

Uneven Bars

Special Requirements Level 10

1 B Flight

1 C Flight

1 C LA Turn Not in mount or Dismount

C Dismount

Connective Value Level 10	+1	+2
Both VP without turn or flight <i>must be Different 3,6,7</i>	C+C	
Both VP with turn or flight	C+C	
Both VP with/without turn or flight	C+D	D+D

COMPOSITION Level 10

2 Bar Changes	.2
Face Same Direction Throughout	<u>.1</u>
Choice of Level of Release	↑.2
2 different D/E	0
D+C	.05
D → C	<u>.1</u>
D → B or C+C	.15
C → C B → C	.2
Choice of Level of Dismount	↑.1
D/E+C dismount or D/E dismount	0
C+C+C dismount or D+C+C dismount	.05
C+C dismount or less difficult	<u>.1</u>
Fail to perform 2 of 3 minimum B 3/6/7 Pirouette Forward circling	.1ea
Uncharacteristic Element	<u>.1ea</u>
More than 1 Squat on	<u>.1ea</u>
3/4 Backward giant	<u>.1ea</u>

CL15

EXECUTION

Insufficient angle of arrival Flight to HS on LB	.05
Flexed sickled feet during VP	.05ea
Swing fwd or bkwd under horizontal	↑.1ea
Under-rotation of release/flight	↑.1
Precision of HS positions throughout	↑.1
Insufficient extension of glide/swing into kip	↑.1
Poor rhythm in elements/connect	↑.1
Hesitation in jump to HS	↑.1
Touch/brush mat/apparatus with foot/feet	↑.1
Legs/knees crossed	↑.1
Insufficient amplitude of elements	↑.2ea
Insuff. dynamics (swing, energetic, effortless) throughout	↑.2
Legs /knees separated	↑.2
Insufficient exactness of body shape N/V/ /	↑.2
Incomplete Turn/Twist	↑.2
Hit foot/feet apparatus	<u>.2</u>
Insufficient height of casts	↑.3
Insufficient angle of turn completion	↑.3
Bent arms in support or bent legs	↑.3
Hit foot/feet on mat	<u>.3</u>
Grasp apparatus to avoid fall	<u>.3</u>
Intermediate swing (max .6 per element)	<u>.3</u>
Insufficient amplitude of clear hip circle	↑.4
Full support of feet on mat during routine	<u>.5</u>
Insufficient height of salto dismount	↑.3
Fail to join feet on landing	.05
Slight hop, adjustment , staggered feet	↑.1
Deviation from straight direction on landing	↑.1
Arm swing to maintain balance on landing	↑.1
Steps (max 4)	↑.1
Incorrect body posture on landing	↑.1
Trunk movement to maintain balance on landing	↑.2
Large step	<u>.2</u>
Deep squat	↑.3
Pike down of stretched body position	↑.2
Insuff. extension of tuck/pike prior to landing dismount	↑.3
Fall or support of hand(s) on apparatus or mat	<u>.5</u>
Fail to land bottoms of feet first no VP/SR	<u>.5</u>

Balance Beam

Special Requirements Level 10

1 Acro Series with 2 flights 1 min C or E flight + A non-flight

1 180° Leap or Jump

1 360 °Turn on one foot

C Dismount or B Dismt connected to: Acro series with C or C element

C connective Value	2 Acro Flight (No Dismount)	3 Acro Flight	Dance Mixed	Turn
+1	B+C (Salto) (excluding mounts)	B+B+C	A+D B+C	A+C
+2	C+C B+D B+E C/D+D	B+C+C B+B+D	C+C B+D C+D	

Composition

Choice of Level of Acro	↑.2
2 flight w/ C salto & D/E flight & C salto OR 2 flight w/ D/E flight & D/E flight OR 3 flight w/wo hand support C & D/E flight & C salto	0
Acro series w/ C salto & D/E flight OR Acro series w/ Dor E elem. & C salto	<u>.05</u>
Acro series w/C salto & C salto OR acro series wo/C salto & C salto & D/E flight OR acro series w/ D/E & B/C flight w/hand support	<u>.1</u>
Acro series w/C salto OR series wo/C salto & 1 D flight OR series w/ D/E OR No acro flight series + D/E flight	<u>.15</u>
No acro Series OR arco series has no salto	<u>.2</u>
Choice of Level of Dance	↑.2
C & C & C OR C & C & D/E	0
C & C & B OR C & D/E	<u>.05</u>
C & C OR B & D/E	<u>.1</u>
C & B OR D/E	<u>.15</u>
C OR B & B	<u>.2</u>
Choice of Dismount Level	↑.1
B acro +C dismount OR C dance + C dismount OR D/E dismount	0
A acro + C dismount OR B dance + C dismount OR acro series w/C + B dismount OR D/E acro flight +B dismount	<u>.05</u>
C dismount OR C acro/C dance + B dismount	<u>.1</u>
Lack Dance Series	<u>.2</u>
Insufficient level changes	↑.1
Spatially— Insufficient use of entire length of beam	↑.1
Direction of Acro Fwd/Swd and Bkwd (only in dismount - .05)	.1
Direction of movement Forward/Backward /Sideward	↑.1
More than 2 pivots (straight leg ½ turn)	<u>.1</u>
More than 2 same shape (tuck/wolf or Straddle)	<u>.1</u>
Artistry	↑.3
Quality of Expression	↑.1
Originality/creativity of Choreography	↑.1
Quality of movement reflects personal style	↑.1

Execution

Flexed sickled feet during VP	ea	<u>.05</u>
Feet apart on side position landing		↑.1
Hesitation in jump/press/swing to HS		↑.1
Incorrect body posture/alignment in dance		↑.1
Lack precision in dance elements		↑.1
Turns performed not in high relevé		↑.1
Concentration pause 2 seconds		<u>.1</u>
Concentration pause more than 2 seconds		<u>.2</u>
Rhythm of connections dance/mixed/acro fwd/side <i>not bk</i>		↑.2
Insufficient split		↑.2
Legs not parallel to beam in split or straddle pike		↑.2
Insuff. height of leaps/hops/jumps acro flt/saltos/aerials		↑.2
Incorrect body posture on landing VP		↑.2
Insufficient dynamics		↑.2
Insufficient sureness of performance throughout		↑.2
Insufficient variation in tempo and rhythm throughout		↑.2
Relaxed/incorrect footwork in non VPs throughout		↑.2
Legs/knees crossed		↑.1
Legs /knees separated		↑.2
Insufficient exactness of body shape N/V/ /		↑.2
Incomplete turn/twist		↑.2
Failure to maintain stretched body position (pike down)		↑.2
Support of one leg against side of beam		<u>.2</u>
Additional movement to maintain balance on beam		↑.3
Insufficient height of salto dismount		↑.3
Insuff. exten. of tuck/pike prior to land acro elem/dismt.		↑.3
Bent arms in support of bent legs		↑.3
Direction of gainer dismount off end of beam		↑.3
Relaxed/incorrect leg/body/flexibility in VPs throughout		↑.3
Grasp apparatus to avoid fall or Use supplemental support		<u>.3</u>
Fail to join feet on landing		<u>.05</u>
Slight hop, adjustment , staggered feet		↑.1
Deviation from straight direction		↑.1
Arm swing to maintain balance		↑.1
Steps (max 4)		↑.1 ea
Landing too close to beam on dismount		<u>.1</u>
Feet more than hip width apart feet never join (hip width or closer)		<u>.1</u> <u>.05</u>
Trunk movement to maintain balance		↑.2
Large step		<u>.2</u>
Squat upon landing		↑.3
Fall or support of hands in landing (touch/brush fail to land on bottoms of feet first no VP & SR)		<u>.5</u> <u>.5</u>

Floor Exercise LEVEL 10

Special Requirements	Connective Value	Indirect Acro	Direct Acro	Dance or Mixed (no turn to jump)	Execution	
2 Salto Series (or 2 direct saltos)	+.1	C+C	A+C	B+D	Flexed sickled feet during VP	.05
3 Different Saltos		A/B+D	B+B	C+C	Feet apart on landing of leaps/jumps	↑.1
Dance Passage (w 180°leap)		A/B+A/B+C A/B+A/B+D	A+A+C	D salto + A Jump	Incorrect body posture/alignment in dance	↑.1
C Last Salto (isolated or in connection)	+.2	C+D	B+C	C+D	Lack precision in dance elements	↑.1
			A/B+D		Fail to performed turns in high relevé	↑.1
			C+C		Incorrect rhythm during execution direct connections	↑.1
			A+A+D		Concentration pause (2 seconds)	.1
					Insufficient Split	↑.2
Composition Level 10					Legs not parallel to floor in split position	↑.2
Choice of Acro up to Competitive Level 3 Pass Routine					Legs/knees crossed	↑.2
D/E salto in each pass OR D/E salto in 2 passes; min B+Cw/bonus in 3rd					Legs /knees separated	↑.2
D in 2 passes; min C+A w/bonus in 3rd					Insufficient height of leaps/hops/jumps	↑.2
D & C+A/B bonus & C+B bonus OR D & D & C (or less difficult)					Insuff. height of acro flight w/hand support & aerals	↑.2
D & C+A/B bonus & C+B indirect OR D & C+B bonus & C (or less difficult)					Insufficient dynamics	↑.2
No D/E salto					Insufficient variation in tempo and rhythm throughout	↑.2
Choice of Acro up to Competitive Level 2 Pass Routine					Relaxed/incorrect footwork in non VPs throughout	↑.2
E salto in both passes OR E in 1 pass; 2nd pass w/direct conn saltos 1 a D					Poor relationship between movement & music t/o	↑.2
D salto in both passes each w/2 saltos (direct or indirect)					Insufficient exactness of body shape N/V/ /	↑.2
OR 1 pass w/E salto & 2nd pass w/ 2 indirectly conn. saltos 1 a D					Incomplete turn/twist	↑.2
1 pass w/2 saltos 1 a D; 2 pass D Salto OR 1 pass w/ E; 2nd C in bonus con.					Pike down stretched body position	↑.2
1 pass w/ D salto; 2nd pass C+C or C+B w/bonus					Insufficient height of salto	↑.3
OR 1 pass w/ E salto; 2nd pass w/ 1or 2saltos B+B or less difficult					Insuff. Exten. of tuck/pike prior to land acro elements	↑.3
1 pass w/ D salto 2nd pass w/ 1 or 2 saltos wo/bonus connection					Insufficient angle of turn completion	↑.3
Choice of Dance up to Competitive Level					Bent arms in support of bent legs	↑.3
C & C & C OR C & C & D/E					Relaxed/incorrect leg/body/flexibility in VPs t/out	↑.3
C & C & B OR C & D/E					Missing Synchronization of movement & 🎵 beat each time	↑.3 .05
C & C OR B & D/E					Exercise not ended with music	.1
C & B OR D/E					Music with words or Absence of music CJ	1.0
C OR B & B					Fall or support of hands in landing (touch/brush ↑.3)	.5
Value of Last Salto (isolated or within last connection) up to Comp. Level					Fail to land bottoms of feet first no VP/SR	.5
D/E Salto OR C +B direct or more difficult					Fail to join feet on landing	.05
C +B indirect OR C +A direct					Slight hop, adjustment , staggered feet	↑.1
C +A indirect or isolated C					Deviation from straight direction	↑.1
Lack B Turn on one foot					Arm swing to maintain balance	↑.1
Fail to perform C salto					Steps (max 4)	1ea
Spatially (floor Pattern)					Feet more than hip width apart	.1
Fail to perform acro in 2 different directions Fwd/Swd and Bkwd					Trunk movement to maintain balance	↑.2
>2 same shape (tuck/wolf or straddle) each type					Large step	.2
Artistry					Squat upon landing	↑.3
Quality of Expression						
Originality /Creativity of Choreography						
Quality of movement reflects personal style						