

| | | | | |
|------------------|----------|---------|--|--|
| Connection Value | 0.1 | 0.2 | Level 10: 3A, 3B, 2C Start Value: 9.5 | Level 10: No Restrictions (0.5 deduction for each unallowable element Levels 7-9) |
| Level 10 | *C + C/D | D + D | Level 9: 3A, 4B, 1C Start Value: 9.7 | Level 9: Maximum 1 "D/E" element allowed which is awarded "C" for VP and CV |
| Level 9 | *C + C | **C + C | Level 8: 4A, 4B Start Value: 10.0 | Levels 7/8: No "C/D/E" elements allowed <u>except</u> Cast handstand 1/2, Clear Hip Circle to Handstand or with 1/2, Stalder Bkwd to Handstand or with 1/2, Pike Sole Circle Bkwd to Handstand or with 1/2 |
| | | | Level 7: 5A, 2B Start Value: 10.0 | |

*Both "C" elements must have flight or turn but If "C" connected to "D/E" then "C" not required to have flight/turn
-or- If 2 "C" 3/6/7 skills connected do not need turn/flight to receive CV (*Both "C" 3/6/7 skills must be different)

*LEVEL 9: If one or both "C" elements with no flight or turn reward 0.1 CV (*Both "C" skills must be different)

**LEVEL 9: If both "C" elements with flight or turn reward 0.2 CV

**Bonus may be awarded for any skill or series of skills unless gymnast falls
~Level 8/9/10: Required LA turn cannot be in mount or dismount & dismount must be salto or hecht
~No "A" casts: All casts must be performed within 20 degrees to be awarded "B" value part
~If "D/E" Salto performed directly connected to overshoot "B" → award "C" Value Part

#

| | |
|--|--------------------------------------|
| _____ VP | LEVEL 10 |
| _____ CV | "C" Flight |
| _____ DV | 2 nd Different "B" Flight |
| _____ SV | "C" LA turn |
| Dynamics→0.2 | "C" Dismount |
| Distribution→0.1 | LEVEL 9 |
| Variety of skills/connections→0.1 | 2 bar changes |
| Lack vertical skills→0.2 (L8) | "B" different flight |
| Lack direction change→0.1 (L9/10) | "C" LA turn or flight |
| Balance btwn skills→0.1 (L9/10) | "B" Dismount |
| Lack 2 bar changes (0.2) (L10) | LEVEL 8 |
| Release choice→0.2 (L10) | 1 bar change |
| >1squat or jump to HB (0.1 each) (L10) | "B" flight or turn |
| lack fwd/bkwd circles or releases 0.05 (L9/10) | "B" 3/6/7 skill |
| Execution/Amplitude | "A" Dismount |
| Score: | LEVEL 7 |
| | 360° clear circle skill |
| | 3/6/7 clear circle skill |
| | 1 of above skills must be "B" |
| | 1 cast min 45° |
| | "A" salto dismount |

#

| | |
|--|--------------------------------------|
| _____ VP | LEVEL 10 |
| _____ CV | "C" Flight |
| _____ DV | 2 nd Different "B" Flight |
| _____ SV | "C" LA turn |
| Dynamics→0.2 | "C" Dismount |
| Distribution→0.1 | LEVEL 9 |
| Variety of skills/connections→0.1 | 2 bar changes |
| Lack vertical skills→0.2 (L8) | "B" different flight |
| Lack direction change→0.1 (L9/10) | "C" LA turn or flight |
| Balance btwn skills→0.1 (L9/10) | "B" Dismount |
| Lack 2 bar changes (0.2) (L10) | LEVEL 8 |
| Release choice→0.2 (L10) | 1 bar change |
| >1squat or jump to HB (0.1 each) (L10) | "B" flight or turn |
| lack fwd/bkwd circles or releases 0.05 (L9/10) | "B" 3/6/7 skill |
| Execution/Amplitude | "A" dismount |
| Score: | LEVEL 7 |
| | 360° clear circle skill |
| | 3/6/7 clear circle skill |
| | 1 of above skills must be "B" |
| | 1 cast min 45° |
| | "A" salto dismount |

JO BALANCE BEAM

| | | | | | |
|--|---|---|--|--------------------------|--|
| Connection Value | 0.1 | 0.2 | Level 10: 3A, 3B, 2C | Start Value: 9.5 | Level 10: No Restrictions (0.5 deduction for each unallowable element Levels 7-9) |
| Acro Flight (2 element) Level 9 Only: B+C the "C" may be salto or aerial | B + C "C" must be salto (no mount/dismount) | B + D/E C + C/D (excludes dismount) | Level 9: 3A, 4B, 1C | Start Value: 9.7 | Level 9: Maximum 1 "D/E" element allowed which is awarded "C" for VP and CV |
| Acro Flight (3 element) | B + B + C | B+C+C or B+B+D | Level 8: 4A, 4B | Start Value: 10.0 | Level 8: No "C/D/E" elements allowed except "C" Dance elements allowed |
| 2 Dance Elements -or- Dance/Acro | A + D B + C | B/C + D C+C | Level 7: 5A, 2B | Start Value: 10.0 | Level 7: No "C/D/E" elements allowed and No Composition Deductions |
| Dance Turns (on one foot) | A + C or C + A | | **Bonus may be awarded for any skill or series of skills unless gymnast falls *Only acro saltos or acro flight elements may be used for connective value combinations | | *L10 Acro series: Both skills must have flight -or- may perform "A" non-flight acro (group 7) + "E" acro flight *L10 Dismount: "B" dismount must be directly connected to either: (1) an acro series with "C" acro element -or- (2) "C" dance or acro element *All Dismounts Must be an Aerial or Salto (Levels 7-10) |

| | | | | | | |
|---|--|--|--|--|---|---|
| # | | | | | <p>_____ VP</p> <p>_____ CV _____ DV</p> <p>_____ SV</p> <p>Artistry → 0.3</p> <p>Dynamics → 0.2</p> <p>Acro/Dance Balance → 0.2</p> <p>Distribution → 0.1</p> <p>>2 wolf/tuck (0.1) or >2 straddle (0.1)</p> <p>Spatiality → 0.1</p> <p>Lack of Level Change → 0.1</p> <p>Direction of choreography → 0.1</p> <p>Acro choice → 0.2</p> <p>No Dance Series (0.2)</p> <p>>2 pivot turns (0.1)</p> <p>>1 leap/jump to prone (0.1 each)</p> <p>No bkwd & fwd/sdwd Acro (0.1 each)</p> <p>If only in dismount (0.05)</p> <p>Execution/Amplitude</p> <p>Score:</p> | <p>LEVEL 10</p> <p>_____ Flight Series "C"</p> <p>_____ 180° Leap/Jump</p> <p>_____ Full Turn</p> <p>_____ "C" Dismount or "B" directly connected to any "C"</p> <p>LEVEL 9</p> <p>_____ Flight Series</p> <p>_____ 180° Leap/Jump</p> <p>_____ Full Turn</p> <p>_____ "B" Salto Dismount</p> <p>LEVEL 8</p> <p>_____ Flight Series (1 flight)</p> <p>_____ 180° Leap/Jump</p> <p>_____ Full turn</p> <p>_____ "A" Salto Dismount</p> <p>LEVEL 7</p> <p>_____ Acro Series + Flight Skill</p> <p>_____ 180° Leap/Jump</p> <p>_____ Full Turn</p> <p>_____ "A" Salto Dismount</p> |
|---|--|--|--|--|---|---|

| | | | | | | |
|---|--|--|--|--|---|---|
| # | | | | | <p>_____ VP</p> <p>_____ CV _____ DV</p> <p>_____ SV</p> <p>Artistry → 0.3</p> <p>Dynamics → 0.2</p> <p>Acro/Dance Balance → 0.2</p> <p>Distribution → 0.1</p> <p>>2 wolf/tuck (0.1) or >2 straddle (0.1)</p> <p>Spatiality → 0.1</p> <p>Lack of Level Change → 0.1</p> <p>Direction of choreography → 0.1</p> <p>Acro choice → 0.2</p> <p>No Dance Series (0.2)</p> <p>>2 pivot turns (0.1)</p> <p>>1 leap/jump to prone (0.1 each)</p> <p>No bkwd & fwd/sdwd Acro (0.1 each)</p> <p>If only in dismount (0.05)</p> <p>Execution/Amplitude</p> <p>Score:</p> | <p>LEVEL 10</p> <p>_____ Flight Series "C"</p> <p>_____ 180° Leap/Jump</p> <p>_____ Full Turn</p> <p>_____ "C" Dismount or "B" directly connected to any "C"</p> <p>LEVEL 9</p> <p>_____ Flight Series</p> <p>_____ 180° Leap/Jump</p> <p>_____ Full Turn</p> <p>_____ "B" Dismount</p> <p>LEVEL 8</p> <p>_____ Flight Series (1 flight)</p> <p>_____ 180° Leap/Jump</p> <p>_____ Full turn</p> <p>_____ "A" dismount</p> <p>LEVEL 7</p> <p>_____ Acro Series + Flight Skill</p> <p>_____ 180° Leap/Jump</p> <p>_____ Full Turn</p> <p>_____ "A" salto dismount</p> |
|---|--|--|--|--|---|---|

JO FLOOR EXERCISE

VITALE 2012

| | | | | | |
|--------------------|---------------------------------|----------------------------------|---|--|---|
| Connection Value | 0.1 | 0.2 | Level 10: 3A, 3B, 2C Level 9: 3A, 4B, 1C Level 8: 4A, 4B Level 7: 5A, 2B | Start Value: 9.5 Start Value: 9.7 Start Value: 10.0 Start Value: 10.0 | Level 10: No Restrictions (0.5 deduction for each unallowable element Levels 7-9) Level 9: <u>Maximum</u> 1 "D/E" element allowed which is awarded "C" for VP and CV Level 8: No "C/D/E" elements allowed <u>except</u> "C" Dance elements allowed Level 7: No "C/D/E" elements allowed and No Composition Deductions **Bonus may be awarded for any skill or series of skills unless gymnast falls <u>Dance passage</u> : minimum of 2 <u>different</u> Group 1 elements directly or indirectly connected one of which is a leap (one foot takeoff) requiring 180° split in side or cross position (fwd leg extended) Allows for running steps, small leaps, hops, chassés, assemblés or any turn btwn two dance elements |
| Acro Indirect | A/B + A/B + C/D C+C or A/B+D | C + D/E | | | |
| Acro Direct | B + B or A + C A + A + C | B + C or C +C A+A+D or A/B +D | | | |
| Dance/Mixed Series | B+D or C+C D salto + A jump | C + D/E | *Only acro saltos or acro flight elements may be used for connective value combinations **NO CV for Turn <u>Followed</u> by a Jump | | |

| | | |
|---|---|--|
| # | <p>_____ VP</p> <p>_____ CV _____ DV</p> <p>_____ SV</p> <p>Artistry→0.3 Dynamics→0.2 Acro/Dance Balance→0.2 Distribution→0.1 >2 wolf/tuck (0.1) or >2 straddle (0.1) Space & Direction→0.1 each Acro Choice→0.2 Lack of "B" Turn (0.2) Lack of "B" Salto (L8/9) 0.3 Lack of "C" Salto (L10) 0.3 >1 leap/jump to prone (0.1 each) Lack of Salto in 2 of 3 directions (0.1) bkwd and fwd or sdwd</p> <p>Execution/Amplitude</p> | <p><u>LEVEL 10</u></p> <p>_____ 2 salto series _____ 3 different saltos _____ Dance pass 180°leap _____ "C" Salto Dismount</p> <p><u>LEVEL 9</u></p> <p>_____ 2 salto series _____ 3 different saltos _____ Dance pass 180°leap _____ "B" Salto Dismount</p> <p><u>LEVEL 8</u></p> <p>_____ 2 salto series _____ 3 different saltos _____ Dance pass 180°leap _____ "A" Salto dismount</p> <p><u>LEVEL 7</u></p> <p>_____ Layout Salto Series _____ 2 fwd flight (salto reqd) _____ Dance pass 180° leap _____ 360° turn</p> |
| | Score: | |

| | | |
|---|---|--|
| # | <p>_____ VP</p> <p>_____ CV _____ DV</p> <p>_____ SV</p> <p>Artistry→0.3 Dynamics→0.2 Acro/Dance Balance→0.2 Distribution→0.1 >2 wolf/tuck (0.1) or >2 straddle (0.1) Space & Direction→0.1 each Acro Choice→0.2 Lack of "B" Turn (0.2) Lack of "B" Salto (L8/9) 0.3 Lack of "C" Salto (L10) 0.3 >1 leap/jump to prone (0.1 each) Lack of Salto in 2 of 3 directions (0.1) bkwd and fwd or sdwd</p> <p>Execution/Amplitude</p> | <p><u>LEVEL 10</u></p> <p>_____ 2 salto series _____ 3 different saltos _____ Dance pass 180°leap _____ "C" Salto Dismount</p> <p><u>LEVEL 9</u></p> <p>_____ 2 salto series _____ 3 different saltos _____ Dance pass 180°leap _____ "B" Salto Dismount</p> <p><u>LEVEL 8</u></p> <p>_____ 2 salto series _____ 3 different saltos _____ Dance pass 180°leap _____ "A" Salto dismount</p> <p><u>LEVEL 7</u></p> <p>_____ Layout Salto Series _____ 2 fwd flight (salto reqd) _____ Dance pass 180° leap _____ 360° turn</p> |
| | Score: | |

