PART TWO
JR. OLYMPIC PROGRAM

SECTION II
DESCRIPTIONS AND REQUIREMENTS OF THE LEVELS

I. DEVELOPMENTAL LEVELS 1 THROUGH 4: NON-COMPETITIVE
   A. In-gym or inter-club testing shall be conducted by certified Skill Evaluators, certified Women's Level I-IV PDCP or PDP-II coaches.
   B. Equipment should accommodate the size of the gymnasts.
   C. Gymnasts must enter at Level 1, but may progress through the events and skills at different levels.
   D. Once an event has been passed at a specific level, it need not be re-tested.
   E. A gymnast may test at more than one level at a time, but may not advance to Level 5 until she has completed the requirements as listed in the Entry & Mobility chart.

II. LEVELS 1, 2, 3, 4, 5 & 6 COMPETE COMPULSORY EXERCISES
   A. Levels 1-3: Some states have an organized Level 1-3 competitive program with sanctioned events.
      • Contact your State Administrative Committee Chairman for information on scheduling, judging criteria, etc.
   B. Levels 4-6: all events will have a start value of 10.00.

III. LEVEL 7-10 COMPETE OPTIONAL EXERCISES
    Refer to the Jr. Olympic Code of Points for a complete explanation of Level 7-10 rules.
<table>
<thead>
<tr>
<th>REQUIREMENTS</th>
<th>LEVEL 7</th>
<th>LEVEL 8</th>
<th>LEVEL 9</th>
<th>LEVEL 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>VALUE PARTS</td>
<td>A = .10, B = .30, C = .50</td>
<td>5 A’s, 2 B’s,</td>
<td>4 A’s, 4 B’s, 0 C’s</td>
<td>3 A’s, 4 B’s, 1 C’s</td>
</tr>
<tr>
<td>START VALUE</td>
<td>10.0</td>
<td>10.0</td>
<td>9.70</td>
<td>9.50</td>
</tr>
<tr>
<td>ADDITIVE VALUE</td>
<td>Not eligible for Additive Value</td>
<td>Not eligible for Additive Value</td>
<td>Maximum of 0.30 Additive Value for Connections only</td>
<td>Maximum of 0.50 Additive Value (min. of +0.10 Difficulty Value &amp; min. of +0.10 Connection Value)</td>
</tr>
<tr>
<td>DIFFICULTY RESTRICTIONS FOR BARS, BEAM &amp; FLOOR</td>
<td>“C” BB/FX Acro elem. &amp; UB mounts, dismounts &amp; releases and all D/E elements VOID the exercise. All other “C’s” receive 2.00 penalty &amp; no Value Part credit is given (refer to JO Code for exceptions)</td>
<td>“C’s” receive “B” Value Part credit. “D/E” BB/FX Acro elem. &amp; UB mounts, dismounts &amp; releases VOID exercise. All other “D/E’s” receive 2.00 penalty &amp; no Value Part credit is given.</td>
<td>No difficulty restrictions; however, if a “D” or “E” element is performed, it receives “C” Value Part credit. “D’s” and “E’s” are considered as “C’s” for Connection Value.</td>
<td>No restrictions</td>
</tr>
<tr>
<td>VAULTS ALLOWED</td>
<td>Group 1 Handspring/Yamashita vaults that have flight no more than 360° in one flight phase &amp; no more than 540° turn in total. Refer to Level 7 Vault chart. All allowable vaults are worth 10.0</td>
<td>Group 1, 3, 4 &amp; 5 Vaults indicated on the Lev.8 chart (Handsprings, Tsukaharas &amp; RO entry) All other vaults are not permitted &amp; if performed, VOID the event.</td>
<td>All vaults from Groups 1-5</td>
<td>All vaults from Groups 1-5</td>
</tr>
<tr>
<td>SPECIAL REQUIREMENTS</td>
<td>Deduct 0.50 for each missing SR for all Levels</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**BARS**

1. 1 Cast – Min. of “A” (21° - 45°)
2. & 3. Two 360° circling elements, both a minimum of B
   - May be same or different,
   - One from Group 3, 6, or 7
4. Salto dismount, minimum A
   1. Acro series with a min. of two A or B elements with or without flight, AND
      One acro flight element (may be included in series)
      (All elements must start & finish on beam.)
   2. One leap/jump requiring 180° split (Isolated or in a series)
   3. Minimum of 360° turn on one foot (Isolated or in a series)
   4. Aerial or salto dismount, min. A

**BEAM**

1. Acro series- min. of 2 elements, 1 with flight. (Both must start & finish on beam.)
2. One leap/jump requiring 180° split (Isolated or in a series)
3. Minimum of 360° turn on one foot
4. Aerial or salto dismount, min. A

**FLOOR**

1. One Acro series w/ 2 salts, OR 2 directly connected salts (salts may be the same or different)
2. Three different salts within the exercise
3. Dance series with a min. of 2 elements, one a leap (one foot take-off) requiring 180° cross or side split
4. Min. of A salto as last salto or in last connection of salts

**BARS**

1. Min. of 1 bar change
2. & 3. Two elements, same or different, minimum of B:
   - One element with flight or turn,
   - One element from Groups 3, 6, or 7
4. Salto or hecht dismount, minimum A

**BEAM**

1. Acro series: min. of 2 flight elements, one element must be a C acro element, or
2. One leap/jump requiring 180° split (Isolated or in a series)
3. Minimum of 360° turn on one foot
4. Aerial or salto dismount, min. B

**FLOOR**

1. One Acro series w/ 2 salts, OR 2 directly connected salts (salts may be the same or different)
2. Three different salts within the exercise
3. Dance series with a min. of 2 elements, one a leap (one foot take-off) requiring 180° cross or side split
4. Min. of A salto as last salto or in last connection of salts

Revised July 2007

Please refer to the 2005 Jr. Olympic Code of Points for a complete understanding of the Jr. Olympic rules. This is an overview only.