

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		Level 10	Acro Indirect	A/B+ A/B +C	C+D		Level 10	10 9
*Turn/Flight C+C			Min. of 1 C-Flight	2 nd diff. Flight, min. B	(2 elements, excluding dmt)		C+C, C/D+D		Acro Series- 2 Flight elements, min. of 1 C; also E (Flight) + A (Non-Flight)	A/B + A/B +D				1 Acro Series w/ 2 Saltos	A 3 3
For a connection of 2 elements from Gr.3/6/7 - turn/flight is NOT req'd (elements must be different)			Min. of C element w/ LA Turn (excludes Mnt/Dmt)	Salto Dmt - Min. of C	B + C				Leap or Jump w/ 180° Cross or Side Split	C+C				OR 2 directly connected Saltos (same or diff.)	B 3 4
C (no turn/ C+D D+D flight req.)			Level 9	2 Bar Changes	* (excluding mt/dmt- C must be salto at L10 At Lev 9 - C must be salto or aerial)				360° Turn on One Foot	A/B+D				3 Diff. Saltos (No Aerials)	C 2 1
Level 9			Min. of 1 B-Flight	2 Dance/Mix (excluding dmt)	Acro flight (3+ elements)	B+ B +C	B+C+C		Aerial/Salto Dmt - Min. C or Min. B w/ C conn.	A +C A/B+D				Dance Pass w/ 2 diff. Gr. 1 elements (direct or indirect connection) one Leap w/ 180° Split	SV 9.5 9.7
(If no turn/ C+C flight—must be different)			2 nd diff. Flight - min. C	Turns	2 Dance/Mix (excluding dmt)	A+D	B+D		Acro Series- 2 Flight elements	A +A+C A+A+D				Min. of C 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 (BB/FX-E Acro)
Turn/Flight C+C			OR min. B element w/ LA Turn (excludes mt/dmt)	All Acro elements used for CV must have Flight	Turns	B+C	C+C		Leap or Jump w/ 180° Cross or Side Split	C+C				Min. of C salto- Isolated or in Last Acro conn.	L9: allowable D/E's=C
			Salto Dmt - Min. of B		Turns	A+C	C+D		360° Turn on One Foot	A+A+D				Same as L10 except Min. of B Salto- Isolated or in Last Acro conn.	Restricted elements = no VP credit -0.50 off SV
						(or reverse)			Aerial/Salto Dmt - Min.B	D-Salto+A-Jump (This order only)				Level 9	No CV/DV w/ fall or spot
										*No CV for a Turn followed by a Jump				Same as L10 except Min. of B Salto- Isolated or in Last Acro conn.	Missing SR - -0.50 off SV

Composition – Execution Deductions

Uneven Bars		Balance Beam	
Composition		Composition	
Choice of dmt. not up to competitive level	↑.10	Failure to perform Acro ele. in 2 diff. directions (bwd & fwd/swd)	↑.10
Faces same direction thruout exer (excl.Mt/dmt)	↑.10	* If the only diff. direction is in dismount	↑.05
Uncharacteristic elements	each ↑.10	More than 2 pivot (Str. Leg) ½ turns thruout exercise	↑.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
¾ fwd Giant circle (w/ or w/o grip change)	each ↑.10	Spatially - Insuff. use of entire length of beam	↑.10
Failure to perform 2 ele. (Min. B) that fulfill 2 of the 3 following requirements:	each ↑.10	Insufficient level changes	↑.10
- Forward element (circle/release) (excl. dmt)		Failure to show movement/non-VP/choreography in diff. dir. (fwd/swd/bwd)	↑.10
- Element from Groups 3, 6, or 7		Choice of dismount not up to competitive level	↑.10
- Pirouette (Turn through handstand- min. 180°)		Acro elements not up to competitive level	↑.20
Choice of release elements not up to competitive level (Lev.10 only)	↑.20	Dance elements not up to competitive level	↑.20
Lack of two (2) bar changes (Lev. 10 only)	↑.20	Lack of dance series (min. 2 dance elements from Gr. 1, 2, 3)	↑.20
Execution		Execution	
Insuff. Angle of arrival-Flight to HS on LB	↑.05	Feet apart on side pos. landing of leaps/jumps	each ↑.10
Swing fwd. or bwd. under horizontal	each ↑.10	Hesitation in jump, press, swing to HS	each ↑.10
Under-rotation of release/flight elements	↑.10	Incorrect body pos./alignment in Dance elem.	each ↑.10
Precision of handstand positions throughout	↑.10	Lack of precision in Dance elements	each ↑.10
Insuff. extension of glides/swing into kips	↑.10	Turn elements not performed in high relevé	each ↑.10
Poor rhythm in elements/connections	↑.10	Landing too close to beam on dismount	↑.10
Hesitation in jump or swing to HS	↑.10	Concentration pause (2sec.)	each ↑.10
Touch, brush on apparatus/mat with foot/feet	↑.10	Concentration pause (more than 2sec.)	each ↑.20
Landing too close to bar on dismount	↑.10	Rhythm of conn.-Dance/Mixed/Acro (not bwd flight)	each ↑.20
Insuff. amplitude of elements	each ↑.20	Insufficient split when required (Dance/Acro elements)	↑.20
Insufficient dynamics	↑.20	Legs not parallel to beam in split or straddle pike	↑.20
- Insufficient swingful execution throughout		Insufficient dynamics	↑.20
- Energy not maintained throughout exercise		Insuff. height of leaps/jumps/hops	each ↑.20
- Fails to make difficult look effortless		Insuff. height of Acro flights, Aerials & Saltos	each ↑.20
Hit of foot/feet on apparatus	↑.20	Insuff. sureness of performance throughout	↑.20
Incorrect padding (heel/hip)	CJ ↑.20	Insuff. variation in rhythm/tempo throughout	↑.20
Insufficient height of salto dismount	↑.30	Relaxed/incorr. footwork in non-VPs throughout	↑.20
Insuff. Extension (open) of tuck/pike body pos. prior to landing dismount	↑.30	Support of 1 leg against side of BB	each ↑.20
Insuff. Amplitude of casts	↑.30	Insuff. height of Salto dismount	↑.30
Insuff. Angle of turn completion	↑.30	Add'l movements to maintain balance on the beam	↑.30
Hit of foot/feet on mat	↑.30	Direction on Gainer dmt. off end of beam	↑.30
Grasp on apparatus to avoid a fall	↑.30	Insuff. Extension (Open) of tuck/pike body pos. prior to landing Acro elem. & dismount	↑.30
Intermediate (extra) swing/cast (Max. .60 per ele.)	↑.30	Relaxed/incorr./insuff. leg pos./body posture, & flexibility in non-VPs throughout	↑.30
Insuff. amplitude of "B" Clear hip circles	↑.40	Grasp of beam to avoid a fall	↑.30
Full support on foot/feet on mat during routine	↑.50	Use of supplemental support	↑.30
		Artistry/Presentation	
		- Originality/creativity of choreography	↑.10
		- Quality of movement reflects personal style	↑.10
		- Quality of expression	↑.10

Landing – Execution – General

Floor Exercise		Landing	
Composition		Composition	
Spatially – (Floor pattern)	↑.10	Feet hip-width or closer; never join on dmt.	↑.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
Failure to perform Saltos/Aerials in 2 diff. directions (bwd & fwd/swd)	↑.10	Deviation from straight direction	↑.10
More than 2 dance elements of the same shape (tuck/wolf or straddle jumps)	each type ↑.10	Arm swings to maintain balance	↑.10
Acro elements not up to competitive level	↑.20	Feet more than hip-width apart	↑.10
Dance elements not up to competitive level	↑.20	Steps (each ↑.10) max.	↑.40
Lack of turn on 1 foot, min. "B"	↑.20	Trunk movements for balance (UB/BB dmt & FX acro)	↑.20
Lack of min. of "B" salto (Level 9)	↑.30	Incorrect body posture on landing of VPs	↑.20
Lack of min. of "C" salto (Level 10)	↑.30	Large step or jump	↑.20
Execution		Brush/touch of landing surface w/hand(s)	↑.30
Feet apart on landing of leaps/jumps	each ↑.10	Squat upon landing	↑.30
Incorr. Rhythm during execution of direct conn.	each ↑.10	Spotting assist upon landing	Award VP/SR + ↑.50
Incorrect body pos./alignment in Dance elem.	each ↑.10	Execution	
Lack of precision in Dance elements	each ↑.10	Flexed/sickled feet during value parts	each time ↑.05
Fails to perform Gr. #2 Turns in high relevé	each ↑.10	Legs/knees: crossed	↑.10
Concentration pause (2sec.)	each ↑.10	separated	↑.20
Legs not parallel to floor in split or straddle pike	↑.20	Insufficient exactness of body shape – N, V, / (Stretched - Arch or Hip angle 136-179°)	↑.20
Insuff. height of leaps/jumps/hops	each ↑.20	Failure to maintain stretched body pos. - Pikes down (UB, BB, FX)	↑.20
Insuff. height of Acro flights w/ hand support & Aerials	each ↑.20	Incomplete turn/twist	↑.20
Insufficient split when required (Dance/Acro elements)	↑.20	Bent arms in support or bent legs	↑.30
Insufficient dynamics	↑.20	Fall or support on hand(s) on apparatus or mat	↑.50
Insuff. variation in rhythm/tempo throughout	↑.20	Fail to land on bottom of feet first on Saltos/Aerials/Dmt.	Fall (↑.50) + No VP/SR
Relaxed/incorr. footwork in non-VPs throughout	↑.20	General	
Poor relationship of music & movement	↑.20	Fail to mark boundary line on mat	↑.10
Insuff. height of Saltos	each ↑.30	Fail to Present before/after (CJ)	each time ↑.10
Insuff. Extension (Open) of tuck/pike body pos. prior to landing Acro elements	↑.30	Exceeds Floor Ex. boundary (CJ)	each time ↑.10
Relaxed/incorr./insuff. leg pos./body posture, & flexibility in non-VPs throughout	↑.30	Overtime - BB/FX (CJ)	↑.10
Missing synchronization of movement & musical beat	↑.30	Coach between bars or next to BB thruout (CJ)	↑.10
- Each time	↑.05	Excessive use of magnesium (chalk) (CJ)	↑.20
- Exercise not ended with music	↑.10	Incorrect attire/jewelry (after 1 warning) (CJ)	↑.20
Artistry/Presentation	↑.30	Verbal cues by coach/team (after warning) (CJ)	↑.20
- Originality/creativity of choreography	↑.10	Coach instructs gymnast during routine (CJ)	↑.20
- Quality of movement reflects personal style	↑.10	Failure to begin exercise w/in 30 sec. of CJ signal (CJ)	↑.20
- Quality of expression	↑.10	Exceeds warm-up time (after warning) (CJ)	↑.20
Music with words (CJ)	↑.10	Incorrect apparatus specs. (CJ)	↑.30
Absence of music (CJ)	↑.10	Board on unpermitted surface (CJ)	↑.30
		Failure to remove board after mount (CJ)	↑.30
		Use of Supplementary mats (CJ)	↑.30
		No Dismount from Start Value	↑.30
		Lands Acro ele. or dmt in Pit (CJ)	No VP/SR + ↑.30
		Spotting Assist on element	No VP awarded + ↑.50
		Start exercise before signal (repetition) (CJ)	↑.50
		3 rd Run approach (UB/BB mounts)	↑.50
		Coach on FX mat (CJ)	↑.50
		Short Exercise: BB/FX-less than 30 sec. (CJ)	↑.50
		UB- (less than 5 Value Parts)	↑.50
		Exceeds Fall time (UB/BB) CJ Terminates exercise	