

SR	SR	SR	SR	SR	SR	Content
<b>Level 6</b>	<b>Level 8</b>	<b>Level 6</b>	<b>Level 7</b>	<b>Level 6</b>	<b>Level 7</b>	
1. 1 Cast–min. 45° above Horiz. (Above Horiz. fulfills SR)	1. Min. of One (1) Bar Change	1. Non-Flight Acro Series OR One Acro Flight ele. (Isolated/in Series) (Excludes mnt/dmt)	1a. Acro Series (with or without Flight) <b>AND</b>	1. One Acro <b>Pass</b> (min.3 directly connected elements, 2 with Flight) Rolls do not fulfill req.	1. One Acro <b>Pass</b> -min.3 directly connected Flight elem.-one a Back Layout to 2 feet	<b>8 7 6</b> A 4 5 5 B 4 2 1 C 0 0 0 SV <b>10 10 10</b>
2. Min. of One (1) 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 (1) Acro Flight element (Isolated/in Series). (Both Acro SRs exclude Mnt/Dmt)	2. <b>2<sup>nd</sup> Acro Pass w/</b> One Salto or Aerial (bwd, fwd or swd) Isolated or <b>in diff. conn.</b>	2. <b>2<sup>nd</sup> Acro Pass w/</b> 2 or more directly connected Forward Acro Flight ele.-one a Salto/Aerial	Level 6/7: Allowable C's = B All Levels: Restricted elements = no VP credit -0.50 off SV
3. One 360° Clear Circling element from Grp. 3, 6 or 7	- One (1) w/ Flight (Not in dmt);	3. Min. of 360° Turn on One Foot (Isolated / in Series) (Group 3)	2. One (1) Leap/Jump requiring 180° Cross or Side Split (Isolated /in Series)	3. Dance Passage w/ min. of 2 diff. Group 1 ele. (direct/indirect conn.) - one (1) a LEAP w/ 180° Cross /Side Split	3. Dance Passage w/ min. of 2 diff. Grp. 1 elements (direct/indirect connection) -one a LEAP w/ 180° Cross / Side Split	
4. Salto Dismount, min. of A	- One (1) w/ LA turn (Not in Mnt./ Dmt)	4. Aerial/Salto Dmt - Min. of A	3. Min. of 360° Group 3 Turn on One (1) Foot (Isolated / in Series)	4. Min. of 360° Turn on One (1) Foot (Isolated / in Series)	4. Min. "A" Salto-last Isolated/in Last Acro. conn.	<b>Missing SR</b> – -0.50 off SV
<b>Level 7</b>	<b>Level 8</b>		<b>Level 8</b>			
1. 1 Cast to Handstand (45° fulfills SR)	- One "B" 360° Clear Circle ele. from Grp. 3, 6 or 7 (not in Dmt)		Same as Level 7 except #1.			
2. & 3. Two (2) 360° Clear Circling elements, same or different (no hips on bar)			1. Acro Series – min. of 2 elements, 1 w/ Flight. (Excludes mnt/dmt)			
- One must be a B						
- One from Grp. 3, 6 or 7						
4. Salto Dmt – Min. of A	4. Salto Dmt – Min. A					

Uneven Bars		Balance Beam		Floor Exercise		Landing – Execution – General	
<b>Composition (LEVEL 8 ONLY)</b>		<b>Composition (LEVEL 8 ONLY)</b>		<b>Composition (LEVEL 8 ONLY)</b>		<b>Execution</b>	
Choice of dmt. not up to competitive level	↑.10	Failure to perform Acro ele. in 2 diff. directions (bwd & fwd/swd)	.10	Spacially (Floor pattern)	↑.10	Flexed/sickled feet during Value Parts	each time 0.05
Uncharacteristic elements	each 0.10	* If the only diff. direction is in dismount	.05	Value of salto(s) performed as last isolated Salto or in last Acro connection not up to competitive level	↑.10	Legs/knees: crossed	↑.10
¼ fwd. Giant circle (w/ or w/o grip change)	each 0.10	More than 2 pivot (str. leg ½ turns) thruout exercise	.10	Failure to perform Salto/Aerials in 2 diff. directions (bwd & fwd/swd)	0.10	Insufficient exactness of body shape – N, V, / (Stretched - Arch or Hip angle: 136-179°)	↑.20
Lack of elements that achieve (or pass thru) vertical	↑.20	More than 2 Dance elements of the same shape (tuck/wolf or straddle jumps)	each type .10	More than 2 dance elements of the same shape (tuck/wolf or straddle jumps)	each type 0.10	Failure to maintain stretched body pos. - Pikes down (UB, BB, FX)	↑.20
		Spatially - Insuff. use of entire beam	↑.10	Acro elements not up to competitive level	↑.20	Incomplete turn/twist	each ↑.20
		Insufficient level changes	↑.10	Dance elements not up to competitive level	↑.20	Bent arms in support or bent legs	each ↑.30
		Failure to show movement/choreography in diff. directions (fwd/swd/bwd)	↑.10	Lack of Turn on one foot, min. B	0.20	Fall or support on hand(s) on apparatus or mat	0.50
		Choice of dismount not up to competitive level	↑.10	Lack of min. of three (3) "A" saltos in exercise	0.30	Fails to land on bottom of feet first on Saltos/Aerials/Dmt. Fall (0.50) + No VP/SR	
		Acro elements not up to competitive level	↑.20			<b>General</b>	
		Dance elements not up to competitive level	↑.20			Fail to present before/after (CJ)	each time 0.10
		Lack of Dance series (min. of 2 elements from Gr. 1, 2, or 3)	.20			Fail to mark boundary line on mat	CJ 0.10
<b>Execution</b>				<b>Execution</b>		Exceeds Floor Ex. boundary (CJ)	each time 0.10
Swing fwd. or bwd. under horizontal	each ↑.10	<b>Execution</b>		Feet apart on landing of leap/jumps	each ↑.10	Overtime - BB/FX (CJ)	0.10
Under-rotation of release/flight elements	↑.10	Feet apart on side pos. landing of leap/jumps	each ↑.10	Incorr. Rhythm during execution of direct conn.	each ↑.10	Coach between bars or next to BB thruout (CJ)	0.10
Precision of handstand positions throughout	↑.10	Hesitation in jump, press, swing to HS	each ↑.10	Incorrect body pos./alignment in dance elem.	each ↑.10	Excessive use of magnesium (chalk) (CJ)	0.20
Insuff. extension of glides/swing into kips	↑.10	Incorrect body pos./alignment in Dance elem.	each ↑.10	Lack of precision in Dance elements	each ↑.10	Incorrect attire/jewelry (after 1 warning) (CJ)	0.20
Poor rhythm in elements/connections	↑.10	Lack of precision in Dance elements	each ↑.10	Fails to perform Gr. #2 Turns in high relevé	each ↑.10	Verbal cues by coach/team (after warning) (CJ)	0.20
Hesitation in jump or swing to HS	↑.10	Fails to perform Gr. #3 Turns in high relevé	each ↑.10	Concentration pause (2 sec.)	each 0.10	Coach instructs gymnast during routine (CJ)	0.20
Touch, brush on apparatus/mat with foot/feet	↑.10	Landing too close to beam on dismount	0.10	Insuff. height of leaps/jumps/hops	each ↑.20	Failure to begin exer. w/in 30 sec. of CJ signal (CJ)	0.20
Landing too close to bars on dismount	0.10	Concentration pause (2 sec.)	each .10	Insuff. height of Acro flights w/ hand support & Aerials	each ↑.20	Exceeds warm-up time (after warning) (CJ)	0.20
Insuff. amplitude of elements	each ↑.20	Concentration pause (more than 2 sec.)	each .20	Insuff. split when required (Dance/Acro elements)	↑.20	Incorrect apparatus specs (CJ)	0.30
Insufficient dynamics	↑.20	Rhythm of conn. - Dance/Mixed/Acro (not bwd. flight)	each ↑.20	Insuff. dynamics	↑.20	Board on unpermitted surface (CJ)	0.30
- Insufficient swingful execution throughout		Insufficient split when required (Dance/Acro elements)	↑.20	Insuff. variation in rhythm/tempo throughout	↑.20	Failure to remove board after mount (CJ)	0.30
- Energy not maintained throughout exercise		Legs not parallel to beam in split or straddle pike	↑.20	Relaxed/incorrect footwork in non-VPs throughout	↑.20	Use of Supplementary mats (CJ)	0.30
- Fails to make difficult look effortless		Insufficient dynamics	↑.20	Poor relationship of music & movement throughout	↑.20	No Dismount from Start Value	0.30
Hit of foot/feet on apparatus	0.20	Insuff. height of leaps/jumps/hops	each ↑.20	Insuff. height of saltos	each ↑.30	Lands Acro ele. or dmt in Pit (CJ) No VP/SR +	0.30
Incorrect padding (heel/hip)	CJ 0.20	Insuff. height of Acro flights, Aerials & Saltos	each ↑.20	Insuff. Extension (Open) of tuck/pike body pos. prior to landing Acro elements	↑.30	Spotting Assist on element No VP awarded +	0.50
Insufficient height of salto dismount	↑.30	Insuff. sureness of performance throughout	↑.20	Relaxed/incorrect/insuff leg pos./body posture, & flexibility in non-VPs throughout	↑.30	Starts exercise before signal (repetition) (CJ)	0.50
Insuff. Extension (open) of tuck/pike body pos. prior to landing dismount	↑.30	Insuff. variation in rhythm/tempo throughout	↑.20	Missing synchronization of movement & musical beat	↑.30	3 <sup>rd</sup> run approach (UB/BB mounts)	0.50
Insuff. Amplitude of casts	↑.30	Relaxed/incorrect footwork in non-VPs throughout	↑.20	Each time	0.05	Coach on FX mat (CJ)	0.50
Insuff. Angle of turn completion	↑.30	Support of 1 leg against side of beam	each .20	Exercise not ended with music	0.10	Short Exercise (CJ): BB/FX-less than 30 sec. UB- (less than 5 Value Parts)	2.00
Hit of foot/feet on mat	0.30	Insuff. height of Salto dismount	↑.30	Artistry/Presentation:		L6 BB ONLY w/ 10 SV (CJ)	0.50
Grasp on apparatus to avoid a fall	0.30	Add'l movements to maintain balance on the beam	↑.30	- Originality/creativity of choreography	↑.10	Exceeds Fall time (UB/BB) CJ Terminates exercise	
Intermediate (extra) swing/cast (Max. 0.50 per elem.)	0.30	Direction of Gainer dmt off end of beam	↑.30	- Quality of movement reflects personal style	↑.10		
Insuff. amplitude of "B" Clear hip circles	↑.40	Insuff. Extension (Open) of tuck/pike body pos. prior to landing Acro elem. & dismount	↑.30	- Quality of expression	↑.10		
Full support on foot/feet on mat during routine	0.50	Relaxed/incorrect/insuff. leg pos./body posture, & flexibility in non-VPs throughout	↑.30	Music with words (CJ)	1.00		
		Grasp of beam to avoid a fall	0.30	Absence of music (CJ)	1.00		
		Use of supplemental support	0.30				
		Artistry/Presentation:					
		- Originality/creativity of choreography	↑.10				
		- Quality of movement reflects personal style	↑.10				
		- Quality of expression	↑.10				