

UNEVEN BARS

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: <u>Maximum</u> 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	Level 8: No "C/D/E" elements allowed <u>except</u> Cast handstand ½, Clear Hip Circle to Handstand or with ½
			Level 7: 5A, 2B	Start Value: 10.0	Level 7: No "C/D/E" elements allowed <u>except</u> Cast handstand ½, Clear Hip Circle to Handstand or with ½

*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: LA turn requirement cannot be awarded if in mount or dismount

-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

#	<p>_____VP</p> <p>_____CV</p> <p>_____DV</p> <p>_____SV</p> <p>Dynamics→0.2</p> <p>Distribution→0.1</p> <p>Variety of skills/conn→0.1</p> <p>Lack vertical skills→0.2 (L8)</p> <p>Lack direction change→ 0.1 (L9/10)</p> <p>Balance btwn skills→0.1 (L9/10)</p> <p>Lack 2 bar changes (0.2)(L10)</p> <p>Release choice→0.2 (L10)</p> <p>>1squat (0.1 each) (L10)</p> <p>lack fwd/bkwd circles or releases 0.05 (L9/10)</p> <p>Execution/Amplitude</p>	<p>LEVEL 10</p> <p>_____ "C" Flight</p> <p>_____ 2nd Different "B" Flight</p> <p>_____ "C" LA turn</p> <p>_____ "C" Dismount</p> <p>LEVEL 9</p> <p>_____ 2 bar changes</p> <p>_____ "B" flight</p> <p>_____ "C" LA turn or flight</p> <p>_____ "B" Dismount</p> <p>LEVEL 8</p> <p>_____ 1 bar change</p> <p>_____ "B" flight or turn</p> <p>_____ "B" 3/6/7 skill</p> <p>_____ "A" Dismount</p> <p>LEVEL 7</p> <p>_____ 1 cast min 45°</p> <p>_____ "B" clear circling skill</p> <p>_____ "B" 3/6/7 clear circle</p> <p>_____ "A" salto dismount</p>
	Score:	

#	<p>_____VP</p> <p>_____CV</p> <p>_____DV</p> <p>_____SV</p> <p>Dynamics→0.2</p> <p>Distribution→0.1</p> <p>Variety of skills/conn→0.1</p> <p>Lack vertical skills→0.2 (L8)</p> <p>Lack direction change→ 0.1 (L9/10)</p> <p>Balance btwn skills→0.1 (L9/10)</p> <p>Lack 2 bar changes (0.2)(L10)</p> <p>Release choice→0.2 (L10)</p> <p>>1squat (0.1 each) (L10)</p> <p>lack fwd/bkwd circles or releases 0.05 (L9/10)</p> <p>Execution/Amplitude</p>	<p>LEVEL 10</p> <p>_____ "C" Flight</p> <p>_____ 2nd Different "B" Flight</p> <p>_____ "C" LA turn</p> <p>_____ "C" Dismount</p> <p>LEVEL 9</p> <p>_____ 2 bar changes</p> <p>_____ "B" flight</p> <p>_____ "C" LA turn or flight</p> <p>_____ "B" Dismount</p> <p>LEVEL 8</p> <p>_____ 1 bar change</p> <p>_____ "B" flight or turn</p> <p>_____ "B" 3/6/7 skill</p> <p>_____ "A" dismount</p> <p>LEVEL 7</p> <p>_____ 1 cast min 45°</p> <p>_____ "B" clear circling skill</p> <p>_____ "B" 3/6/7 clear circle</p> <p>_____ "A" salto dismount</p>
	Score:	

Balance Beam

Vitale 2010

Connection Value	0.1	0.2	Level 10: 3A, 3B, 2C Start Value: 9.5 Level 9: 3A, 4B, 1C Start Value: 9.7 Level 8: 4A, 4B Start Value: 10.0 Level 7: 5A, 2B 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
Acro Flight (2 element)	B + C "C" must be salto (no mount/dismount)	B + D/E C + C/D (excludes dismount)	**Bonus may be awarded for any skill or series of skills unless gymnast falls <u>Dance/Acro</u> : acro must have flight & excludes dismount	*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 8-10)
Acro Flight (3 element)	B + B + C	B+C+C		
2 Dance Elements -or- Dance/Acro	A + D or B + C C+C same dance	B + D C+C diff. dance		
Dance Turns (on one foot)	A + C or C + A			

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

FLOOR EXERCISE

VITALE 2010

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 <u>No Composition Deductions</u> **Bonus may be awarded for any skill or series of skills unless gymnast falls <u>Dance passage</u> : allows for running steps, hops, chassés, assemblés or chaîné turns between two dance elements – Turns (pivot or 360°+) are not permitted in pass–First element must take off or land on one foot
Acro Indirect	A/B + A/B + C/D C+C or A/B+D	C + D/E	*Acro elements in mixed series must be salto or flight elements **NO CV for Turn <u>Followed</u> by a Jump		
Acro Direct	B + B or A + C A + A + C	B + C or C +C A+A+D or A/B +D			
2 Dance/Mixed* *must be different dance skills	B+D or C+C* D salto + A jump	C + D/E			

#	_____ VP _____ CV _____ DV _____ SV _____ 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 "C" Salto (L10) 0.3 _____ Lack of "B" Salto (L8/9) 0.3 _____ >1 leap/jump to prone (0.1each) _____ Lack of Salto in 2 of 3 directions (0.1) _____ Execution/Amplitude	LEVEL 10 _____ 2 salto series _____ 3 different saltos _____ Dance pass 180°leap _____ "C" Salto Dismount LEVEL 9 _____ 2 salto series _____ 3 different saltos _____ Dance pass 180°leap _____ "B" Salto Dismount LEVEL 8 _____ 2 salto series _____ 3 different saltos _____ Dance pass 180°leap _____ "A" Salto dismount LEVEL 7 _____ Layout Salto Series _____ 2 fwd flight (salto reqd) _____ Dance pass 180° leap _____ 360° turn
	Score:	

#	_____ VP _____ CV _____ DV _____ SV _____ 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 "C" Salto (L10) 0.3 _____ Lack of "B" Salto (L8/9) 0.3 _____ >1 leap/jump to prone (0.1each) _____ Lack of Salto in 2 of 3 directions (0.1) _____ Execution/Amplitude	LEVEL 10 _____ 2 salto series _____ 3 different saltos _____ Dance pass 180°leap _____ "C" Salto Dismount LEVEL 9 _____ 2 salto series _____ 3 different saltos _____ Dance pass 180°leap _____ "B" Salto Dismount LEVEL 8 _____ 2 salto series _____ 3 different saltos _____ Dance pass 180°leap _____ "A" Salto dismount LEVEL 7 _____ Layout Salto Series _____ 2 fwd flight (salto reqd) _____ Dance pass 180° leap _____ 360° turn
	Score:	