

Conn. Val.	0.1	0.2	SR	√	Connection Value	0.1	0.2	SR	∩	Connection Value	0.1	0.2	SR	□	Content		
Level 10			Level 10			Acro Flight			Level 10			Acro Indirect			Level 10		
*Turn/Flight C+C			Min. of 1 C-Flight			(2 elements, excluding dmt)			Acro Series- 2 Flight elements, min. of 1 C; also E (Flight) + A (Non-Flight)			A/B+ A/B +C C+D			1 Acro Pass w/ 2 Saltos		
*For a connection of 2 elements from Gr.3/6/7 - turn/flight is NOT req'd (elements must be different)			2 nd diff. Flight, min. B			B + D, B+E C+C, C/D+D			Leap or Jump w/ 180° Cross or Side Split			A/B + A/B +D C+C			OR 2 directly connected Saltos (same or diff.)		
C (no turn/ flight req.)			LA Turn (excludes Mnt/Dmt)			* (excluding mt/dmt- C must be salto at L10 At Lev 9 - C must be salto or aerial)			360° Turn on One Foot Aerial/Salto Dmt - Min. C or Min. B w/ C conn.			A/B+D B+B B+C			3 Diff. Saltos (No Aerials)		
Level 9			Level 9			Acro flight			Level 9			Acro Direct			Dance Pass w/ 2 diff. Gr. 1 elements (direct or indirect connection) one Leap w/ 180° Split		
(If no turn/ flight-must be different)			2 Bar Changes			(3+ elements)			Acro Series- 2 Flight elements			B+B B+C			Min. of C salto- Isolated or in Last Acro conn.		
Turn/Flight			Min. of 1 B-Flight			Add'l +0.1 for 3 ele. series (BBC+) w/ min. C salto/aerial or D/E flight w/wo hand support, excluding dmt			Leap or Jump w/ 180° Cross or Side Split			A +C A/B+D			Min. of C salto- Isolated or in Last Acro conn.		
C+C			2 nd diff. Flight - min. C			2 Dance/Mix (excluding dmt)			360° Turn on One Foot Aerial/Salto Dmt - Min. B			A+A+C A+A+D			Min. of B Salto- Isolated or in Last Acro conn.		
C+C			OR min. B element w/ LA Turn (excludes mt/dmt)			Turns						2 *Dance/Mix			C+C C+D		
			Salto Dmt - Min. of B			A+C (or reverse)						D-Salto+A-Jump (This order only)			Same as L10 except		
						All Acro elements used for CV must have Flight						*No CV for a Turn followed by a Jump			Min. of B Salto- Isolated or in Last Acro conn.		

Composition – Execution Deductions				Landing – Execution – General											
Uneven Bars		Balance Beam		Floor Exercise		Landing									
Composition				Composition				Execution							
Choice of dmt. not up to competitive level				Failure to perform Acro ele. in 2 diff. directions (bwd & fwd/swd)				Spatially – (Floor pattern)				Feet hip-width or closer; never join on dmt.			
Faces same direction thruout exer (excl. Mt/dmt)				* If the only diff. direction is in dismount				Value of salto(s) performed as last isolated Salto or in last Acro connection not up to competitive level				Slight hop, adjustment of feet, staggered feet			
Uncharacteristic elements				More than 2 pivot (Str. Leg) ½ turns thruout exercise				Failure to perform Saltos/Aerials in 2 diff. directions (bwd & fwd/swd)				Deviation from straight direction			
More than one Squat on LB w/ or w/out sole circle to jump to grasp HB (Lev. 10 only)				More than 2 Dance elements of the same shape (tuck/wolf or straddle jumps)				More than 2 dance elements of the same shape (tuck/wolf or straddle jumps)				Arm swings to maintain balance			
¾ fwd Giant circle (w/ or w/o grip change)				Spatially - Insuff. use of entire length of beam				Acro elements not up to competitive level				Feet more than hip-width apart			
Failure to perform 2 ele. that fulfill 2 of 3 following requirements, (excl. dmt):				Insufficient level changes				Dance elements not up to competitive level				Steps (each .10) max. .40			
- Forward element (circle/release) (Min. B)				Failure to show movement/non-VP/choreography in diff. dir. (fwd/swd/bwd)				Lack of turn on 1 foot, min. "B"				Trunk movements for balance (UB/BB dmt & FX acro)			
- Element from Groups 3, 6, or 7 (Min. B)				Choice of dismount not up to competitive level				Lack of min. of "B" salto (Level 9)				Incorrect body posture on landing of VPs			
- Element w/ min. 180° LA turn, with/wo flight (Min. C)				Acro elements not up to competitive level				Lack of min. of "C" salto (Level 10)				Large step or jump			
Choice of release elements not up to competitive level (Lev. 10 only)				Dance elements not up to competitive level								Brush/touch of landing surface w/hand(s)			
Lack of two (2) bar changes (Lev. 10 only)				Lack of dance series (min. 2 dance elements from Gr. 1, 2, 3)								Squat upon landing			
Execution				Execution				Execution				Spotting assist upon landing Award VP/SR + .50			
Insuff. Angle of arrival-Flight to HS on LB				Feet apart on side pos. landing of leaps/jumps				Feet apart on landing of leaps/jumps				Flexed/sickled feet during value parts			
Swing fwd. or bwd. under horizontal				Hesitation in jump, press, swing to HS				Incorr. Rhythm during execution of direct conn.				Legs/knees: crossed			
Under-rotation of release/flight elements				Incorrect body pos./alignment in Dance elem.				Incorrect body pos./alignment in Dance elem.				separated			
Precision of handstand positions throughout				Lack of precision in Dance elements				Lack of precision in Dance elements				Insufficient exactness of body shape – N, V, /			
Insuff. extension of glides/swing into kips				Turn elements not performed in high relevé				Fails to perform Gr. #2 Turns in high relevé				(Stretched - Arch or Hip angle 136-179°)			
Poor rhythm in elements/connections				Landing too close to beam on dismount				Concentration pause (2 sec.)				Failure to maintain stretched body pos.			
Hesitation in jump or swing to HS				Concentration pause (2 sec.)				Concentration pause (more than 2 sec.)				- Pikes down (UB, BB, FX)			
Touch, brush on apparatus/mat with foot/feet				Rhythm of conn.-Dance/Mixed/Acro (not bwd flight)				Insuff. height of leaps/jumps/hops				Incomplete turn/twist			
Landing too close to bar on dismount				Insufficient split when required (Dance/Acro elements)				Insuff. height of Acro flights, Aerials & Saltos				Bent arms in support or bent legs			
Insuff. amplitude of elements				Legs not parallel to beam in split or straddle pike				Insuff. sureness of performance throughout				Fall or support on hand(s) on apparatus or mat			
Insufficient dynamics				Insufficient dynamics				Insuff. variation in rhythm/tempo throughout				Fail to land on bottom of feet first on Saltos/Aerials/Dmt. Fall (.50) + No VP/SR			
- Insufficient swingful execution throughout				Insuff. height of leaps/jumps/hops				Relaxed/incorr. footwork in non-VPs throughout				General			
- Energy not maintained throughout exercise				Insuff. height of Acro flights, Aerials & Saltos				Poor relationship of music & movement throughout				Fail to mark boundary line on mat			
- Fails to make difficult look effortless				Insuff. variation in rhythm/tempo throughout				Insuff. height of Saltos				Fail to Present before/after (CJ)			
Hit of foot/feet on apparatus				Relaxed/incorr. footwork in non-VPs throughout				Insuff. Extension (Open) of tuck/pike body pos. prior to landing Acro elements				each time .10			
Incorrect padding (heel/hip)				Support of 1 leg against side of BB				Relaxed/incorr./insuff. leg pos./body posture, & flexibility in non-VPs throughout				each time .10			
Insufficient height of salto dismount				Insuff. height of Salto dismount				Missing synchronization of movement & musical beat				each time .10			
Insuff. Extension (open) of tuck/pike body pos. prior to landing dismount				Add'l movements to maintain balance on the beam				- Each time				.05			
Insuff. Amplitude of casts				Direction on Gainer dmt. off end of beam				- Exercise not ended with music				.10			
Insuff. Angle of turn completion				Insuff. Extension (Open) of tuck/pike body pos. prior to landing Acro elem. & dismount				Artistry/Presentation				↑.30			
Hit of foot/feet on mat				Relaxed/incorr./insuff. leg pos./body posture, & flexibility in non-VPs throughout				- Originality/creativity of choreography				↑.10			
Grasp on apparatus to avoid a fall				Insuff. variation in rhythm/tempo throughout				- Quality of movement reflects personal style				↑.10			
Intermediate (extra) swing/cast (Max. 0.50 per elem)				Grasp of beam to avoid a fall				- Quality of expression				↑.10			
Insuff. amplitude of "B" Clear hip circles				Use of supplemental support				Music with words (CJ)				1.00			
Full support on foot/feet on mat during routine				Artistry/Presentation				Absence of music (CJ)				1.00			
				- Originality/creativity of choreography											
				- Quality of movement reflects personal style											
				- Quality of expression											

Score Range: 9.5-10: 0.2 9.0-9.475: 0.5 8.0 – 8.975: 0.7 Below 8.0: 1.00

Courtesy score: Minimum of 1.00