

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 10: No Restrictions Level 9: Allowable D/E skills include any "B" or "C" root skills with 1/1 pirouette (award "C" for VP and CV) + Maximum 1 "D/E" restricted skill allowed which receives "C" VP credit and can fulfill SR and receive CV Additional Restricted Skills = 0.50 deduction (from SV) + no SR, VP, or CV awarded: consider in chronological order
Level 10	*C + C/D	D + D		Both "C" elements <u>must have</u> turn or flight but if "C" connected to "D/E" then "C" <u>not</u> required to have turn/flight -or- If 2 "C" 3/6/7 skills connected <u>do not</u> need turn/flight to receive CV (*Both "C" 3/6/7 skills must be different)
Level 9	** C + C	***C + C		

#	_____ VP	LEVEL 10 "C" Flight 2 nd Different "B" Flight "C" LA turn "C" Salto Dsmt
	_____ CV	
	_____ DV	
	_____ SV	
	_____ Execution/Amplitude	
	_____ Facing the Same Dir <u>0.10</u>	
	_____ Uncharacteristic Elmt <u>0.10</u> ea	
	_____ >1squat to HB <u>0.10</u> ea (L10)	
	_____ ¾ Giant Circle Forward <u>0.10</u>	
	_____ Lack of 2 Bar Chgs <u>0.20</u> (L10)	
_____ *Choice of Elements 2 of 3 <u>0.10</u> / <u>0.20</u>	LEVEL 9 2 bar changes "C" flight or "B" LA turn "B" different flight "B" Salto Dsmt	
_____ **UTL Releases ↑ 0.20 (L10)		
_____ UTL Dismount ↑ 0.10		
_____ Dynamics ↑ 0.20		
<input type="checkbox"/> L10 Additional Bonus + 0.10 If 0.60 or ↑ TB & "E" element		
Score:		

#	_____ VP	LEVEL 10 "C" Flight 2 nd Different "B" Flight "C" LA turn "C" Salto Dsmt
	_____ CV	
	_____ DV	
	_____ SV	
	_____ Execution/Amplitude	
	_____ Facing the Same Dir <u>0.10</u>	
	_____ Uncharacteristic Elmt <u>0.10</u> ea	
	_____ >1squat to HB <u>0.10</u> ea (L10)	
	_____ ¾ Giant Circle Forward <u>0.10</u>	
	_____ Lack of 2 Bar Chgs <u>0.20</u> (L10)	
_____ *Choice of Elements 2 of 3 <u>0.10</u> / <u>0.20</u>	LEVEL 9 2 bar changes "C" flight or "B" LA turn "B" different flight "B" Salto Dsmt	
_____ **UTL Releases ↑ 0.20 (L10)		
_____ UTL Dismount ↑ 0.10		
_____ Dynamics ↑ 0.20		
<input type="checkbox"/> L10 Additional Bonus + 0.10 If 0.60 or ↑ TB & "E" element		
Score:		

JO BALANCE BEAM			OTTERSON/VITALE 2019	
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 10: No Restrictions Level 9: Allowable D/E skills include any "D/E" Dance skills (award "C" for VP and CV) + Maximum 1 "D/E" restricted skill which receives "C" VP and credit and can fulfill SR and receive CV <u>Additional Restricted Skills</u> = Deduct 0.50 (from SV) + no SR, VP, or CV awarded: consider in chronological order
Acro Flight (2 element) Level 9 Only: B + C the "C" may be salto <u>or</u> aerial	B + C "C" must be salto (no mount/dismount)	B + D/E C + C/D (Excludes dismount)	--Dance Acro Combinations cannot receive CV if acro skill is dismount --Only acro saltos or flight elements may be used for CV combinations Time 1:30	*L 9/10 Acro series: Both skills must be performed on beam and have flight. L 10 Acro series: may perform "A" Non-flight acro (Group 7) + "E" acro flight. Acro series must have 1 skill minimum "C" with or without hand support. **L 10 Aerial or Salto Dismount: If "B" dismount it must be directly connected to either 1. acro series with "C" acro element -or- 2. "C" dance or acro element
Acro Flight (3 element)	B + B + C	B+C +C or B+B+D		
2 Dance Elements -or- Dance Acro**	A + D B + C	B + D C + C/D		
Dance Turns (on one foot)	A+C or C+A			

#	_____ VP _____ CV _____ DV _____ SV _____ Execution/Amplitude No bkwd & fwd/sdwd Acro <u>0.10</u> if only in dismount <u>0.05</u> >2 wolf/tuck <u>0.1</u> or > 2 straddle <u>0.1</u> >2 pivot turns <u>0.10</u> Lack of Dance Series <u>0.20</u> 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 Concentration Pause 2 sec <u>0.10</u> ea More than 2 sec <u>0.20</u> ea Artistry ↑0.30 _____ Dynamics ↑0.20 Rhythm ↑0.20 _____ Footwork ↑0.20 <input type="checkbox"/> L10 Additional Bonus + 0.10 If 0.60 or ↑ TB & "E" Acro element	_____ VP _____ CV _____ DV _____ SV _____ Execution/Amplitude No bkwd & fwd/sdwd Acro <u>0.10</u> if only in dismount <u>0.05</u> >2 wolf/tuck <u>0.1</u> or > 2 straddle <u>0.1</u> >2 pivot turns <u>0.10</u> Lack of Dance Series <u>0.20</u> 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 Concentration Pause 2 sec <u>0.10</u> ea More than 2 sec <u>0.20</u> ea Artistry ↑0.30 _____ Dynamics ↑0.20 Rhythm ↑0.20 _____ Footwork ↑0.20 <input type="checkbox"/> L10 Additional Bonus + 0.10 If 0.60 or ↑ TB & "E" Acro element	LEVEL 10 Acro Series with "C" 180° Leap/Jump Full Turn "C" Salto Dismount or "B" salto connection**
	Score:		LEVEL 9
			Acro Series 180° Leap/Jump Full Turn "B" Salto Dismount
			LEVEL 10

#	_____ VP _____ CV _____ DV _____ SV _____ Execution/Amplitude No bkwd & fwd/sdwd Acro <u>0.10</u> if only in dismount <u>0.05</u> >2 wolf/tuck <u>0.1</u> or > 2 straddle <u>0.1</u> >2 pivot turns <u>0.10</u> Lack of Dance Series <u>0.20</u> 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 Concentration Pause 2 sec <u>0.10</u> ea More than 2 sec <u>0.20</u> ea Artistry ↑0.30 _____ Dynamics ↑0.20 Rhythm ↑0.20 _____ Footwork ↑0.20 <input type="checkbox"/> L10 Additional Bonus + 0.10 If 0.60 or ↑ TB & "E" Acro element	_____ VP _____ CV _____ DV _____ SV _____ Execution/Amplitude No bkwd & fwd/sdwd Acro <u>0.10</u> if only in dismount <u>0.05</u> >2 wolf/tuck <u>0.1</u> or > 2 straddle <u>0.1</u> >2 pivot turns <u>0.10</u> Lack of Dance Series <u>0.20</u> 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 Concentration Pause 2 sec <u>0.10</u> ea More than 2 sec <u>0.20</u> ea Artistry ↑0.30 _____ Dynamics ↑0.20 Rhythm ↑0.20 _____ Footwork ↑0.20 <input type="checkbox"/> L10 Additional Bonus + 0.10 If 0.60 or ↑ TB & "E" Acro element	LEVEL 10 Acro Series with "C" 180° Leap/Jump Full Turn "C" Salto Dismount or "B" salto connection**
	Score:		LEVEL 9
			Acro Series 180° Leap/Jump Full Turn "B" Salto Dismount
			LEVEL 10

JO FLOOR EXERCISE

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 10: No Restrictions Level 9: Allowable D/E skills include any "D/E" Dance skills (award "C" for VP and CV) + Maximum 1 "D/E" restricted skill which receives "C" VP and credit and can fulfill SR and receive CV <u>Additional Restricted Skills</u> = Deduct 0.50 (from SV) + no SR, VP, or CV awarded: consider in chronological order
Acro Indirect	A/B + A/B + C/D C+C or A/B+D	C + D/E	* Acro saltos or acro flight elements/aerials (no hand support) may be used for CV **NO CV for Turn "followed" by a 2 foot Jump -Aerials and salto-like elements landing in sit, prone, or split-sit cannot fulfill SR	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 two dance elements.
Acro Direct	B+B or A+C A+A+C	B+C or C+C A+A+D or A/B +D		
Dance*/Mixed**	B + D or C + C D salto + A jump	C + D/E		

#

_____ VP _____ CV _____ DV _____ SV _____ Execution/Amplitude _____ Insuff Use of FX spatially ↑ 0.10 _____ No Salto/Aerial in 2 diff direction bkwd and 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> (L9) _____ Lack of "C" Salto <u>0.30</u> (L10) _____ Concentration Pause 2 sec <u>0.10</u> _____ Artistry ↑0.30 _____ Dynamics ↑0.20 _____ Rhythm ↑0.20 _____ Footwork ↑0.20 <input type="checkbox"/> L10 Additional Bonus + 0.10 If 0.60 or ↑ TB & "E" Acro element	<table border="1"> <tr><th>LEVEL 10</th></tr> <tr><td>_____ 2 salto pass/series</td></tr> <tr><td>_____ 3 different saltos</td></tr> <tr><td>_____ Dance pass 180° leap</td></tr> <tr><td>_____ "C" Salto Dsmt</td></tr> <tr><td>Time 1:30</td></tr> <tr><th>LEVEL 9</th></tr> <tr><td>_____ 2 salto pass/series</td></tr> <tr><td>_____ 3 different saltos</td></tr> <tr><td>_____ Dance pass 180° leap</td></tr> <tr><td>_____ "B" Salto Dsmt</td></tr> <tr><td>Time 1:30</td></tr> </table>	LEVEL 10	_____ 2 salto pass/series	_____ 3 different saltos	_____ Dance pass 180° leap	_____ "C" Salto Dsmt	Time 1:30	LEVEL 9	_____ 2 salto pass/series	_____ 3 different saltos	_____ Dance pass 180° leap	_____ "B" Salto Dsmt	Time 1:30
LEVEL 10													
_____ 2 salto pass/series													
_____ 3 different saltos													
_____ Dance pass 180° leap													
_____ "C" Salto Dsmt													
Time 1:30													
LEVEL 9													
_____ 2 salto pass/series													
_____ 3 different saltos													
_____ Dance pass 180° leap													
_____ "B" Salto Dsmt													
Time 1:30													
Score:													

#

_____ VP _____ CV _____ DV _____ SV _____ Execution/Amplitude _____ Insuff Use of FX spatially ↑ 0.10 _____ No Salto/Aerial in 2 diff direction bkwd and 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> (L9) _____ Lack of "C" Salto <u>0.30</u> (L10) _____ Concentration Pause 2 sec <u>0.10</u> _____ Artistry ↑0.30 _____ Dynamics ↑0.20 _____ Rhythm ↑0.20 _____ Footwork ↑0.20 <input type="checkbox"/> L10 Additional Bonus + 0.10 If 0.60 or ↑ TB & "E" Acro element	<table border="1"> <tr><th>LEVEL 10</th></tr> <tr><td>_____ 2 salto pass/series</td></tr> <tr><td>_____ 3 different saltos</td></tr> <tr><td>_____ Dance pass 180° leap</td></tr> <tr><td>_____ "C" Salto Dsmt</td></tr> <tr><td>Time 1:30</td></tr> <tr><th>LEVEL 9</th></tr> <tr><td>_____ 2 salto pass/series</td></tr> <tr><td>_____ 3 different saltos</td></tr> <tr><td>_____ Dance pass 180° leap</td></tr> <tr><td>_____ "B" Salto Dsmt</td></tr> <tr><td>Time 1:30</td></tr> </table>	LEVEL 10	_____ 2 salto pass/series	_____ 3 different saltos	_____ Dance pass 180° leap	_____ "C" Salto Dsmt	Time 1:30	LEVEL 9	_____ 2 salto pass/series	_____ 3 different saltos	_____ Dance pass 180° leap	_____ "B" Salto Dsmt	Time 1:30
LEVEL 10													
_____ 2 salto pass/series													
_____ 3 different saltos													
_____ Dance pass 180° leap													
_____ "C" Salto Dsmt													
Time 1:30													
LEVEL 9													
_____ 2 salto pass/series													
_____ 3 different saltos													
_____ Dance pass 180° leap													
_____ "B" Salto Dsmt													
Time 1:30													
Score:													