

Conn. Val.	0.1	0.2	SR	√	Connection Value	0.1	0.2	SR	∩	Connection Value	0.1	0.2	SR	□	Content												
Level 10 *Turn/Flight C+C *For a connection of two elements from Gr.3/6/7 - turn/flight is NOT req'd (elements must be different) C+D/E D/D (C-No turn/flight req.) Level 9 (If no turn/ flight—must be different) Turn/Flight			Level 10 Min. of 1 C-Flight 2 nd diff. Flight,min. B Min. of C element with LA Turn (excludesMnt/Dmt) Salto Dmt - Min. of C Level 9 2 Bar Changes Min. of one B-Flight 2 nd diff. Flight – min. C OR min. B element with LA Turn (excludes Mnt/Dmt) Salto Dmt – Min. of B		Acro Flight (Two elements, excluding dmt) B + D/E C + C/D/E B + C* D/E + D/E * (C must be Salto at Lev. 10; At Lev 9 - C must be Salto or Aerial) Acro flight B+ B +C B+C+C (3+ elem. Incl. mnt/dmt) B+B/C+D/E Add'1 +0.1 for 3 ele. Acro flight series (BBC+) w/ min. C Salto/Aerial or D/E flight w/wo hand support, excluding dmt 2 Dance/Mixed A+D/E B+D/E (excludes dmt) B+C *C+C *Same or different Dance C+D/E Turns A+C (or reverse) All Acro elements used for CV must have Flight			Level 10 Acro Series- 2 dir. conn. Flight ele. min. of 1 C; OR E-Flight + A Non-Flight (excl. mnt/dmt) Leap or Jump requiring 180° cross/side split 360° Turn on one foot Aerial/Salto Dmt - Min. C or Min. B w/ C conn. Level 9 Acro Series- 2 directly connected Flight elem. Leap or Jump w/ 180° Cross or Side Split 360° Turn on one Foot Aerial/Salto Dmt – Min.B			Acro Indirect A/B+A/B+C C+C (Saltos/Aerials) B+C A+A+D A+D A+E B/C+D/E Acro Direct B+B B+C (Saltos/Aerials) A +C A/B+D/E A+A+C A+A+D/E C+C 2 *Dance/Mix B+D/E C+D/E *Same or different *C+C dance D/E-Salto + A-Jump (This order only) No CV for a Turn followed by a Jump			Level 10 One Acro Pass w/ min. 2 Saltos (same or diff.), dir./indir. conn. w/ Flight elem. w/wo hand support 3 Diff. Saltos (No Aerials) Dance Passage w/ 2 diff. Gr. 1 elements (direct or indirect connection) - one a Leap requiring 180° split Min. of C Salto - Isolated or in Last Salto conn. Level 9 Same as L10 except Min. of B Salto- Isolated or in Last Salto conn.	<table border="1"> <tr><td>10</td><td>9</td></tr> <tr><td>A</td><td>3</td></tr> <tr><td>B</td><td>3</td></tr> <tr><td>C</td><td>2</td></tr> <tr><td>SV</td><td>9.5</td></tr> <tr><td>9.7</td><td></td></tr> </table> L10: Extra +0.1 Bonus (not in SV) if exer. has a 10 SV + min. of 0.6 total Bonus + an E (BB/FX- E Acro) L9: allowable D/E's=C 1 st eligible D/E= +10 D/E Bonus (any UB / Acro/BB/FX) <1 Restricted elem= No VP; -.50 off SV No CV/DV w/ fall or spot Missing SR .50 off SV	10	9	A	3	B	3	C	2	SV	9.5	9.7	
10	9																										
A	3																										
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SV	9.5																										
9.7																											

Composition – Execution Deductions

<i>Uneven Bars</i>		<i>Balance Beam</i>	
<u>Composition</u>		<u>Composition</u>	
Choice of dmt. not up to competitive level	↑.10	Failure to perform Acro ele. in two diff. directions (bwd & fwd/swd)	↓.10
Faces same direction thruout exer (excl.Mt/dmt)	↓.10	* If the only diff. direction is in dismount	↓.05
Uncharacteristic elements	each ↓.10	More than one pivot (str. leg) ½ turn thruout exercise	↓.10
More than one squat/stoop on LB w/ or w/out sole circle to jump to grasp HB (Lev. 10 only)	each ↓.10	More than two Dance elements of the same shape (tuck/wolf or straddle jumps)	each type ↓.10
¾ fwd Giant circle (w/ or w/o grip change)	each ↓.10	Spatially - Insuff. use of entire length of beam	↑.10
Failure to perform 2 ele. that fulfill 2 of 3 following requirements, (excl. dmt):	each ↓.10	Insufficient level changes	↑.10
- Forward element (circle/release) (Min. B)		Failure to show movement/non-VP/choreography in 2 of 3 diff. dir. (fwd/swd/bwd)	each 0.05
- Element from Groups 3, 6, or 7 (Min. B)		Choice of dismount not up to competitive level	↑.10
- Element w/ min. 180°LA turn, with/wo flight (Min. C)		Acro elements not up to competitive level	↑.20
Choice of release elements not up to competitive level (Lev.10 only)	↑.20	Dance elements not up to competitive level	↑.20
Lack of two bar changes (Lev. 10 only)	↓.20	Lack of dance series (min. 2 dance elements from Gr. 1, 2, 3)	↓.20
Execution		Execution	
Insuff. Angle of arrival-Flight to HS on LB	↓.05	Feet apart on side pos. landing of leaps/jumps	each ↑.10
Swing fwd. or bwd. under horizontal	each ↑.10	Hesitation in jump, press, swing to HS	each ↑.10
Under-rotation of release/flight elements	↑.10	Incorrect body pos./alignment in Dance VPs	each ↑.10
Precision of handstand positions throughout	↑.10	Lack of precision in Dance elements	each ↑.10
Insuff. extension of glides/swings into kips	↑.10	Fails to perform Gr. #3 Turns in high relevé	each ↑.10
Poor rhythm in elements/connections	↑.10	Landing too close to beam on dismount	↓.10
Hesitation during jump to HB/swing to HS	↑.10	Concentration pause (2sec.)	each ↓.10
Touch, brush on apparatus/mat with foot/feet ea.	↑.10	Concentration pause (more than 2 sec.)	each ↓.20
Landing too close to bar on dismount	↓.10	Rhythm of conn.- Dance/Mixed/Acro (not bwd flight)	each ↑.20
Insuff. amplitude of elements (except *)	each ↑.20	Insufficient split when required (Dance/Acro elements)	↑.20
Insufficient dynamics	↑.20	Legs not parallel to beam in split/straddle pike pos.	↑.20
- Insufficient swingful execution throughout		Insufficient dynamics	↑.20
- Energy not maintained throughout exercise		Insuff. height of leaps/jumps/hops	each ↑.20
- Fails to make difficult look effortless		Insuff. height of Acro flights, Aerials & Saltos	each ↑.20
Hit on apparatus with foot/feet	↓.20	Insuff. sureness of performance throughout	↑.20
Incorrect padding (heel/hip)	CJ ↓.20	Insuff. variation in rhythm/tempo throughout	↑.20
Insufficient height of Salto dismount*	↑.30	Support of 1 leg against side of BB	each ↓.20
Insuff. extension (open) of tuck/pike body pos. prior to landing dismount	↑.30	Relaxed/incorr. footwork in non-VPs throughout	↑.30
Insuff. Amplitude of casts *	↑.30	Insuff. height of Salto dismount	↑.30
Insuff. Angle of turn completion	↑.30	Add'1 movements to maintain balance on the beam	↑.30
Hit on mat with foot/feet	↓.30	Direction on Gainer dmt. off end of beam	↑.30
Grasp on apparatus to avoid a fall	↓.30	Insuff. extension (open) of tuck/pike body pos. prior to landing Acro elem. & dismount	↑.30
Intermediate (extra) swing/cast (Max. 0.50 per elem)	↓.30	Incorr. body alignment/pos./posture in non-VPs throughout	↑.30
Insuff. amplitude of "B" Clear hip circles*	↑.40	Grasp of beam to avoid a fall	↓.30
Full support on foot/feet on mat during exercise	↓.50	Use of supplemental support	↓.30
		Artistry/Presentation	
		- Lack of variety in choreography	↑.10
		- Quality of movement reflects personal style	↑.10
		- Quality of expression	↑.10

<i>Floor Exercise</i>	
<u>Composition</u>	
Insuff. use of FX area-Spatially (Floor pattern)	↑.10
Value of Salto(s) performed as last isolated Salto or in last Acro connection not up to competitive level	↑.10
Failure to perform Saltos in two diff. directions (bwd & fwd/swd)	↓.10
More than two dance elements of the same shape (tuck/wolf or straddle jumps)	each type ↓.10
Acro Salto elements not up to competitive level	↓.20
Dance elements not up to competitive level	↑.20
Lack of turn on one foot, min. "B"	↓.20
Lack of min. of "B" Salto (Level 9)	↓.30
Lack of min. of "C" Salto (Level 10)	↓.30
Execution	
Fails to hold ending pose for 1 second	0.05
Fails to show synchronization of music w/ ending pose	↓.10
Feet apart on landing of leaps/jumps	each ↑.10
Incorrect Rhythm during direct conn.	each ↑.10
Incorrect body pos./alignment in Dance VPs	each ↑.10
Lack of precision in Dance elements	each ↑.10
Fails to perform Gr. #2 Turns in high relevé	each ↑.10
Concentration pause (2 sec. or more)	each ↓.10
Legs not parallel to floor in split/straddle pike pos.	↑.20
Insuff. height of leaps/jumps/hops	each ↑.20
Insuff. height of Acro flights w/ hand support & Aerials	each ↑.20
Insufficient split when required (Dance/Acro elements)	↑.20
Insuff. dynamics	↑.20
Insuff. variation in rhythm/tempo throughout	↑.20
Relaxed/incorr. footwork in non-VPs throughout	↑.30
Poor relationship of music & movement thruout	↑.30
Insuff. height of Saltos	each ↑.30
Insuff. extension (open) of tuck/pike body pos. prior to landing Acro elements	↑.30
Incorr. body alignment/pos./posture in non-VPs throughout	↑.30
Artistry/Presentation	
- Lack of variety in choreography	↑.10
- Quality of movement reflects personal style	↑.10
- Quality of expression	↑.10
Music with words/song (CJ)	1.00
Absence of music (CJ)	1.00

<i>Landing – Execution – General</i>	
<u>Landing</u>	
Feet hip-width or closer; never join on dmt.	↓.05
Slight hop, adjustment of feet, staggered feet	↑.10
Deviation from straight direction	↑.10
Arm swings to maintain balance	↑.10
Feet more than hip-width apart	↓.10
Steps	(each ↓.10) max 40
Trunk movements for balance (UB/BB dmt & FX acro)	↑.20
Incorrect body posture on landing of VPs	↑.20
Large step or jump	↓.20
Brush/touch of landing surface w/hand(s)	↑.30
Squat upon landing	↑.30
Spotting assist upon landing	Award VP/SR + ↓.50
Execution	
Flexed/sickled feet during value parts	each time ↓.05
Legs/knees: crossed	↑.10
separated	↑.20
Insufficient exactness of body shape – N, V, /	↑.20
Failure to maintain stretched body pos. - Pikes down (UB, BB, FX)	↑.20
Incomplete turn/twist	↑.20
Bent arms in support or bent legs	↑.30
Fall or support on hand(s) on apparatus or mat	↓.50
Fail to land on bottom of feet first on Saltos/Aerials/Dmt.	Fall (↓.50) + No VP/SR
General	
Fail to mark boundary line on mat (CJ)	↓.10
Fail to Present before/after (CJ)	each time ↓.10
Exceeds Floor Ex. boundary (CJ)	each time ↓.10
Overtime - BB/FX (CJ)	↓.10
Coach between bars or next to BB thruout (CJ)	↓.10
Excessive use of magnesia (chalk) (CJ)	↓.20
Incorrect attire/jewelry (after 1 warning) (CJ)	↓.20
Verbal cues by coach/team (after warning) (CJ)	↓.20
Coach instructs gymnast during routine (CJ)	↓.20
Failure to begin exercise w/in 30 sec. of CJ signal (CJ)	↓.20
Exceeds warm-up time (after warning) (CJ)	↓.20
Incorrect apparatus specs. (CJ)	↓.30
Board on unpermitted surface (CJ)	↓.30
Failure to remove board after mount (CJ)	↓.30
Use of Supplementary mats (CJ)	↓.30
No Dismount	from Start Value ↓.30
Lands Acro ele. or dmt in Pit (CJ)	No VP/SR + ↓.30
Spotting Assist on element	No VP/SR + ↓.50
Start exercise before signal (repetition) (CJ)	↓.50
3 rd Run approach (UB/BB mounts)	↓.50
Coach on FX mat (CJ)	↓.50
Short Exercise: BB/FX-less than 30 sec. (CJ)	2.00
UB- (less than 5 Value Parts)	
Exceeds Fall time (UB/BB) CJ Terminates exercise	