

Balance Beam -- LEVEL 10

| | | |
|-------|-------|-----|
| 3 A's | .10ea | 9.5 |
| 3 B's | .30ea | |
| 2 C's | .50ea | |

.50 Bonus — min. .10 CV & .10 D/E
No Element Restrictions

SPECIAL REQUIREMENTS

Acro Series .50ea.

-2 Elements (2 Flight) 1 min. "C" w/ or w/o Hand Support

- No Mt/No Dismt unless contains 3 Elements
- If Hold—must be Last Element of Series

OR

- "A" Non-Flight (Group 7) + "E" Acro Flight

360° Turn — 1 Foot

180° Leap/Hop/Jump "A" or ↑

Forward Leg must NDT finish staggered

"C" Aerial/Salto Dismount **OR**

"B" Dismount Directly Connected to:

- An Acro Series that includes a Min. "C" Acro Element
- A Min. "C" Acro or Dance Element

No Dismount (from SV) .30

NO BONUS IF:

Fail/Spot on Element

Same Connection is Repeated

Same D/E Element Repeated

REPETITION OF ELEMENTS *

Element done 3rd X-No (VP/SR/AV)
(may be awarded if 1st or 2nd time received no VP)

Short Exercise

Less than 30 sec.

Deduct miss VP/SR

2.00 (C/L) from ave.

| PRINCIPLES FOR CV | .10 | .20 | Restrictions for CV |
|---------------------|-----------------------------|---------------------------|------------------------------------|
| 2 Acro Flight | B+C* (C must be Salto) | B+D C+C | Mt. OK/No Dismt *No Mt/No Dismt |
| 3 Acro Flight | B+B+C | B+B+D B+C+C | Mt. OK/Dismt OK |
| 2 Dance/ Mixed** | A+D B+C C+C (same) | B+D C+C (different) | **Mt. OK/No Dismt |
| Turn | A+C | | or Reverse |

LANDING/SPOTTING DEDUCTIONS

| | |
|--|--------|
| Slight Hop/Small Foot Adjustment | ↑.10 |
| Extra Steps (max. 4) | ↑.10ea |
| Dismount Landing too Close to Beam | .10 |
| Deviation from Straight Direction | ↑.10 |
| Extra Arm Swing on Landing | ↑.10 |
| Very Large Step/Jump (3 feet) | .20 |
| Add 1 Trunk Movement for Balance | ↑.30 |
| Incorrect Body Posture on Landing | ↑.20 |
| Deep Squat | ↑.30 |
| Brush/Touch Landing Surface w/ 1 or 2 Hands | ↑.30 |
| Support on Mat 1/2 hands-Fall on to Knees/Hips | ↑.30 |
| Fall On or Against Apparatus | .50 |
| Spot on Landing—VP/SR/No Bonus | .50 |
| Spot Element—No VP/No SR/No Bonus + Spot | .50 |
| Failure to Land Dismount Salto on Soles of Feet 1st | .50 |
| No VP/No SR/No AV-Do not take "no dismount" For missing SR take | .50 |

| | |
|------------------------|-----------------|
| INCOMPLETE TURN | OR TWIST |
| 1°-44° missing | .05-.10 |
| 45°-89° missing | .15-.20 |
| 90°↑ missing | ↓ Value Part |

| | |
|-----------------------------|--------------|
| INSUFFICIENT SPLIT | |
| 1°-20° missing (179°-160°) | .05-.10 |
| 21°-45° missing (161°-135°) | .15-.20 |
| 46°↑ missing | ↓ Value Part |

| | | |
|--|------|-----|
| ARTISTRY | ↑.10 | ↑.3 |
| • Style | ↑.10 | |
| • Elegance | ↑.10 | |
| • Choreography | ↑.10 | |
| DYNAMICS | ↑.2 | |
| • Energy | | |
| • Effortless | | |
| RHYTHM | ↑.2 | |
| Rhythm/Tempo Throughout | ↑.1 | |
| Dance or Mixed Series | ↑.3 | |
| Acro Series * | | |
| *Exception: Backward Acro w/ one or more flight elements—connect or not—no slow connection | | |

Warning—:20
Time—:30 OT— .10 - Notify Coach
Fall Time 30 seconds
Warning at 20 & 10 second remaining

Timing begins with take-off from board or mat and ends when the gymnast arrives on the mat.
Fall Timing: Fall clock starts with the fall and ends when gymnast remounts the beam.
Routine clock stops with the fall and starts when the gymnast resumes her routine at the point of interruption.

SPECIFIC COMPOSITIONAL AND EXECUTION DEDUCTIONS

| | |
|--|-----------|
| Lack of Dance Series with Min. of 2 Elements | Each .20 |
| Missing Forward or Sideward Acro Element or Missing Backward Acro Element If Either in Only Mount or Dismount | Each .10 |
| More than 2 with the Same Shape | .05 |
| More than on Leap/Hop/Jump Element to Prone | Each .10 |
| More than 2 Pivot (180° on 2 ft w/ Straight Legs) Turns | .10 |
| Lack of Balance between Acro and Dance VP Elements | ↑.20 |
| Insufficient Distribution of Elements | ↑.10 |
| Insufficient Level Changes throughout Exercise | ↑.10 |
| Insufficient use of Beam Spatially/Directionally | Each ↑.10 |
| Choice of Acro Element not up to the Level of the Competition | ↑.20 |
| More than 1 Element before Mount (take-off from springboard) | .20 |
| Support of 1 Leg against Side Surface of Beam | Each .20 |
| Grasp of Beam to prevent a Fall | .30 |
| Concentrations Pauses (more than 2 seconds) | Each .10 |
| 3rd Run Approach to Mt. (2 attempts without penalty if no balk) AV awarded | .50 |
| Flexed Feet during VP | .05 |
| Incorrect Body Posture/Alignment during Dance VP | ↑.10 |
| Insufficient Exactness Body Position | |
| • Insufficient V (N-90° Hip & Knee Bend — V-90° Hip Bend) | ↑.20 |
| • Insufficient stretched pos. * arch | ↑.20 |
| * hip angle (135°-179°) | ↑.20 |
| Insufficient Height on Leaps/Jumps/Hops | ↑.20 |
| Insufficient Height of Aerials/Saltos/Acro Flight Elements | ↑.20 |
| Insufficient Height of Dismount Elements | ↑.30 |
| Legs Crossed during Saltos with Twist | .10 |
| Insufficient Sureness of Performance Throughout | ↑.20 |
| Relaxed or Incorrect Footwork in non-VP throughout Exercise | ↑.20 |
| Relaxed/Incorrect Leg Positions/Body Posture and/or Insufficient Flexibility Throughout | ↑.30 |
| Leg/Knee Separations | ↑.20 |
| Legs not Parallel to Beam in Split or Straddle-pike Jumps | ↑.20 |
| Bent Arms/Knees | ↑.30 |
| Hesitation during Jump/Press to Handstand | ↑.10 |
| Dismount Landing too Close to Beam | ↑.10 |
| Directional Error on Gainer Salto Dismounts off End of Beam | ↑.30 |
| Touch/Brush Apparatus/Mat with Foot/Feet | ↑.10 |
| Hit on Apparatus with Foot/Feet | .20 |

Straddle .10

Tuck/Woif .10

Floor Exercise -- LEVEL 10

Time -- :30 OT -- .10

Notify coach of OT

| | | |
|-------|-------|-----|
| 3 A's | .10ea | 9.5 |
| 3 B's | .30ea | |
| 2 C's | .50ea | |

.50 Bonus -- min. .10 CV & .10 D/E

No Element Restrictions

SPECIAL REQUIREMENTS

.50ea.

Acro Series w/ 2 Saltos (same or different) OR

Two Directly-connected Saltos

3 Different Saltos within Exercise

Dance Passage w/ Min. 2 Different Group 1 Elem.

Directly or Indirectly Connected/ 1a Leap with

180° Cross or Side Split Position

Dismt. - "C" Salto-Isolated or Series

No Dismount (from SV)

.30

Start Exercise

Less than 30 sec.

Deduct miss VP/SR

2.00 (CJ) from ave.

NO BONUS IF:

Fall on element

Same Connection is Repeated

Same D/E element repeated

REPETITION OF ELEMENTS **

Element done 3rd X - No (VP/SR/AV)

(may be awarded if 1st or 2nd time

received no VP)

INCOMPLETE TURN

1°-44° missing

45°-88° missing

90°+ missing

OR TWIST

.05-.10

.15-.20

Value Part

INSUFFICIENT SPLIT

1°-20° missing (79°-160°)

21°-45° missing (161°-135°)

46°+ missing

.05-.10

.15-.20

Value Part

LANDING/SPOTTING DEDUCTIONS

Slight Hop/Small Foot Adjustment

Extra Steps

Deviation from Straight Direction

Extra Arm Swing on Landing

Very Large Step/Jump (3 feet)

Add'l Trunk Movement for Balance

Incorrect Body Posture on Landing

Deep Squat

Brush 1 or 2 Hands on Mat (no support)

Support on Mat 1/2 hands-Fall on to Knees/Hips

Fall On or Against Apparatus

Spot on Landing-VP/SR/No Bonus

Spot Element-No VP/No SR/No Bonus + Spot

Failure to Land Dismount Salto Soles of Feet 1st

No VP/No SR/No AV-Do not take "no dismount"

For missing SR take

↑.10

↑.0ea

Max. 4

↑.10

↑.10

.20

↑.30

↑.20

↑.30

↑.30

.50

.50

.50

.50

.50

.50

| PRINCIPLES FOR CV | .10 | .20 | Restrictions |
|------------------------------------|---|--------------------------------------|--|
| Indirect Acro 2+ Saltos/Aerials | C + C A + D B + D | C + D | |
| Direct Acro 2+ Saltos/Aerials | A + C B + B A + A + C | A + D B + C A + A + D C + C | Must apply direct connection before you apply indirect |
| 2 Dance 2 Dance/Acro | B + D Dance Diff. C + C *D Salto + A Jump | C + D | Acro Flight with or without hand support *This order only In Dance, if Turn occurs 1st-- No CV is awarded |

| ARTISTRY | ↑.3 |
|-------------------------------------|-----|
| •Style | ↑.1 |
| •Elegance | ↑.1 |
| •Choreography | ↑.1 |
| DYNAMICS | ↑.2 |
| •Energy | |
| •Effortless | |
| RHYTHM | ↑.1 |
| Incorrect During Direct Connections | ↑.1 |
| Throughout Exercise | ↑.2 |

SPECIFIC COMPOSITIONAL AND EXECUTION DEDUCTIONS

Lack of "B" Turn of 1 Foot

Lack of Minimum "C" Salto in Exercise (In addition to ded. for missing SR of "C" Salto Dismt.)

More than 2 with the Same Shape

More than one Leap/Jump/Hop/ to Prone Position

Failure to perform Saltos in Forward/Sideward or Backward Saltos

Lack of Balance between Acro and Dance Elements

Insufficient Distribution of VP

Insufficient use of Floor Area Spatially/Directionally

Choice of Acro Elements not up to the Level of the Competition

Concentrations Pauses (more than 2 seconds)

Miss Synchronization of Movement w/ Musical Beat Throughout Exercise

•Each Time

•At the End of the Exercise

Poor Relationship of Music and Movement Throughout

Flexed Feet on VP Elements

Incorrect Body Posture/Alignment during Dance VP

Insufficient Exactness Body Position

• Insufficient N V (N-90° Hip & Knee Bend -- V-90° Hip Bend)

• Insufficient stretched pos. * arch

* hip angle (135°-179°)

Relaxed/Incorrect Footwork in non-VP throughout the Exercise

Relaxed/Incorrect Leg Positions/Body Posture &/or Insufficient Flexibility Throughout

Legs Crossed during Saltos with Twist

Leg or Knee Separations

Legs not Parallel to Floor in Split or Straddle -pike Leap/ Jump

Bent Arms/Knees

Hesitation during jump/press to Handstand

Insufficient Height on Leaps/Jumps/Hops

Insufficient Height of Aerials/Acro Flight Elements w/ Hand Support

Insufficient Height of Saltos

Out of Bounds (each occurrence) - if Falls while Out of Bounds--take .50 for Fall

Absence of Music or Music with Voice/Song--from average

.20

.30

Each .10

.10

↑.20

↑.10

Each .10

↑.20

Each .10

↑.20

.05

↑.10

↑.20

↑.30

.10

↑.20

↑.20

↑.30

↑.10

↑.20

↑.20

↑.30

↑.10

↑.20

↑.30

(CJ) Ea .10

(CJ) 1.00

| | | |
|-------|-------|-----|
| 3 A's | .10ea | 9.5 |
| 3 B's | .30ea | |
| 2 C's | .50ea | |

.50 Bonus—min. .10 CV & .10 D/E
No Element Restrictions

SPECIAL REQUIREMENTS .50ea.

Flight, Min. "C" (not dismt.)
Flight (diff) "B" (not dismt.)
LA Turn, Min. "C" (not mt./not dismt.)
"C" Salto or Hecht Dismount
(May be performed on LB unless otherwise stated)

No Dismount (from SV) .30

| From Vertical | | CIRCLING ELEMENTS (From Vertical) | |
|--|---|--|---|
| PIROUETTES in HS | 1/2 OR 1/1 | 1° - 10° 11° - 20° 21° - 45° 46° - Horiz. ↓ Horiz. | VP No Ded. VP .05 ↓ VP No Ded. ↓ VP ↑ .20 "A" ↑ .20 |
| HEAVY PIROUETTES & 1½ in HS | 1/1 and ↑ | | |
| | No Ded. 0° - 30° .05-.10 31° - 45° .15-.20 45° ↑ .20-.30 | | |

| CASTS/SWINGS to HS (From Vertical) | |
|---------------------------------------|---------------|
| 1° - 10° | VP No Ded. |
| 11° - 20° | VP .05 |
| 21° - 30° | No VP .10 |
| 31° - 45° | No VP .15-.20 |
| 46° ↓ | No VP .25-.30 |

SHORT EXERCISE
↓ than 5 elements-Deduct miss VP/SR 2.00 (C.) from average

| PRINCIPLES FOR CV | |
|--|-----|
| C + C | .10 |
| Both Elements with LA Turn or Flight | |
| C + C (3/6/7) - Different Turn/Flight not required | .10 |
| C + D | .10 |
| Turn/Flight not required when "C" connected to D/E element | |
| D + D | .20 |

An Element may be used 2Xs in CV provided it is preceded or followed by a different element
Mts./Dismts. can be used for CV

Uneven Bars — LEVEL 10

Full Time: 45 seconds - Warning at 20 & 10 second remaining
The fall time begins when the gymnast makes contact with the floor
Fall time stops when the gymnast touches the bar to remount (A reasonable short period of time is allowed to resume the routine.)

| LANDING/SPOTTING DEDUCTIONS | |
|--|--------|
| Slight Hop/Small Foot Adjustment | ↑.10 |
| Extra Steps (max. 4) | ↑.10ea |
| Landing too Close to Bars on Dismount | .10 |
| Deviation from Straight Direction | ↑.10 |
| Extra Arm Swing on Landing | ↑.10 |
| Very Large Step/Jump (3 feet) | .20 |
| Add'l Trunk Movement for Balance | ↑.30 |
| Incorrect Body Posture on Landing | ↑.20 |
| Deep Squat | ↑.30 |
| Brush/Touch Landing Surface w/ 1 or both Hands | ↑.30 |
| Support on Mat 1/2 Hands-Fall on to Knees/Hips | .50 |
| Fall On or Against Apparatus | .50 |
| Spot on Landing Dismount—VP/SR/No Bonus | .50 |
| Spot Element—No VP/No SR/No Bonus + Spot | .50 |
| Touch without Assisting—VP/SR/No AV | .50 |
| Failure to Land Dismount on Soles of Feet/1st | .50 |
| No VP/No SR/No AV-Do not take "no dismount" For missing SR take | .50 |

| INCOMPLETE TWIST on DISMOUNT | |
|------------------------------|--------------|
| 1°-44° missing | .05-.10 |
| 45°-89° missing | .15-.20 |
| 90° ↑ missing | ↓ Value Part |

| FLIGHTS to HS on LB (From Vertical) | |
|--|------------|
| 1° - 10° | VP No Ded. |
| 11° - 20° | VP .05 |
| 21° ↑ | ↓ VP |

NO BONUS AWARDED IF:
Fall/Spot on Element
Same Connection Repeated
Same D/E Element Repeated
Extra Swing Breaks CV if Between the Elements—D/E is awarded
REPETITION OF ELEMENTS
Element done 3rd X - No (VP/SR/AV)
(may be awarded if 1st or 2nd time received no VP)

SPECIFIC COMPOSITIONAL AND EXECUTION DEDUCTIONS

| | |
|--|-----------|
| Lack of 2 Bars Changes (10 only) | .20 |
| Choice of Release Elements not up to Level of Competition (10 only) | ↑.20 |
| Choice of Elements | Max. 20 |
| • Failure to Perform Circle/Release both Forward & Backward | .05 |
| • Lack of Balance between Elements with Pirouettes and Flight Phases (9/10 only) | ↑.10 |
| • Lack of Variety of Elements/Connection | ↑.10 |
| Insufficient Distribution of Elements | |
| Insufficient Change in Direction (predominantly facing same direction) | |
| Squat on LB w/ or w/o Sole Circle to Grasp HB (more than 1X Level 10 only) | Each .10 |
| Uncharacteristic Elements | Each .10 |
| • Squat on LB with ½ Turn on Feet to Grasp HB | |
| • Swing Forward on HB/Place Feet on LB to Stand/w/ or w/o a ½ Turn | |
| • Climbing/Crawling on LB within Exercise | |
| ¾ Giant Circle Forward w/ or w/o Grip Change | .10 |
| Not an element/Will break connection/Swing Backward Under Horizontal | ded. .10 |
| Swing Forward or Backward under Horizontal | |
| Mount attempted—Run under/Touch Bar or Springboard | Each .10 |
| 3rd Run Approach to Mt. (2 attempts without penalty if no balk) Bonus awarded | .50 |
| More than 1 Element before Mount (take-off from springboard) | .50 |
| Grasp of Apparatus to Avoid a Fall | .20 |
| Extra Swing - if fall occurs after extra swing take fall only | .30 |
| • Pump after a "dead" hang/Glide Kip-stop front support-brings legs forward to initiate cast | |
| • After fall gymnast is allowed to remount & take ↑ 2 pumps to initiate momentum/more | ded. .30 |
| • Will Break CV—however DV is still awarded | |
| Lack of Elements that achieve Vertical (Level 8) | Each ↑.10 |
| Flexed Feet on VP Elements | ↑.10 |
| Insufficient Extension of Glides/Swings into Kips | ↑.10 |
| Hesitation during Jump/Press/Swing to Handstand | Each ↑.20 |
| Precision of Handstand Positions throughout Exercise | |
| Insufficient Amplitude of Bar Element (including releases) | ↑.30 |
| Insufficient Height/Amplitude of Salto Dismounts | .10 |
| Landing Too Close to the Bar on Dismount | ↑.10 |
| Legs Crossed during Salto Dismounts with Twists | Each ↑.10 |
| Under Rotation of Release/Flight Elements | ↑.30 |
| Bent arms/knees | Each ↑.20 |
| Leg/Knee Separations | Each ↑.20 |
| Insufficient exactness Tuck/Pike/Stretch | Each ↑.20 |
| • Tuck 90° Hip and Knee Bend (ideal) | |
| • Pike 90° Hip Bend (ideal) | |
| • Stretch 180° (ideal) | Arch ↑ 20 |
| • Hip Angle (135°-175°) | ↑ 20 |
| Touch/Brush mat/apparatus with foot/feet | ↑.10 |
| Hit on Apparatus with foot/feet | .20 |
| Hit on Mat with foot/feet | .30 |