmt)</li> <li>4. Salto or hecht dismount, minimum C</li> </ol> <p><b>BEAM</b></p> <ol style="list-style-type: none"> <li>1. Acro series: Min. of 2 flight elements, one element must be a minimum of C with or without hand support. Both elements must start &amp; finish on beam)</li> <li>2. One leap/jump requiring 180° split (Isolated or in a series)</li> <li>3. Minimum of 360° turn on one foot</li> <li>4. Aerial or salto dismount, min. of C, OR B dismount element that is directly connected to: <ul style="list-style-type: none"> <li>- an acro series that includes a C acro element, or</li> <li>- a C acro or dance element</li> </ul> </li> </ol> <p><b>FLOOR</b></p> <ol style="list-style-type: none"> <li>1. One Acro series w/ 2 saltos, OR 2 directly connected saltos (same or different)</li> <li>2. Three different saltos within the exercise</li> <li>3. Dance Passage w/ min. of 2 different Group 1 elements (directly or indirectly connected) - one a LEAP w/ 180° cross or side split</li> <li>4. Min. of C salto as last salto or in last connection of saltos</li> </ol>