

SR	SR	SR	SR	SR	SR	Content
Level 6	Level 8	Level 6	Level 7	Level 6	Level 7	
1. One cast—min. 45° above Horiz. (Above Horiz. fulfills SR)	1. Min. of one Bar change	1. Non-flight Acro series OR one Acro flight ele. (Isolated/in connection) (excludes mnt/dmt)	1a. Acro series (with or without flight) AND	1. One Acro pass (min.3 directly connected elements, two with flight)	1 & 2 Minimum of two Acro passes: - One with Salto backward (min. 2 directly connected flight elements)	8 7 6 A 4 5 5 B 4 2 1 C 0 0 0 SV 10 10 10
2. Min. of one Bar change	2. & 3. Two B elem, same or different:	2. One Leap/Jump requiring 180° cross or side split (Isolated /in series)	1b. One Acro flight element (Isolated/in connection). (both Acro SRs exclude Mnt/Dmt)	2. 2 nd Acro pass w/ one Salto or Aerial (bwd, fwd or swd) (Isolated or in 2 nd diff. conn.)	- One with Salto forward (additional elements allowed)	Level 6/7/8: Allowable C's = B
3. One 360° Clear Circling element from Grp. 3, 6 or 7 (no hips on bar)	- One w/ Flight (not in dmt);	3. Min. of 360° Group 3 Turn on one foot (Isolated/in series)	2. One Leap/Jump requiring 180° cross/side split (Isolated /in series)	3. Dance Passage w/ min. of two diff. Group 1 ele. (direct/indirect conn.) - one a LEAP requiring 180° cross/side split	3. Dance Passage w/ min. of 2 diff. Grp. 1 elements (direct/indirect connection)	All Levels: Restricted elements = no VP credit
4. Salto Dismount, min. of A	OR	4. Aerial/Salto Dmt - Min. of A	3. Min. of 360° Group 3 Turn on one foot (Isolated/in series)	4. Min. of 360° Turn on one foot (Isolated / in series)	4. Min. of 360° Turn on one foot (Isolated/in Series)	= no VP credit - <u>0.50</u> off SV
Level 7	- One w/ LA turn (not in Mnt./ Dmt)		4. Aerial/Salto Dmt - Min. of A			Missing SR – -0.50 off SV
1. One Cast to Handstand (45° fulfills SR)	- One “B” 360° Clear circle element from Grp. 3, 6 or 7 (not in Dmt)		Same as Level 7 except #1.			
2. & 3. Two 360° Clear Circling elements (no hips on bar), same or different	4. Salto Dmt – Min. A		1. Acro series – min. of two elements, one w/ flight. (excludes mnt/dmt)			
- One must be a B						
- One from Grp. 3, 6 or 7						
4. Salto Dmt – Min. of A						

Composition – Execution Deductions

Uneven Bars	Balance Beam	Floor Exercise	Landing – Execution – General
Composition (LEVEL 8 ONLY)	Composition (LEVEL 8 ONLY)	Composition (LEVEL 8 ONLY)	Landing
Choice of dismount not up to competitive level \uparrow .10	Failure to perform Acro ele. in 2 diff. directions (bwd & fwd/swd) \uparrow .10	Insuff. use of FX area-Spatially (Floor pattern) \uparrow .10	Feet hip-width or closer, never join on dmt \uparrow .05
Uncharacteristic elements each \uparrow .10	* If the only diff. direction is in dismount \uparrow .05	Value of salto(s) performed as last isolated Salto or in last Acro connection not up to competitive level \uparrow .10	Slight hop, adjustment of feet, staggered feet \uparrow .10
¼ fwd. Giant circle (w/ or w/o grip change) each \uparrow .10	More than 1 pivot (str. Leg) ½ turn thruout exercise \uparrow .10	Failure to perform Saltos in 2 diff. directions (bwd & fwd/swd) \uparrow .10	Deviation from straight direction \uparrow .10
Lack of elements that achieve (or pass thru) vertical \uparrow .20	More than 2 Dance elements of the same shape (tuck/wolf or straddle jumps) each type \uparrow .10	More than 2 dance elements of the same shape (tuck/wolf or straddle jumps) each type \uparrow .10	Arm swings to maintain balance \uparrow .10
	Spatially - Insuff. use of entire length of beam \uparrow .10	Acro Salto elements not up to competitive level \uparrow .20	Feet more than hip-width apart \uparrow .10
	Insufficient level changes \uparrow .10	Dance elements not up to competitive level \uparrow .20	Steps (each \uparrow .10) max \uparrow .40
	Failure to show movement/non-VP/choreography in 2 of 3 diff. dir. (fwd/swd/bwd) each \uparrow .05	Lack of Turn on one (1) foot, min. B \uparrow .20	Trunk movements for balance (UB/BB dmt. & FX acro) \uparrow .20
	Choice of dismount not up to competitive level \uparrow .10	Lack of min. of three (3) “A” saltos in exercise \uparrow .30	Incorrect body posture on landing of VPs \uparrow .20
	Acro elements not up to competitive level \uparrow .20		Large step or jump (each \uparrow .20) max \uparrow .40
	Dance elements not up to competitive level \uparrow .20		Brush/touch of landing surface w/ hand(s) \uparrow .30
	Lack of Dance series (min. of 2 elements from Gr. 1, 2, or 3) \uparrow .20		Squat upon landing \uparrow .30
Execution	Execution	Execution	Spotting assist upon landing Award VP/SR + \uparrow .50
Swing fwd. or bwd. under horizontal each \uparrow .10	Feet apart on side pos. landing of leap/jumps each \uparrow .10	Failure to hold ending pose for one second \uparrow .05	Execution
Under-rotation of release/flight elements \uparrow .10	Hesitation in jump, press, swing to HS each \uparrow .10	Failure to show synchronization of music w/ ending pose \uparrow .10	Flexed/sickled feet during Value Parts each time \uparrow .05
Precision of handstand positions throughout \uparrow .10	Incorrect body pos./alignment in Dance VPs each \uparrow .10	Feet apart on landing of leap/jumps each \uparrow .10	Legs/knees: crossed \uparrow .10 separated \uparrow .20
Insuff. extension of glides/swings into kips ea. \uparrow .10	Lack of precision in Dance elements each \uparrow .10	Incorrect Rhythm during direct conn. each \uparrow .10	Insufficient exactness of body shape – N, V, / \uparrow .20
Poor rhythm in elements/connections each \uparrow .10	Fails to perform Gr. #3 Turns in high relevé each \uparrow .10	Incorrect body pos./alignment in dance VPs each \uparrow .10	Failure to maintain stretched body pos. \uparrow .20
Hesitation during jump to HB/swing to HS ea. \uparrow .10	Lands too close to beam on dismount \uparrow .10	Lack of precision in Dance elements each \uparrow .10	- Pikes down (UB, BB, FX)
Touch, brush on apparatus/mat w/ foot/feet ea. \uparrow .10	Concentration pause (2 sec.) each \uparrow .10	Fails to perform Gr. #2 Turns in high relevé each \uparrow .10	Incomplete turn/twist each \uparrow .20
Landing too close to bars on dismount \uparrow .10	Concentration pause (more than 2 sec.) each \uparrow .20	Concentration pause (2 sec. or more) each \uparrow .10	Bent arms in support or bent legs each \uparrow .30
Insuff. amplitude of elements (except *) each \uparrow .20	Rhythm of conn. - Dance/Mixed/Acro (not bwd. flight) each \uparrow .20	Legs not parallel to floor in split/straddle pike pos. \uparrow .20	Fall or support on hand(s) on apparatus or mat \uparrow .50
Insufficient dynamics \uparrow .20	Insufficient split when required (Dance/Acro elements) \uparrow .20	Insuff. height of leaps/jumps/hops each \uparrow .20	Falls to land- bottom of feet first on Dmt. Fall (\uparrow .50) + No VP/SR
- Insufficient swingful execution throughout	Legs not parallel to beam in split/straddle pike pos. \uparrow .20	Insuff. height of Acro flights w/ hand support & Aerials each \uparrow .20	General
- Energy not maintained throughout exercise	Insufficient dynamics \uparrow .20	Insufficient split when required (Dance/Acro elements) \uparrow .20	Fail to present before/after (CJ) each time \uparrow .10
- Fails to make difficult look effortless	Insuff. height of leaps/jumps/hops each \uparrow .20	Insuff. dynamics \uparrow .20	Fail to mark boundary line on mat CJ \uparrow .10
Hit on apparatus with foot/feet \uparrow .20	Insuff. height of Acro flights, Aerials & Saltos each \uparrow .20	Insuff. variation in rhythm/tempo throughout \uparrow .20	Exceeds Floor Ex. boundary (CJ) each time \uparrow .10
Incorrect padding (heel/hip) CJ \uparrow .20	Insuff. sureness of performance throughout \uparrow .20	Relaxed/incorr. footwork in non-VPs throughout \uparrow .30	Overtime - BB/FX (CJ) \uparrow .10
Insufficient height of salto dismount* \uparrow .30	Support of 1 leg against side of beam each \uparrow .20	Poor relationship of music & movement throughout exer. \uparrow .30	Coach between bars or next to BB thruout (CJ) \uparrow .10
Insuff. extension (open) of tuck/pike body pos. prior to landing dismount \uparrow .30	Relaxed/incorr. footwork in non-VPs throughout \uparrow .30	Insuff. height of Saltos each \uparrow .30	Excessive use of magnesia (chalk) (CJ) \uparrow .20
Insuff. Amplitude of casts* \uparrow .30	Insuff. height of Salto dismount \uparrow .30	Insuff. extension (open) of tuck/pike body pos. prior to landing Acro elements \uparrow .30	Incorrect attire/jewelry (after 1 warning) (CJ) \uparrow .20
Insuff. Angle of turn completion \uparrow .30	Add'l movements to maintain balance on the beam \uparrow .30	Insuff. height of Acro elements \uparrow .30	Verbal cues by coach/team (after warning) (CJ) \uparrow .20
Hit on mat with foot/feet \uparrow .30	Direction of Gainer dmt off end of beam \uparrow .30	Insuff. variation in rhythm/tempo throughout \uparrow .30	Coach instructs gymnast during routine (CJ) \uparrow .20
Grasp on apparatus to avoid a fall \uparrow .30	Insuff. extension (open) of tuck/pike body pos. prior to landing Acro elem. & dismount \uparrow .30	Poor relationship of music & movement throughout exer. \uparrow .30	Failure to begin exer. w/in 30 sec. of CJ signal (CJ) \uparrow .20
Intermediate (extra) swing/cast (Max. 0.50 per elem.) \uparrow .30	Insuff. body alignment/pos./posture in non-VPs throughout \uparrow .30	Insuff. height of Acro elements \uparrow .30	Exceeds warm-up time (after warning) (CJ) \uparrow .20
Insuff. amplitude of “B” Clear hip circle* \uparrow .40	Grasp of beam to avoid a fall \uparrow .30	Insuff. extension (open) of tuck/pike body pos. prior to landing Acro elements \uparrow .30	Incorrect apparatus specs (CJ) \uparrow .30
Full support on foot/feet on mat during exercise \uparrow .50	Use of supplemental support \uparrow .30	Incorr. body alignment/pos./posture in non-VPs throughout \uparrow .30	Board on unpermitted surface (CJ) \uparrow .30
	Artistry/Presentation:	Artistry/Presentation:	Failure to remove board after mount (CJ) \uparrow .30
	- Lack of variety in choreography \uparrow .10	- Lack of variety in choreography \uparrow .10	Use of Supplementary mats (CJ) \uparrow .30
	- Quality of movement reflects personal style \uparrow .10	- Quality of movement reflects personal style \uparrow .10	No Dismount from Start Value \uparrow .30
	- Quality of expression \uparrow .10	- Quality of expression \uparrow .10	Lands Acro ele. or dmt in Pit (CJ) No VP/SR + \uparrow .30
		Music with words/lyrics (CJ) \uparrow .10	Spotting Assist on element No VP/SR + \uparrow .50
		Absence of music (CJ) \uparrow .10	Starts exercise before signal (repetition) (CJ) \uparrow .50
			3 rd run approach (UB/BB mounts) \uparrow .50
			Coach on FX mat (CJ) \uparrow .50
			Short Exercise (CJ): BB/FX-less than 30 sec. \uparrow .00
			UB- (less than 5 V p) \uparrow .00
			L6 BB ONLY w/ 10 SV (CJ) \uparrow .50
			Exceeds Fall time (UB/BB) CJ Terminates exercise