

JUNIOR OLYMPIC 2009 – 2013

effective August 1, 2009 - July 31, 2013

Conn. Val.	0.1	0.2	SR	√	Connection Value	0.1	0.2	SR	∩	Connection Value	0.1	0.2	SR	□	Content
Level 10			Level 10			Level 10			Level 10			Level 10			
*Turn/flight C+C			Min of 1 C-Flight		Acro Flight		B+D, B+E	Acro Series- 2 flight,		Acro Indirect	A/B+ A/B +C	C+D	1 Acro Series w/ 2		10 9 8 7
*For a connection of 2 elem. from Gr. 3/6/7 – turn/flight NOT req'd (elements must be diff.)			2 nd diff. flight, min. B		(2 elem. excluding dmt.)		C+C, C/D+D	min. of 1 C; Also E (flight) +A (non-flight)		A/B + A/B +D			salto OR 2 directly connected saltos (same or diff.)		A 3 3 4 5
C no turn/ flight req.)	C+D	D+D	Min. of C element w/ LA turn (not in mnt/dmt)		* (excluding mnt/dmt- C must be salto)			Leap or jump w/ 180° cross or side split		C+C			3 Diff. Saltos		B 3 4 4 2
(If no turn/ flight – must be different)			Dmt- Minimum C		Acro flight (3+ ele.)		B+ B +C	360° Turn		A/B+D			Dance Pass w/ 2 diff. Gr. 1 elements (direct or indirect connection) - one w/ 180° split		C 2 1 0 0
Turn/flight		C+C	Level 9		2 Dance/Mix (excluding dmt)		B+C	Dmt. - min. C or B with C-ele. connection		A+A+C			Dmt. - min. C salto		SV 9.5 9.7 10 10
			2 Bar Changes		2 Dance/Mix (excluding dmt)		A+D	Level 9		A+A+D			Same as L10 except Dmt. – min. B salto		L9:DE's (max.1)=C
			Min. of 1 B-Flight		2 Dance/Mix (excluding dmt)		B+C	Acro Series- 2 flight		C+C					Unallowable elements = no Value + 0.5 deduction from Start Value
			2 nd diff. flight, min. C		Turns		C +C	Leap or jump w/ 180° cross or side split		C+C					Award CV & DV unless a fall occurs
			C OR min. C-ele. w/ LA turn (not in mnt/dmt)		(or reverse)		(diff. dance)	360° Turn		C+D					Missing Spec. Req. = 0.50
			Salto/Hecht Dmt - B		All acro elements used for CV must have flight			Dmt. - min. B		D-salto+A-jump (This order only)					
										*No CV for a turn followed by a jump					

Composition – Execution Deductions

Landing – Execution – General

Uneven Bars		Balance Beam		Floor Exercise		Landing	
Composition		Composition		Composition		Execution	
Insufficient distribution of value parts	↑.10	Missing Acro bwd & fwd or swd	each .10	Failure to perform saltos in 2 diff. directions (bwd & fwd or swd)	.10	Flexed/sickled feet during value parts	each time .05
Insufficient change of direction (Lev. 9/10)	↑.10	- If only in dismt	.05	Insufficient distribution of value parts	↑.10	Legs: crossed	.10
Uncharacteristic elements	each .10	Spatially - insuff. use of entire beam	↑.10	Space (use of entire floor area) & direction	each ↑.10	separated	↑.20
More than one Squat on LB w/ or w/out sole circle to grasp HB (Lev. 10 only)	each .10	Insufficient distribution of value parts	↑.10	More than 2 dance elements of the same shape (tuck/wolf or straddle)	each type .10	Insufficient exactness of N, V, /	↑.20
3/4 fwd Giant circle (w/ or w/o grip change)	each .10	Insufficient level changes	↑.10	Lack of balance between acro & dance VP	↑.20	Failure to maintain stretched body pos. - Pikes down early (UB, BB,FX)	↑.20
Choice of elements	Max. ↑.20	Failure to show movement/choreography in diff. dir. (fwd/sidewd/bckwd)	↑.10	Acro not up to competitive level	↑.20	Bent arms in support or bent legs	↑.30
* Failure to perform both forw. & backwd. circles & releases (Lev. 9/10)	.05	More than 2 pivot (str. leg 1/2 turns) throughout exercise	.10	Lack of turn on 1 foot, min. B	.020	Fall, or support on hands	.50
* Balance between pirouettes & flight elem. (L9/10)	↑.10	More than 2 pivot (str. leg 1/2 turns) throughout exercise	.10	Lack of min. of B salto (Level 8 & 9)	.30	Fail to land feet first in saltos & dmts	No VP
* Lack of variety of elements & connections	↑.10	More than 2 pivot (str. leg 1/2 turns) throughout exercise	.10	Lack of min. of C salto (Level 10)	.30		
Choice of release elements not up to competitive level (Lev. 10)	↑.20	More than 2 pivot (str. leg 1/2 turns) throughout exercise	.10			General	
Lack of elements that achieve (or pass thru) vertical (Lev. 8)	↑.20	More than 2 pivot (str. leg 1/2 turns) throughout exercise	.10	Incor. Rhythm during exec. of direct conn.	each ↑.10	Fail to Present before/after (CJ)	each time .10
More than 1 elem. before mount	.20	More than 2 pivot (str. leg 1/2 turns) throughout exercise	.10	Incorrect body pos. in dance elem.	each ↑.10	Exceeds Floor Ex. Boundary (CJ)	each .10
Lack of two bar changes (Lev. 10 only)	.20	More than 2 pivot (str. leg 1/2 turns) throughout exercise	.10	Concentration pause (more than 2 sec.)	each .10	Overtime (CJ)	.10
		More than 2 pivot (str. leg 1/2 turns) throughout exercise	.10	Legs not parallel to floor in split or straddle pike	↑.20	Coach stands between bars or next to BB throughout exercise (CJ)	.10
		More than 2 pivot (str. leg 1/2 turns) throughout exercise	.10	Insuff. height of leaps/jumps/hops	each ↑.20	Excessive use of magnesia (chalk) (CJ)	.20
		More than 2 pivot (str. leg 1/2 turns) throughout exercise	.10	Insuff. height of acro flights & aerials	each ↑.20	Incorrect attire/jewelry (after 1 warning) (CJ)	.20
		More than 2 pivot (str. leg 1/2 turns) throughout exercise	.10	Relaxed/incorr. footwork in non-value parts throughout	↑.20	Signals/verbal cues by coach/team (after warning) (CJ)	.20
		More than 2 pivot (str. leg 1/2 turns) throughout exercise	.10	Insuff. height of saltos	each ↑.30	Coach instructs gymnast during routine (CJ)	.20
		More than 2 pivot (str. leg 1/2 turns) throughout exercise	.10	Relaxed/incorr./insuff. leg pos./body posture & flexibility in non-value parts throughout	↑.30	Failure to begin exer. within 30 sec. of CJ signal (CJ)	.20
		More than 2 pivot (str. leg 1/2 turns) throughout exercise	.10	Artistry/Presentation	↑.30	Exceeds warm-up time (after warning) (CJ)	.20
		More than 2 pivot (str. leg 1/2 turns) throughout exercise	.10	*Originality/creativity of choreography	↑.10	Incorrect apparatus specs. (CJ)	.30
		More than 2 pivot (str. leg 1/2 turns) throughout exercise	.10	*Quality of movement reflects personal style	↑.10	Board on unpermitted surface (CJ)	.30
		More than 2 pivot (str. leg 1/2 turns) throughout exercise	.10	*Quality of expression	↑.10	Failure to remove board after mnt. (CJ)	.30
		More than 2 pivot (str. leg 1/2 turns) throughout exercise	.10	Missing synchronization of movement & musical beat	↑.30	Use of Supplementary mats (CJ)	.30
		More than 2 pivot (str. leg 1/2 turns) throughout exercise	.10	• Each time	.05	No Dismount from Start Value	.30
		More than 2 pivot (str. leg 1/2 turns) throughout exercise	.10	• Exercise not ended with music	.10	Spotting Assistance	.50
		More than 2 pivot (str. leg 1/2 turns) throughout exercise	.10	Poor relationship of music & movement throughout	↑.20	Start exer. before signal (repetition) (CJ)	.50
		More than 2 pivot (str. leg 1/2 turns) throughout exercise	.10	Music with voice/no music (CJ)	1.00	3 rd Run approach	.50
		More than 2 pivot (str. leg 1/2 turns) throughout exercise	.10			Coach on FX mat (CJ)	1.00
		More than 2 pivot (str. leg 1/2 turns) throughout exercise	.10			Short Exercise: BB/FX-less than 30 sec. (CJ)	2.00
		More than 2 pivot (str. leg 1/2 turns) throughout exercise	.10			UB- (less than 5 Value Parts)	

Score Range: 9.5-10: 0.2 9.0-9.475: 0.5 8.0 – 8.975: 0.7 Below 8.0: 1.00

Revised 7/2/09

		A-100	B-200	C-300	D-400	E-500
1.	01					
	02					
	03					
	04					
	05					
	06					
	07					
	08					
	09					
	10					
	11					
	12					
	13					
	14					
	15					
	16					
2.	01					
	02					
	03					
	04					
	05					
	06					
	07					
	08					
	09					
	10					
	11					

		A-100	B-200	C-300	D-400	E-500
3.	01					
	02					
	03					
	04					
	05					
	06					
	07					
	08					
4.	01					
	02					
	03					
	04					
5.	01					
	02					
	03					
	04					
	05					
	06					
6.	01					
	02					
	03					
	04					
	05					

		A-100	B-200	C-300	D-400	E-500
7.	01					
	02					
	03					
	04					
	05					
	06					
	07					
	08					
	09					
	10					
	11					
	12					
8.	01					
	02					
	03					
	04					
	05					
9.	01					
	02					
	03					
	04					
	05					
	06					
	07					
	08					
	09					
	10					

* #7.402 & 8.402-All considered different elements

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		A - .100	B - .200	C - .300	D - .400	E - .500
1.	01					
	02					
	03					
	04					
	05					
	06					
	07					
	08					
	09					
	10					
	11					
	12					
	13					
	14					
	15					
	16					
2.	01					
	02					
	03					
	04					
	05					
	06					
	07					
	08					

		A - .100	B - .200	C - .300	D - .400	E - .500	
3.	01						
	4.	01					
		02					
	5.	01					
		02					
		03					
		04					
05							
06							
07							
6.	01						
	02						
7.	01						
	02						
8.	01						
	02						
	03						
	04						
	05						
	06						

	A-.100	B-.200	C-.300	D-.400	E-.500
1. ↑	01	L L L	L L L	L L L	
	02	U U U U U	U U U U U	U U U	
	03		U	U	
	04	L L L L L	L L L L L	L L L L L	
	05		L L L		
	06	U U U	U U U	U U	
	07	U U U	U U U	U U	
	08	U U U	U U U	U U U	
	09		U		
	10			U U U U U	
	11		U U	U U	U U
	12			U U U U	U U U U
	13			U U U U	U U U U
	14		U	U U U	U U U
	15		U	U U	U U
2. ↓	01	U U U	U U U	U U U U U	U U U U U
	02	U U U	U U U U U	U U U U U	U U U U U
	03		U U U	U U U U U	U U U U U
	04	U U U	U U U	U U U U U	U U U U U
	05		U U U	U U U U U	U U U U U
	06			U U U U U	U U U U U
	07			U U U U U	U U U U U
3. ↓	01	U U U	U U U	U U U	U U U
	02	U U U	U U U	U U U	U U U
	03		U U U	U U U	U U U
	04	U U U	U U U	U U U	U U U
	05			U U U	U U U
	06	U U U		U U U U U	U U U U U
	07		U U U	U U U U U	U U U U U
	08			U U U	U U U
4. ↓	01	U U U 45°	U U U	U U U	
	02	U U U	U U U	U U U	U U U
	03		U U U	U U U U U	U U U U U
	04	U U U	U U U	U U U	U U U
	05		** "C" if immediately follows D/E release		U U U
	06	U U U	U U U	U U U	U U U
	07		U U U	U U U U U	U U U U U

	A-.100	B-.200	C-.300	D-.400	E-.500	
5. ↓	01		U U			
	02		U U U U	U U U U U U U U	U U U U	
	03			U U	U U U U	
	04			U U	U U U	
	05			U U	U U U U U U U U	
	06			U U U	U U U	
	07			U U U	U U U U	
6. X	01	⊗	⊗ ⊗ ⊗ ⊗	⊗ ⊗ ⊗ ⊗ ⊗ ⊗ ⊗ ⊗	⊗ ⊗	
	02		⊗ ⊗		⊗ ⊗ ⊗ ⊗	
	03			⊗	⊗ ⊗ ⊗	
	04	⊗	⊗	⊗ ⊗ ⊗ ⊗	⊗ ⊗ ⊗ ⊗	⊗ ⊗ ⊗
	05			⊗ ⊗	⊗	⊗ ⊗ ⊗
7. U	01	⊙ ⊙		⊙ ⊙		
	02	⊙ ⊙	⊙ ⊙			
	03	⊙ ⊙	⊙ ⊙			
	04	⊙ ⊙	⊙ ⊙ ⊙ ⊙ ⊙ ⊙		⊙ ⊙ ⊙ ⊙	
	05		⊙ ⊙	⊙ ⊙ ⊙ ⊙		
	06	⊙ ⊙	⊙ ⊙ ⊙ ⊙	⊙ ⊙	⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙	
	07				⊙ ⊙ ⊙ ⊙	
	08			⊙ ⊙ ⊙ ⊙	⊙ ⊙ ⊙ ⊙	⊙ ⊙
	09		⊙ ⊙	⊙ ⊙ ⊙ ⊙	⊙ ⊙	⊙ ⊙ ⊙ ⊙
	10			⊙ ⊙		⊙ ⊙ ⊙ ⊙
	11					⊙ ⊙ ⊙ ⊙ ⊙ ⊙
	12				⊙ ⊙ ⊙ ⊙	⊙ ⊙
	13			⊙ ⊙ ⊙ ⊙	⊙ ⊙	⊙ ⊙
8. ↓	01	⊙ ⊙ ⊙ ⊙	⊙ ⊙ ⊙ ⊙	⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙	⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙	
	02			⊙ ⊙ ⊙ ⊙	⊙ ⊙ ⊙ ⊙ ⊙ ⊙	⊙ ⊙ ⊙ ⊙
	03	⊙ ⊙	⊙ ⊙ ⊙ ⊙	⊙ ⊙ ⊙ ⊙	⊙ ⊙	⊙ ⊙
	04			⊙ ⊙ ⊙ ⊙	⊙ ⊙ ⊙ ⊙	⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙
	05				⊙ ⊙ ⊙ ⊙	⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙
	06					⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙
	07	⊙ ⊙ ⊙ ⊙	⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙	⊙ ⊙ ⊙ ⊙ ⊙ ⊙	⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙	⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙
	08		⊙ ⊙	⊙ ⊙ ⊙ ⊙	⊙ ⊙ ⊙ ⊙	⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙
	09		⊙ ⊙	⊙ ⊙ ⊙ ⊙	⊙ ⊙ ⊙ ⊙	⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙
	10		⊙ ⊙ ⊙ ⊙	⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙	⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙	⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙