## Jr. Olympic Optional Requirements for Levels 7, 8, 9 & 10
(Effective August 1, 2009 - July 31, 2013)

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| **VALUE PARTS**  
A = .10, B=.30, C=.50 | 5 A's, 2 B's, | 4 A's, 4 B's, 0 C's | 3 A's, 4 B's, 1 C's | 3 A's, 3 B's, 2 C's |
| **START VALUE BONUS**  
(No CV or D/E bonus if a Fall or Spot occurs) | 10.0 | Not eligible for Bonus | Not eligible for Bonus | Maximum of 0.30 Bonus for Connections only |
|  **DIFFICULTY RESTRICTIONS FOR BARS, BEAM & FLOOR**  
-0.5 for each unallowable elem. | “Only “A” & “B” elements are allowed.  
Only the following “C” elements on UB are allowed & receive “B” credit:  
Cast Handstand ½ turn, Clear hip circle to HS + Clear hip circle to HS with ¼ turn” | “Only “A” & “B” elements are allowed.  
Only the following “C” elements on UB are allowed:  
Cast Handstand ½ turn, Clear hip circle to HS + Clear hip circle to HS with ¼ turn” | Only “A”, “B”, and “C” elements are allowed, plus a maximum of one “D/E” element, which is considered as “C” for Value Part & Connection Value. | No restrictions |
| **VAULTS ALLOWED** | Group 1 Handspring/Yamashita vaults that have no more than 360° in one flight phase & no more than 540° turn in total. Refer to Level 7 Vault chart. All allowable vaults are worth 10.0 | Group 1, 3, 4 & 5 Vaults indicated on the Lev.8 chart  
(Handsprings, Tsukaharas & RO entry) | Selected vaults from Groups 1-5  
Refer to Level 9 Vault Chart | All vaults from Groups 1-5  
Certain 10 SV vaults will receive +0.1 bonus if performed successfully |
| **SPECIAL REQUIREMENTS**  
Deduct 0.50 for each missing SR for all Levels | BARS  
1. 1 cast - minimum of 45° from vertical  
2. & 3. Two 360° clear circling elements, same or different (no hips on bar)  
- one must be a “B”  
- one from Group 3, 6, or 7  
4. Salto dismount, minimum A  
**BEAM**  
1. a. Acro series with a min. of two A or B elements with or without flight,  
1. b. 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  
**FLOOR**  
1. One acro series (3 or more flight elements) which includes a back salto stretched to 2 feet (Back layout)  
2. A direct connection of two or more forward acro elements with flight.  
- One element must be a salto or an aerial.  
3. Dance Passage w/ min. of 2 different Group 1 elements (directly or indirectly connected) - one a LEAP w/ 180° cross or side split  
4. Minimum of 360° turn on one foot (May be isolated or in a series) | 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 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 saltos, OR 2 directly connected saltos (same or different)  
2. Three different saltos within the exercise  
3. Dance Passage w/ min. of 2 different Group 1 elements (directly or indirectly connected) - one a LEAP w/ 180° cross or side split  
4. Min. of A salto as last salto or in last connection of saltos | BARS  
1. Min. of 2 bar changes  
2. One flight element, minimum B  
3. A second (different) flight element (min. C) OR one element with LA turn (min. C)  
4. Salto or hecht dismount, minimum B  
**BEAM**  
1. Acro series: min. of 2 flight elements. (Both 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  
4. Aerial or salto dismount, min. B  
**FLOOR**  
1. One Acro series w/ 2 saltos, OR 2 directly connected saltos (same or different)  
2. Three different saltos within the exercise  
3. Dance Passage w/ min. of 2 different Group 1 elements (directly or indirectly connected) - one a LEAP w/ 180° cross or side split  
4. Min. of B salto as last salto or in last connection of saltos | BARS  
1. Flight element, minimum C  
2. A 2nd (different) flight element, minimum B  
3. Element with LA turn, min. C (not mnt/dmt)  
4. Salto or hecht dismount, minimum C  
**BEAM**  
1. Acro series: Min. of 2 flight elements, one element must be a minimum of C with or without hand support. Both 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  
4. Aerial or salto dismount, min. of C, OR B dismount element that is directly connected to:  
- an acro series that includes a C acro element, or  
- a C acro or dance element  
**FLOOR**  
1. One Acro series w/ 2 saltos, OR 2 directly connected saltos (same or different)  
2. Three different saltos within the exercise  
3. Dance Passage w/ min. of 2 different Group 1 elements (directly or indirectly connected) - one a LEAP w/ 180° cross or side split  
4. Min. of C salto as last salto or in last connection of saltos | Please refer to the 2009-13 Jr. Olympic Code of Points for a complete understanding of the Jr. Olympic rules. This is an overview only. |