

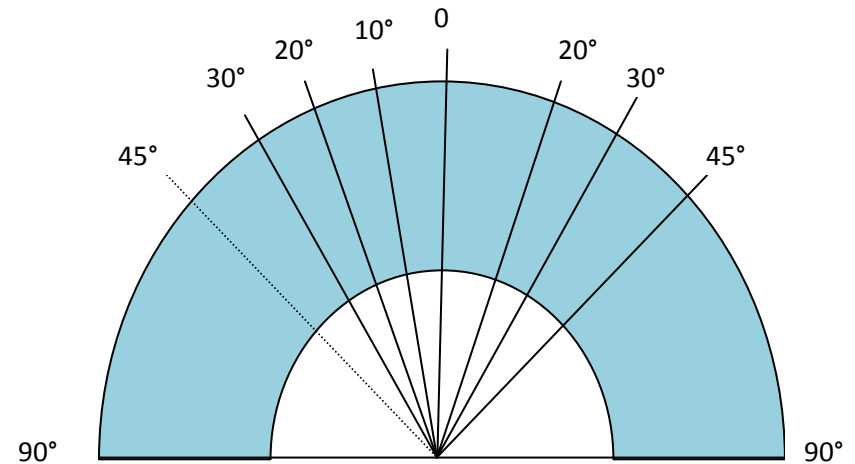
Uneven Bars – Level 10

START VALUE 9.5	Special Requirements – 0.50 each A skill may count for more than 1 SR	BONUS - Up to +.50 (D= +.10/E= +.20 unless fall/spot) D & E may replace a required value part and still get bonus	Fall Time: 45 sec. Illegal/No Dismount -.30 SV
Value Parts	Flight Element C	C+C = 0.1 – Must contain turn or flight	Range 9.5 – 10.00 = .20
3 – A (.10)	2 nd (diff) flight element, min B	C+C = 0.1 – Group 3/6/7 – Must be different	9.0 - 9.45 = .50
3 – B (.30)	Element with LA turn, min C (not Mt/Dismt)	C+D = 0.1 – C Element not required turn/flt when with D	8.0 – 8.95 = .70
2 – C (.50)	Salto/Hecht dismount, min C	D+D = 0.2 – All C, D or E mount/dismount count for CV	Under 7.975 = 1.00

Compositional Deductions		Apparatus Deductions	
Choice of Elements: (Max. .2)		Bent arms or legs >0.30	Insuf. Exten of glide >0.10
*Lack of var. in choice of elements >0.10	Squat/ LB w/w-o circle 2X ea 0.10	Hesitation swing to HS >0.10	Flex/sickled feet on VP ea .05
*Lack of balance in elements pir/flt >0.10	Uncharacter or ¾ fwd. cir ea 0.10	Lack of precision in HS >0.10	
*Perform crcl & release both fwd& bkw 0.05	More than 1 elem. before mt 0.20	Poor rhythm in elements >0.10	Swing fwd/bk under hor. ea 0.10
Insufficient distribution of value parts >0.10		Insuf. Amp of elem ea >0.20	Leg crossed 0.10 / apart >0.20
Insufficient change of direction >0.10	Lack of two bar changes 0.20	Insufficient dynamics >0.20	Insuf. Exact of t/p/s >0.20
Choice of release (1B, 1C or less >.20) (2D/ 2E – No Ded)		Intermediate swing ea 0.30	Hit on apparatus 0.20
		Landing too close to bar 0.10	Hit on mat w/ feet 0.30
		Insuf. Amp salto dismt >0.30	Grasp on bar to avoid fall 0.30
		Failure to maintain stretch body (pike down) >0.20	
		Failure to remove board/block after release CJ 0.30	

When evaluating angle of body look at line from the shoulders to lowest body part.
In circle or casts with straddle – the angle is determined when feet are joined.

Skill	0 – 10°	11 – 20°	21 – 30°	31 – 45°	46 - 90°
Cast Handstand	No Ded	.05	.10 No VP	.15 - .20 No VP	.25 - .30 No VP
Circle to Handstand	No Ded	.05	No Deduction Lower Value Part		.05 - .10 Lower VP
Flight to Handstand	No Ded	.05	Lower Value Part		
Handstand ½ - 1/1	No Deduction		.05 - .10	.15 - .20	.25 - .30
Handstand 1 ½ & Healy	No Deduction			.05 - .15	.20 - .30



Balance Beam – Level 10

START VALUE 9.5	Special Requirements – 0.50 each A skill may count for more than 1 SR	BONUS - Up to +.50 (D= +.10/E= +.20 unless fall/spot) All acro elements must have flight for CV	Fall Time: 30 sec. Illegal/No Dismt: -.30 SV
Value Parts 3 – A (.10) 3 – B (.30) 2 – C (.50) D & E may replace a required value part and still get bonus	Acro Series: min 2 flight elements- 1 min of C w/wo hand support. Both elements must start and finish on beam. (dive roll OK) A+E acro series = OK	2 Acro Flight Elements B+C Salto=.10 No Mount or Dismount	Range 9.5 – 10.00 = .20 9.0 - 9.45 = .50 8.0 – 8.95 = .70 Under 7.975 = 1.00
	Leap or jump with 180° cross or side split-Isolated or in series	3 Acro Flight Elements – Mount and Dismount OK B+B+C= .10 B+C+C or B+B+D or higher = .20	
	Min 360° turn on 1 foot – Isolated or in series	2 Dance or Dance/Acro - (No Dismt – Mount OK) A+D = 0.1 B+C = 0.1 C+C = 0.1 (Same dance) A+C turn or reverse = 0.1	Less than 30 sec..... 2.00 final score OT = .10 – average score
	Aerial/Salto min C dismount or B dismount directly connected to acro series with min C acro or A min C acro or dance element	 B+D= 0.2 C+D & higher = 0.2 C+C = 0.2 (diff dance)	

Compositional Deductions		Apparatus Deductions	
Missing backward & either fwd or side acro element (G1,6,7,8)	ea <u>0.10</u>	Additional movements to maintain balance	>0.30
If dismount the only fwd, side or bkw acro element	<u>0.05</u>	Concentration pauses > 2 sec	ea <u>0.10</u>
Lack of variety in dance elem. - More than 2 dance with same shape	ea <u>0.10</u>	Dir. error on gainer dismt off end of beam	>0.30
More than 2 elements to front support	<u>0.10</u>	Failure to maintain stretch body (pike down)	>0.20
Lack of balance between acro & dance value parts	>0.20	Grasp beam to avoid fall	<u>0.30</u>
Choice of elements not up to competitive level	>0.20	Hesitation in jump, press, swing to handstand	>0.10
Insufficient level changes	>0.10	Hit on apparatus with foot (feet)	<u>0.20</u>
Insufficient spatial changes	>0.10	Incorrect body position (dance)	ea >0.10
Insufficient distribution of VP	>0.10	Insufficient artistry/Presentation	>0.30
Failure to show movement/chor. in diff dir.	ea >0.10	Original choreography	>0.10*
More than two pivot turns through exercise	<u>0.10</u>	Quality of movement/style	>0.10*
More than 1 element before mount	<u>0.20</u>	Quality of expression	>0.10*
Lack of dance series min 2 elements (G 1,2,3)	<u>0.20</u>	Insufficient Dynamics	>0.20
			Support of leg against side of beam <u>0.20</u>
			Land too close to beam on dsmt <u>0.10</u>

