

**JO UNEVEN BARS**

**Level 6: 5A, 1B Start Value: 10.0**  
**Level 7: 5A, 2B Start Value: 10.0**  
**Level 8: 4A, 4B Start Value: 10.0**  
 ~No Composition deductions for Levels 6/7  
 ~Level 6: NO flight skills allowed from HB to LB or LB to HB  
 ~Levels 6/7/8: If circling elements finishes within 11°- 20° of vertical the 0.05 deduction for insufficient amplitude of "C" circles is not applied  
 ~Level 8: SR-flight cannot be in dsmt & LA turn cannot be in mt/dsmt

**Level 6:** Only "A" and "B" elements allowed and one "C" element" a clear hip circle to handstand, a back stalder circle to HS, or a back pike sole circle to HS  
**Level 7/8:** Only "A" and "B" elements allowed with the exception of the following allowable "C" skills: Cast handstand ½ , Clear Hip Circle handstand or with ½, Bkwd Stalder Circle handstand or with ½ , Bkwd Pike Sole Circle handstand or with ½  
Allowable "C" skills will be awarded "B" VP and SR credit if applicable  
**Level 8:** One restricted "C" element allowed in addition to allowable "C" skills (award "B" VP credit and SR if applicable)  
Additional Restricted Skills-if performed/attempted = Deduct 0.50 from SV + no SR or VP awarded: consider in chronological order  
**NO "A" casts:** All casts must be performed within 20° of HS to be awarded a "B" VP, \* a horizontal or \*\* 45° cast may be performed to fulfill the Level 6 & 7 SR  
**L7/8** apply all appropriate cast deductions **L6** there are no angle deductions for casting at 45° and above, begin taking deductions **below** 45° from vertical

#	_____ VP _____ SV _____ Execution/Amplitude	<b>LEVEL 6</b>
		_____ 1 cast to 45° * SR for cast above horizontal _____ 1 bar change _____ 3/6/7 clear circle skill _____ "A" Salto Dismount
	_____ Precision of HS positions ↑0.10 _____ Dynamics ↑0.20	<b>LEVEL 7</b>
	<b>Level 8 Composition</b>	_____ 1 cast to HS ** SR for cast at 45° _____ "B" 360° clear skill _____ 3/6/7 clear circle skill _____ "A" Salto Dismount
	_____ Uncharacteristic Element 0.10 ea _____ ¼ Giant Circle Forward 0.10 _____ Lack of Skills thru Vertical ↑0.20 _____ UTL Dismount ↑0.10	<b>LEVEL 8</b>
	<b>Score:</b>	

#	_____ VP _____ SV _____ Execution/Amplitude	<b>LEVEL 6</b>
		_____ 1 cast to 45° * SR for cast above horizontal _____ 1 bar change _____ 3/6/7 clear circle skill _____ "A" Salto Dismount
	_____ Precision of HS positions ↑0.10 _____ Dynamics ↑0.20	<b>LEVEL 7</b>
	<b>Level 8 Composition</b>	_____ 1 cast to HS ** SR for cast at 45° _____ "B" 360° clear skill _____ 3/6/7 clear circle skill _____ "A" Salto Dismount
	_____ Uncharacteristic Element 0.10 ea _____ ¼ Giant Circle Forward 0.10 _____ Lack of Skills thru Vertical ↑0.20 _____ UTL Dismount ↑0.10	<b>LEVEL 8</b>
	<b>Score:</b>	

**JO BALANCE BEAM**

**Level 6:** 5A, 1B    **Start Value:** 10.0    **Time:** 1:15\*  
**Level 7:** 5A, 2B    **Start Value:** 10.0    **Time:** 1:20  
**Level 8:** 4A, 4B    **Start Value:** 10.0    **Time:** 1:30  
 ~No Composition deductions for Levels 6/7  
**~Split Leap/Jump:** Must start and finish on beam, if front leg bent or  
 or switch wolf performed no SR awarded  
**\*Level 6 short exercise** > :30sec CJ deduct 0.50 from avg if 10.0 SV

**Level 6:** Only "A" and "B" elements allowed. **No "C" skills allowed**-if performed or attempted= Deduct 0.50 (from SV), it will not receive VP or SR credit  
**Level 7:** Only "A" and "B" elements plus ONE "C" Dance element allowed. (Award "B" VP and SR credit if applicable)  
**Level 8:** Only "A" and "B" elements plus "C" dance elements allowed. ONE restricted "C" element allowed. (Award "B" VP credit and SR if applicable)  
**Additional Restricted Skills-attempted or performed** = Deduct 0.50 (from SV) + no SR or VP awarded: consider in chronological order  
**Level 6:** Non flight Acro series OR Acro flight element/series MUST be from Group 5/6/7 not to include mount or dismount  
**Level 7:** Acro series on Beam (w/ w/o flight) & Flight skill—Flight skill may be isolated or performed in the series—if missing one or both deduct 0.50 for missing SR  
**Level 6/7:** HS w/o turn must be held 2 sec to award VP. **Level 8:** May not use hold element as 1<sup>st</sup> skill in acro series

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_____ VP	<b>LEVEL 6</b>
_____ SV	_____ Non flight Acro Series <b>OR</b> Acro Flight (Iso or Series) _____ 180° Leap/Jump _____ Full Turn _____ "A" Salto/Aerial Dsmt
_____ Execution/Amplitude	<b>LEVEL 7</b>
_____ Concentration Pause 2 sec 0.10 ea More than 2 sec 0.20 ea Artistry ↑0.30    _____ Dynamics ↑0.20 _____ Rhythm ↑0.20    _____ Footwork ↑0.20	_____ Acro Series (w/ w/o flight) <b>&amp;</b> Acro Flight (Iso or Series) _____ 180° Leap/Jump _____ Full Turn _____ "A" Salto/Aerial Dsmt
<b>L8 Composition</b>	<b>LEVEL 8</b>
_____ No bkwd & fwd/sdwd Acro 0.10 if only in dismount 0.05 >2 wolf/tuck 0.1 or > 2 straddle 0.1 >2 pivot turns 0.10 Lack of Dance Series 0.20 _____ UTL Acro ↑0.20 _____ UTL Dance ↑0.20 _____ UTL Dismount ↑0.10 _____ Insufficient Level changes ↑0.10 _____ Insuff Use of BB spatially ↑0.10 _____ Choreo fwd, sdwd, bkwd ↑ 0.10	_____ Acro Series (1 flight) _____ 180° Leap/Jump _____ Full Turn _____ "A" Salto/Aerial Dsmt
<b>Score:</b>	

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_____ VP	<b>LEVEL 6</b>
_____ SV	_____ Non flight Acro Series <b>OR</b> Acro Flight (Iso or Series) _____ 180° Leap/Jump _____ Full Turn _____ "A" Salto/Aerial Dsmt
_____ Execution/Amplitude	<b>LEVEL 7</b>
_____ Concentration Pause 2 sec 0.10 ea More than 2 sec 0.20 ea Artistry ↑0.30    _____ Dynamics ↑0.20 _____ Rhythm ↑0.20    _____ Footwork ↑0.20	_____ Acro Series (w/ w/o flight) <b>&amp;</b> Acro Flight (Iso or Series) _____ 180° Leap/Jump _____ Full Turn _____ "A" Salto/Aerial Dsmt
<b>L8 Composition</b>	<b>LEVEL 8</b>
_____ No bkwd & fwd/sdwd Acro 0.10 if only in dismount 0.05 >2 wolf/tuck 0.1 or > 2 straddle 0.1 >2 pivot turns 0.10 Lack of Dance Series 0.20 _____ UTL Acro ↑0.20 _____ UTL Dance ↑0.20 _____ UTL Dismount ↑0.10 _____ Insufficient Level changes ↑0.10 _____ Insuff Use of BB spatially ↑0.10 _____ Choreo fwd, sdwd, bkwd ↑ 0.10	_____ Acro Series (1 flight) _____ 180° Leap/Jump _____ Full Turn _____ "A" Salto/Aerial Dsmt
<b>Score:</b>	

**JO FLOOR EXERCISE**

**Level 6: 5A, 1B Start Value: 10.0 Time 1:15**  
**Level 7: 5A, 2B Start Value: 10.0 Time 1:30**  
**Level 8: 4A, 4B Start Value: 10.0 Time 1:30**  
 ~No Composition deductions for Levels 6/7  
 ~**L6 Acro Series:** 3 directly connected acro skills w/ or w/o flight  
 ~**L6 \*Salto/Aerial:** can be isolated or in a *different* series

**Level 6:** Only "A" and "B" elements allowed. **No "C" skills allowed-if performed or attempted=** Deduct 0.50 (from SV), it will not receive VP or SR credit  
**Level 7:** Only "A" and "B" elements plus ONE "C" Dance element allowed. (Award "B" VP and SR credit if applicable)  
**Level 8:** Only "A" and "B" elements plus "C" dance elements allowed. ONE restricted "C" element allowed. (Award "B" VP credit and SR if applicable)  
**Additional Restricted Skills-attempted or performed** = Deduct 0.50 (from SV) + no SR or VP awarded: consider in chronological order  
**Dance passage:** minimum of 2 different Group 1 elements directly or indirectly connected one of which is a leap (one foot takeoff) requiring 180° split in side or cross position (fwd leg extended). Allows for running steps, small leaps, hops, chassés, assemblés, or any turn between 2 dance elements

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_____ VP _____ SV _____ Execution/Amplitude	<b>LEVEL 6</b> ____ Acro Series ____ 1 Salto/Aerial Skill* ____ Dance pass 180° Leap ____ 360° Turn
_____ Concentration Pause 2 sec <u>0.10</u> ea _____ Artistry ↑0.30 _____ Dynamics ↑0.20 _____ Rhythm ↑0.20 _____ Footwork ↑0.20	<b>LEVEL 7</b> ____ Acro Series (w/ layout) 2 forward flight skills (1 salto/aerial required) ____ Dance pass 180° Leap ____ 360° Turn
<b>L8 Composition</b>	<b>LEVEL 8</b>
_____ Insuff Use of FX spatially ↑ 0.10 _____ No Salto/Aerial in 2 diff direction bkwd <b>and</b> fwd/side <u>0.10</u> _____ >2 wolf/tuck <u>0.1</u> or > 2 straddle <u>0.1</u> _____ Lack of B turn <u>0.20</u> _____ UTL Acro ↑0.20 _____ UTL Dance ↑0.20 _____ UTL Dismount (Last Salto) ↑0.10 _____ Lack of "B" Salto <u>0.30</u>	____ 2 Salto Pass/Series ____ 3 different Saltos ____ Dance pass 180° Leap ____ "A" Salto Dsmt
<b>Score:</b>	

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_____ VP _____ SV _____ Execution/Amplitude	<b>LEVEL 6</b> ____ Acro Series ____ 1 Salto/Aerial Skill* ____ Dance pass 180° Leap ____ 360° Turn
_____ Concentration Pause 2 sec <u>0.10</u> ea _____ Artistry ↑0.30 _____ Dynamics ↑0.20 _____ Rhythm ↑0.20 _____ Footwork ↑0.20	<b>LEVEL 7</b> ____ Acro Series (w/ layout) 2 forward flight skills (1 salto/aerial required) ____ Dance pass 180° Leap ____ 360° Turn
<b>L8 Composition</b>	<b>LEVEL 8</b>
_____ Insuff Use of FX spatially ↑ 0.10 _____ No Salto/Aerial in 2 diff direction bkwd <b>and</b> fwd/side <u>0.10</u> _____ >2 wolf/tuck <u>0.1</u> or > 2 straddle <u>0.1</u> _____ Lack of B turn <u>0.20</u> _____ UTL Acro ↑0.20 _____ UTL Dance ↑0.20 _____ UTL Dismount (Last Salto) ↑0.10 _____ Lack of "B" Salto <u>0.30</u>	____ 2 Salto Pass/Series ____ 3 different Saltos ____ Dance pass 180° Leap ____ "A" Salto Dsmt
<b>Score:</b>	