

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		Acro Flight		B+D, B+E C+C, C/D+D	Level 10		Acro Indirect	A/B+ A/B +C A/B + A/B +D	C+D	Level 10		10 9	
Turn/Flight C+C			Min. of 1 C-Flight		(2 elements, excluding dmt)		B + C	Acro Series- 2 Flight elements, min. of 1 C; also E (Flight) + A (Non-Flight)		Acro Direct	B+B	B+C	1 Acro Series w/ 2 Saltos	A	3	
*For a connection of 2 elements from Gr.3/6/7 - turn/flight is NOT req'd (elements must be different)			2 nd diff. Flight, min. B		* (excluding mt/dmt- C must be salto at L10 At Lev 9 - C must be salto or aerial)			Leap or Jump w/ 180° Cross or Side Split			A + C	A/B+D	OR 2 directly connected Saltos (same or diff.)	B	3	
C (no turn/ C+D D+D flight req.)			Min. of C element w/ LA Turn (excludes Mnt/Dmt)		Acro flight		B+B+C	360° Turn on One Foot Aerial/Salto Dmt - Min. C or Min. B w/ C conn.			A+A+C	A+A+D	3 Diff. Saltos (No Aerials)	C	2	
Level 9			Salto Dmt - Min. of C		(3+ elements)		B+B+D	Acro Series- 2 Flight elements		2 *Dance/Mix	B+D	C+D	Dance Pass w/ 2 diff. Gr. 1 elements (direct or indirect connection) one Leap w/ 180° Split	SV	9.5	
(If no turn/ C+C flight-must be different)			2 Bar Changes		Add'l +0.1 for 3 ele. series (BBC+) w/ min. C salto/aerial or D/E flight w/wo hand support, excluding dmt			Leap or Jump w/ 180° Cross or Side Split			C+C	C+D	Min. of C salto- Isolated or in Last Acro conn.	9.7		
Turn/Flight C+C			Min. of 1 B-Flight		2 Dance/Mix		A+D or D/E	360° Turn on One Foot Aerial/Salto Dmt - Min. B			D-Salto+A-Jump	(This order only)	Min. of B Salto- Isolated or in Last Acro conn.	L10: Extra +0.1 Bonus (not in SV) if exer. has a min. of 0.6 total Bonus + an E (BBFX-E Acro)		
			2 nd diff. Flight - min. C		(excluding dmt)		B+C							L9: allowable DE's=C		
			OR min. B element w/ LA Turn (excludes mt/dmt)		Turns		A+C							Restricted elements = no VP credit -0.50 off SV		
			Salto Dmt - Min. of B		(or reverse)									No CV/DV w/ fall or spot		
					All Acro elements used for CV must have Flight									Missing SR - -0.50 off SV		

Composition – Execution Deductions

Composition	Uneven Bars	Balance Beam	Floor Exercise	Landing	Execution	General	
Choice of dmt. not up to competitive level	↑.10	Failure to perform Acro ele. in 2 diff. directions (bwd & fwd/swd)	↑.10	Spatially – (Floor pattern)	↑.10	Feet hip-width or closer; never join on dmt.	↑.05
Faces same direction thruout exer (excl.Mt/dmt)	↑.10	* If the only diff. direction is in dismount	↑.05	Value of salto(s) performed as last isolated Salto or in last Acro connection not up to competitive level	↑.10	Slight hop, adjustment of feet, staggered feet	↑.10
Uncharacteristic elements	each ↓.10	More than 2 pivot (Str. Leg) ½ turns thruout exercise	↓.10	Failure to perform Saltos/Aerials in 2 diff. directions (bwd & fwd/swd)	↓.10	Deviation from straight direction	↑.10
More than one Squat on LB w/ or w/out sole circle to jump to grasp HB (Lev. 10 only)	each ↓.10	More than 2 Dance elements of the same shape (tuck/wolf or straddle jumps)	each type ↓.10	More than 2 dance elements of the same shape (tuck/wolf or straddle jumps)	each type ↓.10	Arm swings to maintain balance	↑.10
¾ fwd Giant circle (w/ or w/o grip change)	each ↓.10	Spatially - Insuff. use of entire length of beam	↑.10	Acro elements not up to competitive level	↑.20	Feet more than hip-width apart	↓.10
Failure to perform 2 ele. that fulfill 2 of 3 following requirements, (excl. dmt):	each ↓.10	Insufficient level changes	↑.10	Dance elements not up to competitive level	↑.20	Steps	(each ↓.10) max. ↓.40
- Forward element (circle/release) (Min. B)		Failure to show movement/non-VP/choreography in diff. dir. (fwd/swd/bwd)	↑.10	Lack of turn on 1 foot, min. "B"	↓.20	Trunk movements for balance (UB/BB dmt & FX acro)	↑.20
- Element from Groups 3, 6, or 7 (Min. B)		Choice of dismount not up to competitive level	↑.10	Lack of min. of "B" salto (Level 9)	↓.30	Incorrect body posture on landing of VPs	↑.20
- Element w/ min. 180° LA turn, with/wo flight (Min. C)		Acro elements not up to competitive level	↑.20	Lack of min. of "C" salto (Level 10)	↓.30	Large step or jump	↓.20
Choice of release elements not up to competitive level (Lev. 10 only)	↑.20	Dance elements not up to competitive level	↑.20	Execution		Brush/touch of landing surface w/hand(s)	↑.30
Lack of two (2) bar changes (Lev. 10 only)	↓.20	Lack of dance series (min. 2 dance elements from Gr. 1, 2, 3)	↓.20	Feet apart on landing of leaps/jumps	each ↑.10	Squat upon landing	↑.30
Execution		Execution		Incorr. Rhythm during execution of direct conn.	each ↑.10	Spotting assist upon landing	Award VP/SR + ↓.50
Insuff. Angle of arrival-Flight to HS on LB	↓.05	Feet apart on side pos. landing of leaps/jumps	each ↑.10	Incorrect body pos./alignment in Dance elem.	each ↑.10	Flexed/sickled feet during value parts	each time ↓.05
Swing fwd. or bwd. under horizontal	each ↑.10	Hesitation in jump, press, swing to HS	each ↑.10	Lack of precision in Dance elements	each ↑.10	Legs/knees: crossed	↑.10
Under-rotation of release/flight elements	↑.10	Incorrect body pos./alignment in Dance elem.	each ↑.10	Turn elements not performed in high relevé	each ↑.10	separated	↑.20
Precision of handstand positions throughout	↑.10	Lack of precision in Dance elements	each ↑.10	Landing too close to beam on dismount	↓.10	Insufficient exactness of body shape – N, V, /	↑.20
Insuff. extension of glides/swing into kips	↑.10	Turn elements not performed in high relevé	each ↑.10	Concentration pause (2 sec.)	each ↓.10	(Stretched - Arch or Hip angle 136-179°)	↑.20
Poor rhythm in elements/connections	↑.10	Landing too close to beam on dismount	↓.10	Concentration pause (more than 2 sec.)	each ↓.20	Failure to maintain stretched body pos.	↑.20
Hesitation in jump or swing to HS	↑.10	Concentration pause (2 sec.)	each ↓.10	Rhythm of conn.-Dance/Mixed/Acro (not bwd flight)	each ↑.20	- Pikes down (UB, BB, FX)	↑.20
Touch, brush on apparatus/mat with foot/feet	↑.10	Concentration pause (more than 2 sec.)	each ↓.20	Insuff. split when required (Dance/Acro elements)	↑.20	Incomplete turn/twist	↑.20
Landing too close to bar on dismount	↓.10	Rhythm of conn.-Dance/Mixed/Acro (not bwd flight)	each ↑.20	Insuff. height of leaps/jumps/hops	each ↑.20	Bent arms in support or bent legs	↑.30
Insuff. amplitude of elements	each ↑.20	Insuff. split when required (Dance/Acro elements)	↑.20	Insuff. height of Acro flights, Aerials & Saltos	each ↑.20	Fall or support on hand(s) on apparatus or mat	↓.50
Insufficient dynamics	↑.20	Legs not parallel to beam in split or straddle pike	↑.20	Insuff. sureness of performance throughout	↑.20	Fail to land on bottom of feet first on Saltos/Aerials/Dmt.	Fall (↓.50) + No VP/SR
- Insufficient swingful execution throughout		Insuff. dynamics	↑.20	Insuff. variation in rhythm/tempo throughout	↑.20	General	
- Energy not maintained throughout exercise		Insuff. height of leaps/jumps/hops	each ↑.20	Relaxed/incorr. footwork in non-VPs throughout	↑.20	Fail to mark boundary line on mat	CJ ↓.10
- Fails to make difficult look effortless		Insuff. height of Acro flights, Aerials & Saltos	each ↑.20	Poor relationship of music & movement throughout	↑.20	Fail to Present before/after (CJ)	each time ↓.10
Hit of foot/feet on apparatus	↓.20	Insuff. sureness of performance throughout	↑.20	Insuff. height of Saltos	each ↑.30	Exceeds Floor Ex. boundary (CJ)	each time ↓.10
Incorrect padding (heel/hip)	CJ ↓.20	Insuff. variation in rhythm/tempo throughout	↑.20	Insuff. Extension (Open) of tuck/pike body pos. prior to landing Acro elements	↑.30	Overtime - BB/FX (CJ)	↓.10
Insufficient height of salto dismount	↑.30	Relaxed/incorr. footwork in non-VPs throughout	↑.20	Relaxed/incorr./insuff. leg pos./body posture, & flexibility in non-VPs throughout	↑.30	Coach between bars or next to BB thruout (CJ)	↓.10
Insuff. Extension (open) of tuck/pike body pos. prior to landing dismount	↑.30	Support of 1 leg against side of BB	each ↓.20	Missing synchronization of movement & musical beat	↑.30	Excessive use of magnesia (chalk) (CJ)	↓.20
Insuff. Amplitude of casts	↑.30	Insuff. height of Salto dismount	↑.30	- Each time	↓.05	Incorrect attire/jewelry (after 1 warning) (CJ)	↓.20
Insuff. Angle of turn completion	↑.30	Add'l movements to maintain balance on the beam	↑.30	- Exercise not ended with music	↓.10	Verbal cues by coach/team (after warning) (CJ)	↓.20
Hit of foot/feet on mat	↓.30	Direction on Gainer dmt. off end of beam	↑.30	Artistry/Presentation		Coach instructs gymnast during routine (CJ)	↓.20
Grasp on apparatus to avoid a fall	↓.30	Insuff. Extension (Open) of tuck/pike body pos. prior to landing Acro elem. & dismount	↑.30	- Originality/creativity of choreography	↑.10	Failure to begin exercise w/in 30 sec. of CJ signal (CJ)	↓.20
Intermediate (extra) swing/cast (Max. 0.50 per elem)	↓.30	Relaxed/incorr./insuff. leg pos./body posture, & flexibility in non-VPs throughout	↑.30	- Quality of movement reflects personal style	↑.10	Exceeds warm-up time (after warning) (CJ)	↓.20
Insuff. amplitude of "B" Clear hip circles	↑.40	Use of supplemental support	↓.30	- Quality of expression	↑.10	Incorrect apparatus specs. (CJ)	↓.30
Full support on foot/feet on mat during routine	↓.50	Artistry/Presentation		Music with words (CJ)	↓.1.00	Board on unpermitted surface (CJ)	↓.30
		- Originality/creativity of choreography	↑.10	Absence of music (CJ)	↓.1.00	Failure to remove board after mount (CJ)	↓.30
		- Quality of movement reflects personal style	↑.10			Use of Supplementary mats (CJ)	↓.30
		- Quality of expression	↑.10			No Dismount from Start Value	↓.30

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

Courtesy score: Minimum of 1.00