

**BARS Execution & Amplitude Deductions**

Additional trunk movements to maintain balance	>0.30
Bent arms in support or bent knees ( <i>Max 0.30 arms &amp; 0.30 knees/ elem</i> )	>0.30 ea
Brush/touch landing surface with 1 or both hands (no support)	>0.30
Deep squat on landing	>0.30
Deviation from straight direction on landing	>0.10
Extra arm swings on landings	>0.10
Extra steps on landing (max 0.40)	<u>0.10 ea</u>
Fail to remove board/spotting block after release elements	<u>0.30</u>
Fall on mat to knee(s) or hips	<u>0.50</u>
Fall on or against the apparatus	<u>0.50</u>
Fall/Failure to land on soles of feet first	<u>0.5 + NO VP/SR/Bonus</u>
Flexed feet on VP elements	0.05 ea
Grasp of bar apparatus to avoid a fall	<u>0.30</u>
Hesitation during jump to High Bar or swing to Handstand	>0.10 ea
Hit on apparatus with foot (feet)	<u>0.20</u>
Hit on mat with foot (feet)	<u>0.30</u>
Incorrect body posture on landing	>0.20
Insufficient amplitude of bar elements ( <i>including releases</i> )	>0.20
Insufficient dynamics throughout	>0.20
Insufficient exactness of stretched position - Arch	> 0.20 ea
Insufficient exactness of stretched position-Hips angle ( <i>136°-179°</i> )	>0.20 ea
Insufficient exactness of tuck or pike position	>0.20 ea
Insufficient extension of glides/swings into kips	>0.10 ea
Insufficient height (amplitude) of salto dismount	>0.30
Intermediate (extra) swing	<u>0.30</u>
Landing too close to the bar on Dismount	<u>0.10</u>
Large step or jump on landing (~3 feet)	<u>0.20</u>
Leg crossed during salto dismounts with twist	<u>0.10</u>
Leg or knee separations	>0.20 ea
Poor rhythm in elements/connections	>0.10 ea
Precision of HS positions throughout the exercise	>0.10
Slight hop or small adjustment of feet on landing of dismounts	>0.10
Spotting during the element	<u>0.5 + NO VP/SR/Bonus</u>
Spotting landing of dismount	<u>0.5 + NO Bonus- VP &amp; SR OK</u>
Support on mat with 1 or 2 hands	<u>0.50</u>
Swing forward or backward under horizontal	<u>0.10 ea</u>
Touch/brush on apparatus or mat with foot (feet)	>0.10 ea
Third run approach	<u>0.50</u>
Under-rotation of release/flight elements	>0.10 ea

<b>Level 10 BARS Special Requirements@ 0.50 each</b>	3 "A"										
1 Flight Element Minimum "C" (Not Dismount)	3 "B"										
A 2nd Different Flight Element Minimum "B" (Not Dismount)	2 "C"										
1 Element with LA Turn Minimum "C" (Not Mount or Dismount)	9.50 + 0.50 SV										
Salto or Hecht Dismount Minimum "C"	(+0.40+0.10)										
<b>Level 10 BARS Composition Deductions</b>											
3/4 Giant circle forward with or without grip change	<u>0.10</u>										
Choice of Elements: <i>Fail to perform elements both forward &amp; backward within exercise <u>0.05</u></i> <i>Balance between pirouettes &amp; flight elements &gt;0.10</i> <i>Lack of variety of elements &amp; connections &gt;0.10</i>	>0.20 Max										
Choice of release elements not up to competitive level >0.20 <i>1 B &amp; 1 C = 0.20</i> <i>D + D = No Deduction</i>	>0.20										
Insufficient direction change	>0.10										
Insufficient distribution of the elements	>0.10										
Lack of 2 bar changes	<u>0.20</u>										
More than 1 element before mount	<u>0.20</u>										
More than 1 Squat on Low Bar with or without sole circle to grasp High Bar	<u>0.10 ea</u>										
Uncharacteristic elements	<u>0.10 ea</u>										
<b>Level 10 BARS Bonus Rules</b>											
Direct connections of at least 2 elements with turn or flight in a Mount connection, Connection within the exercise, &/or Dismount Connection	<b>C + C = +0.10</b>										
For Direct connections of Minimum 2 elements from Groups 3, 6, or 7, turn or flight is NOT required but elements must be different	<b>C + C = +0.10</b>										
"C" elements connected to "D/E" elements are NOT required to have turn or flight	<b>C + D or D + C = +0.10</b>										
D/E elements are never required to have turn or flight	<b>D + D or more = +0.20</b>										
<b>Amplitude of Cast to Handstand</b> 0°-10° from vertical = "B" VP & NO Deduction 11°-20° from vertical = "B" VP & 0.05 21°-30° from vertical = No VP & 0.10 31°-45° from vertical = No VP & 0.15 - 0.20 46° & below from vertical = No VP & 0.25 - 0.30	<b>Amplitude of Body at Turn Completion IN Handstand</b> >20° from vertical = No Deduction 21°-30° from vertical = 0.05 - 0.10 31°-45° from vertical = 0.15 - 0.20 46° or more from vertical = 0.25 - 0.30										
<b>Amplitude of Flight to Handstand on Low Bar</b> 0°-10° from vertical = No Deduction & Higher VP 11°-20° from vertical = 0.05 & Higher VP 21° or more from vertical = Lower VP	<b>Amplitude of Body at Turn Completion AFTER Handstand</b> >30° from vertical = No Deduction 31°-45° from vertical = 0.05 - 0.15 46° or more from vertical = 0.20 - 0.30										
<b>Amplitude of Circling Elements</b> 0°-10° from vertical = No Deduction & Higher VP 11°-20° from vertical = 0.05 & Higher VP 21°-45° from vertical = No Deduction & Lower VP 45° - Horizontal = >0.20 & Lower VP Below Horizontal = >0.20 & "A" VP for Clear Hip Circle											
	<table border="1"> <tr> <td colspan="2"><b>Allowable Range</b></td> </tr> <tr> <td>9.500 - 10.00</td> <td>0.20</td> </tr> <tr> <td>9.000 - 9.475</td> <td>0.50</td> </tr> <tr> <td>8.000 - 8.975</td> <td>0.70</td> </tr> <tr> <td>Below 8.00</td> <td>1.00</td> </tr> </table>	<b>Allowable Range</b>		9.500 - 10.00	0.20	9.000 - 9.475	0.50	8.000 - 8.975	0.70	Below 8.00	1.00
<b>Allowable Range</b>											
9.500 - 10.00	0.20										
9.000 - 9.475	0.50										
8.000 - 8.975	0.70										
Below 8.00	1.00										

**BEAM Execution & Amplitude Deductions**

Acrobatics: Under-rotated twist (incomplete)	>0.20
1°-44° missing = 0.05-0.10	
46°-89° missing = 0.15-0.20	
90° or more missing = Lesser Value Part	
Additional movements to maintain balance	>0.30
Bent arms in support or bent knees (Max 0.30 arms & 0.30 knees/elem)	>0.30 ea
Brush/touch landing surface with 1 or both hands (no support)	>0.30
Concentration pause (more than 2 sec)	<u>0.10</u> ea
Dance: Under-rotated turn (incomplete)	>0.20
1°-44° missing = 0.05-0.10	
46°-89° missing = 0.15-0.20	
90° or more missing = Lesser Value Part	
Deep squat on landing	>0.30
Deviation from straight direction on landing	>0.10
Direction of gainer dismount off end of beam	>0.30
Extra arm swings on landings	>0.10
Extra steps on landing (max 0.40)	<u>0.10</u> ea
Fall on mat to knee(s) or hips	<u>0.50</u>
Fall on or against the apparatus	<u>0.50</u>
Fall/Failure to land on soles of feet first	<u>0.5 + NO VP/SR/Bonus</u>
Flexed feet on VP elements	<u>0.05</u> ea
Grasp of beam to avoid a fall	<u>0.30</u>
Hesitation during jump, press or swing to Handstand	>0.10 ea
Hit on apparatus with foot (feet)	<u>0.20</u>
Incorrect body posture/alignment during Dance Value Parts	>0.10
Incorrect body posture on landing	>0.20
Insufficient artistry throughout the exercise	>0.30
0.05-0.10 Originality/creativity of choreography in elements & connections	
0.05-0.10 Quality of gymnast's movement to reflect her personal style	
0.05-0.10 Quality of expression (projection, emotion, focus)	
Insufficient dynamics throughout	>0.20
Insufficient height on leaps, jumps, & hops	> 0.20 ea
Insufficient height of Aerials, Saltos, & Acro flight elements with hand support	>0.20 ea
Insufficient exactness of stretch position arch or hip angle	>0.20 ea
Insufficient exactness of tuck or pike position	>0.20 ea
Insufficient height of dismount elements	>0.30
Insufficient split position	>Lesser VP
1°-20° missing = 0.05-0.10	
21°-45° missing = 0.15-0.20	
46° or more missing = Lesser Value Part	

**BEAM Execution & Amplitude Deductions (continued)**

<i>Insufficient sureness of performance throughout exercise</i>	<i>&gt;0.20</i>
<i>Insufficient variation in rhythm &amp; tempo throughout</i>	<i>&gt;0.20</i>
<i>Lack of tempo/poor rhythm between elements performed in a dance or mixed series</i>	<i>&gt;0.10 ea</i>
<i>Lack of tempo/poor rhythm between elements performed in an acro series (except backward acro series w/ 1 or more flight elements)</i>	<i>&gt;0.30</i>
<i>Landing too close to the beam on Dismount</i>	<i><u>0.10</u></i>
<i>Large step or jump on landing (~3 feet)</i>	<i><u>0.20</u></i>
<i>Leg crossed during salto dismounts with twist</i>	<i><u>0.10 ea</u></i>
<i>Leg or knee separations</i>	<i>&gt;0.20</i>
<i>Legs not parallel to beam in split or straddle pike leaps/jumps</i>	<i>&gt;0.20</i>
<i>Relaxed/incorrect <b>footwork</b> in non-VP's throughout the exercise</i>	<i>&gt;0.20</i>
<i>Relaxed/incorrect <b>leg position/body posture/&amp;/or insufficient flexibility</b> during non-VP's throughout the exercise</i>	<i>&gt;0.30</i>
<i>Slight hop or small adjustment of feet on landing of dismounts</i>	<i>&gt;0.10</i>
<i>Spotting during the element</i>	<i><u>0.5 + NO VP/SR/Bonus</u></i>
<i>Spotting landing of dismount</i>	<i><u>0.5 + NO Bonus - VP &amp; SR OK</u></i>
<i>Support of 1 leg on side of beam to maintain balance</i>	<i><u>0.20 ea</u></i>
<i>Support on mat with 1 or 2 hands</i>	<i><u>0.50</u></i>
<i>Touch/brush on apparatus or mat with foot (feet)</i>	<i>&gt;0.10 ea</i>
<i>Third run approach</i>	<i><u>0.50</u></i>

**Level 10 BEAM Composition Deductions**

<i>Acro elements not up to competitive level</i>	<i>&gt;0.20</i>
<i>Insufficient distribution of elements</i>	<i>&gt;0.10</i>
<i>Insufficient use of entire beam apparatus</i>	
<i>Failure to show movement/choreography in different directions</i>	<i>&gt;0.10</i>
<i>Insufficient level changes</i>	<i>&gt;0.10</i>
<i>Spatially (use entire Beam)</i>	<i>&gt;0.10</i>
<i>Lack of balance between acro &amp; dance VP</i>	<i>&gt;0.20</i>
<i>Lack of dance series (min 2 elements from Grps 1, 2, 3)</i>	<i><u>0.20</u></i>
<i>Lack of variety in dance elements</i>	
<i>More than 1 leap/jump/hop to prone position</i>	<i><u>0.10 ea</u></i>
<i>More than 2 elements w/ wolf or tuck position w/ or w/o turn</i>	<i><u>0.10</u></i>
<i>More than 2 pivot (straight leg 1/2 turns) in exercise</i>	<i><u>0.10</u></i>
<i>More than 2 straddle jumps w/ or w/o turn</i>	<i><u>0.10</u></i>
<i>Lack of variety in choice of elements</i>	
<i>Missing Acro Bkwd and Fwd or Sidwd</i>	<i><u>0.10 ea</u></i>
<i>If only in Dismount</i>	<i><u>0.05</u></i>
<i>More than one element before mount</i>	<i><u>0.20</u></i>

3 "A"
3 "B"
2 "C"
9.50 + 0.50 SV
(+0.40+0.10)

### Level 10 BEAM Special Requirements @ 0.50 ea

**Acro Series** - 2 Flight elements 1 Minimum "C" w/ or w/o hand support OR "A" Non-Flight acro element from Group 7 directly connected to "E" acro flight element - Both must start and finish on Beam

**Leap or Jump w/ 180 Split** - Isolated or in series

**Minimum 360 turn on 1 foot** - May be in isolated or in series

**Aerial/Salto Dismount** Minimum "C" or "B" directly connected to Acro series w/ "C" acro or dance element

### Level 10 BEAM Connective Value

**Two Acro flight elements, one a "C" salto (NOT Mount or Dismount)**

$$B + C = +0.10$$

**Two Acro Flight elements (NOT Dismount)**

$$B + D = +0.20 \quad C + C = +0.20$$
$$B + E = +0.20 \quad C + D \text{ (or more)} = +0.20 \quad D + D \text{ (or more)} = +0.20$$

**Three or more Acro Flight elements (Mount, Dismount, & Connections within exercise)**

$$B + B + C = +0.10$$
$$B + C + C = +0.20 \quad B + B + D = +0.20 \quad B + C + D \text{ (or more)} = +0.20$$

**Two Dance or Dance/Acro elements (NOT Dismount)**

$$A + D = +0.10 \quad B + C = +0.10 \quad C + C \text{ (same elements)} = +0.10$$
$$B + D = +0.20 \quad C + C \text{ (different elements)} = +0.20 \quad C + D \text{ (or more)} = +0.20$$

**Dance Turns - Turns may be performed on the same support leg or with a step into a turn on the opposite leg. A brief demi-plie on 1 or both legs is permitted.**

$$A + C = +0.10$$

### DANCE TECHNIQUE

#### TUCK JUMP

>0.20 Insufficient Tuck position

#### WOLF HOP/JUMP

>0.10 ea Below horizontal with either leg

#### SIDE SPLIT JUMP/STRADDLE PIKE JUMP

>0.20 Insufficient split

>0.20 Legs not parallel to BB/FX

>0.10 ea Failure to reach horizontal w/ both legs

#### SWITCH LEG LEAP

>0.20 Insufficient split after leg change

#### PIKE JUMP

>0.20 Insufficient pike

#### CAT LEAP

>0.10 ea Failure to reach horizontal w/ both legs

>0.20 Incorrect leg position (lack of knee bend)

#### SISSONE/SPLIT JUMP

>0.20 Insufficient split

>0.20 Legs not parallel to BB/FX in split jump

#### RING LEAP/JUMP

>0.10 Rear foot at shoulder or upper back

>0.10 Insufficient arch

#### SHEEP JUMP

>0.10 Feet at shoulder or upper back

>0.10 Insufficient arch

#### Allowable Range

9.500 - 10.00	0.20
9.000 - 9.475	0.50
8.000 - 8.975	0.70
Below 8.00	1.00

<b>Floor Execution &amp; Amplitude Deductions</b>	
Absence of music or music w/ song or voice/speech	<u>1.00</u> (CJ)
Acrobatics: Under-rotated twist (incomplete)	>0.20
1°-44° missing = 0.05-0.10	
46°-89° missing = 0.15-0.20	
90° or more missing = Lesser Value Part	
Additional movements to maintain balance	>0.30
Bent arms in support or bent knees (Max 0.30 arms & 0.30 knees/elem)	>0.30 ea
Brush/touch landing surface with 1 or both hands (no support)	>0.30
Concentration pause (more than 2 sec)	<u>0.10</u> ea
Dance: Under-rotated turn (incomplete)	>0.20
1°-44° missing = 0.05-0.10	
46°-89° missing = 0.15-0.20	
90° or more missing = Lesser Value Part	
Deep squat on landing	>0.30
Deviation from straight direction on landing	>0.10
Extra arm swings on landings	>0.10
Extra steps on landing (max 0.40)	<u>0.10</u> ea
Fall on mat to knee(s) or hips	<u>0.50</u>
Fall on or against the apparatus	<u>0.50</u>
Fall/Failure to land on soles of feet first	<u>0.5 + NO VP/SR/Bonus</u>
Flexed feet on VP elements	<u>0.05</u> ea
Hesitation during jump, press or swing to Handstand	>0.10 ea
Hit on apparatus with foot (feet)	<u>0.20</u>
Incorrect body posture/alignment during Dance Value Parts	>0.10
Incorrect body posture on landing	>0.20
Insufficient artistry throughout the exercise	>0.30
0.05-0.10 Originality/creativity of choreography in elements & connections	
0.05-0.10 Quality of gymnast's movement to reflect her personal style	
0.05-0.10 Quality of expression (projection, emotion, focus)	
Insufficient dynamics throughout	>0.20
Insufficient height on leaps, jumps, & hops	> 0.20 ea
Insufficient height of Salto elements	>0.30
Insufficient height of Aerials or Acro Flight with hand support	>0.20
Insufficient exactness of stretch position arch or hip angle	>0.20 ea
Insufficient exactness of tuck or pike position in VP elements	>0.20 ea
Incorrect rhythm during execution of direct connections	>0.10
Insufficient split position	>Lesser VP
1°-20° missing = 0.05-0.10	
21°-45° missing = 0.15-0.20	
46° or more missing = Lesser Value Part	
Insufficient variation in rhythm & tempo throughout	>0.20

### FLOOR Execution & Amplitude Deductions (continued)

Large step or jump on landing (~3 feet)	0.20
Leg crossed during saltos with twist	0.10
Leg or knee separations	>0.20
Legs not parallel to beam in split or straddle pike leaps/jumps	>0.20
Missing synchronization of movement with musical beat throughout the exercise:	>0.30
Each time	0.05
At the end of the exercise	0.10
Poor relationship of music & movement throughout	>0.20
Relaxed/incorrect <b>footwork</b> in non-VP's throughout the exercise	>0.20
Relaxed/incorrect <b>leg position/body posture/&amp;/or insufficient flexibility</b> during non-VP's throughout the exercise	>0.30
Slight hop or small adjustment of feet on landing of elements	>0.10
Spotting during the element	0.5 + NO VP/SR/Bonus
Spotting landing of dismount	0.5 + NO Bonus - VP & SR OK
Support on mat with 1 or 2 hands	0.50

### Level 10 FLOOR Special Requirements @ 0.50 ea

**Acro Series w/ 2 Saltos OR 2 Directly connected saltos** - same or different

**3 Different Saltos in Exercise**

**Dance Passage** - Minimum of 2 different Group 1 elements directly or indirectly connected but containing a LEAP w/ 180° cross or side split

**"C" Salto performed as last isolated salto or in last salto connection**

### Level 10 FLOOR Composition Deductions

Acro elements not up to competitive level	>0.20
Insufficient distribution of Value Parts	>0.10
Insufficient use of Floor Exercise area:	
Directionally - Failure to show movement/choreography in different directions	>0.10
Spatially - Floor pattern	>0.10
Lack of balance between acro & dance VP	>0.20
Lack of turn on 1 foot Minimum "B"	0.20
Lack of Minimum "C" Salto	0.30
Lack of variety in choice of elements:	
Fail to perform saltos in 2 different directions (Backward & Forward or Sideward)	0.10 ea
Lack of variety in dance elements:	
More than 1 leap/jump/hop to prone position	0.10 ea
More than 2 elements w/ wolf or tuck position w/ or w/o turn	0.10
More than 2 straddle jumps w/ or w/o turn	0.10

3 "A"
3 "B"
2 "C"
9.50 + 0.50 SV
(+0.40+0.10)

### Allowable Range

9.500 - 10.00	0.20
9,000 - 9.475	0.50
8.000 - 8.975	0.70
Below 8.00	1.00

## Level 10 FLOOR Connective Value

### Indirect Acro Connections of 2 or more saltos or acro elements w/o hand support

$$C + C = +0.1$$

$$A/B + A/B + C = +0.10$$

$$A + D/E + 0.10 \quad B + D/E = +0.10 \quad A/B + A/B + D = +0.10 \quad C + D/E \text{ or more} = +0.20$$

### Direct Connection of 2 or more saltos or acro elements w/ flight & w/o hand support

$$A + C = +0.10$$

$$B + B = +0.10$$

$$B + C = +0.20$$

$$A + A + C = +0.10$$

$$A/B + D/E = +0.20 \quad A + A + D/E = +0.20 \quad C + C \text{ (or more)} = +0.20$$

### Connections of 2 Dance or 2 Dance/Acro Elements or reversed

$$C + C \text{ (different elements)} = +0.10$$

$$D \text{ Salto} + A \text{ Jump (this order ONLY)} = +0.10$$

$$B + D/E = +0.10$$

$$C + D/E \text{ (or more)} = +0.20$$

**NOTE: Acro elements must be saltos & flight elements w/ or w/o hand support**

**NOTE: A Turn directly connected to a jump (in that order ONLY) is NOT eligible for CV Bonus - If the Jump comes first, CV is possible**

## DANCE TECHNIQUE

### TUCK JUMP

>0.20 Insufficient Tuck position

### WOLF HOP/JUMP

>0.10 ea Below horizontal with either leg

### SIDE SPLIT JUMP/STRADDLE PIKE JUMP

>0.20 Insufficient split

>0.20 Legs not parallel to BB/FX

>0.10 ea Failure to reach horizontal w/ both legs

### SWITCH LEG LEAP

>0.20 Insufficient split after leg change

### PIKE JUMP

>0.20 Insufficient pike

### CAT LEAP

>0.10 ea Failure to reach horizontal w/ both legs

>0.20 Incorrect leg position (lack of knee bend)

### SISSONE/SPLIT JUMP

>0.20 Insufficient split

>0.20 Legs not parallel to BB/FX in split jump

### RING LEAP/JUMP

>0.10 Rear foot at shoulder or upper back

>0.10 Insufficient arch

### SHEEP JUMP

>0.10 Feet at shoulder or upper back

>0.10 Insufficient arch