

Level 10 Floor

2018-2022

Music Failure

1. May continue routine

- May repeat or accept score
- No deduction for absence of music

2. May stop immediately & request permission to:

- Repeat routine, or
- Continue from point of interruption

Out-of-Bounds

- Gymnast steps over boundary line: 0.1 CJ
- Falls out of bounds: 0.5 fall & 0.1 CJ
- Gymnast **initiates** element while out of bounds:
 - NO VP credit
 - NO SR credit
 - NO CV or D/E bonus

Coach on FX Area

NO DEDUCTION – COACH ON FLOOR EXERCISE AREA:

1. When placing, adjusting or removing a mat.
2. During the exercise to remove any object:
 - a. Such as hair clips, eyeglasses, etc.
 - b. Which may impede or endanger the athlete.

COACH ON FLOOR EXERCISE AREA (without assisting Gymnast):

1. Chief Judge deducts 0.50 from Average Score for “Coach on the Floor”.
2. Applied only one (1) time, regardless of the number of times Coach enters the area.

Coach on FX Area & Spots

0.5 CJ
0.5 Spot
plus
0.5 if Falls

COACH ON FLOOR EXERCISE AREA (assists Gymnast during an element):

1. Each Judge deducts 0.50 for Spot.
2. If Fall occurs after Spot, each Judge deducts 0.50 for Fall.
3. No Value-Part or Special Requirement credit awarded, if applicable.
4. No ("D/E") or (CV) Bonus awarded, if applicable.
5. Chief Judge deducts 0.50 from Average Score for "Coach on the Floor".
6. "Coach on the Floor" deduction is applied only one (1) time, regardless of the number of times Coach enters the area.

No VP
No SR
No bonus

COACH ON FLOOR EXERCISE AREA (assists Gymnast on landing an element):

1. Each Judge deducts 0.50 for the Spot.
2. If Falls after Spot, each Judge also deducts 0.50 for Fall.
3. Award Value-Part credit.
4. Award Special Requirement credit, if applicable.
5. No Bonus credit awarded, if applicable.
6. Chief Judge deducts 0.50 from Average Score for "Coach on the Floor".
7. "Coach on the Floor" deduction is applied only one (1) time, regardless of the number of times Coach enters the area.

VP credit
SR credit
No bonus

Assisting Out-of-Bounds

Coach or teammate touches or pushes a gymnast to stop her momentum from running or falling out of bounds.

1. Each judge takes 0.5 (*for assisting*)
2. If she falls, only deduct for the assistance
3. CJ takes a 0.1 neutral deduction off average
4. No bonus

RECOGNITION OF VP

Recognition of VPs

- Elements listed in the JO CoP may receive VP credit 2 times provided they are performed in a different connection
- If an element **Does NOT** receive VP credit:
 - Can't be used for Special Requirements
 - *Except RO/BHS/FHS can be used for Acro Series SR*
 - Can't be used for Bonus
 - Can't be used for Composition
 - *But it does receive execution/amplitude deductions!*

Recognition of VPs on FX

- Elements under the same number are considered **DIFFERENT** if:

- Saltos have different body positions

- Different degrees of turn $\underline{V} \neq \overset{\cup}{\underline{V}} = \overset{\circ}{\underline{V}}$

- *¼ turn does not make an element different unless listed*

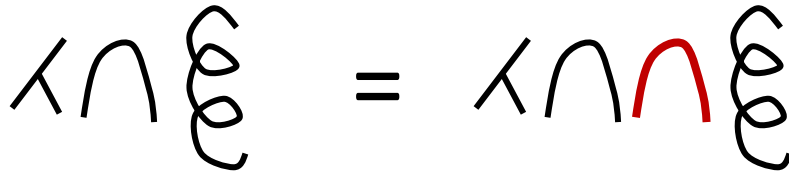
- Leaps/Jumps/Hops take-off from 1 or 2 legs

- Add or Delete an Aerial/Salto/“B” hand flight Acro

$\sphericalangle \cap \cup \neq \color{red}{\cap} \sphericalangle \cap \cup$ || $\cap \cap \cdot \sphericalangle \neq \cap \cap \cdot \color{red}{\cap} \sphericalangle$

Recognition of VPs on FX

- Elements under the same number are considered the **SAME** if they:
 - **Salto to 2-feet** is the same as **Salto Step-out**
 - Add or Delete an “A” hand support Acro = same



- Split leap = Stag Leap / Split Jump = Stag Jump

Technique BB = FX

– Completion of Turns / Jumps & Salto Twists

- 89° or less receives VP & ↑0.2 deduction / 90° = lower VP
- Turns end when heel drops. For Jumps & twist look at front foot

– Switch Leg Leap

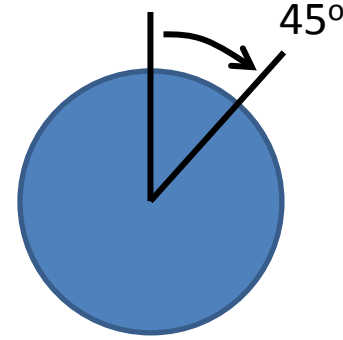
- 1st leg swing not at 45°, give VP and deduct ↑0.1

– Rings

- Head Release
- Foot at Top of head
- Arch
- Front leg at 45° or higher
- 180° split

Turns with leg at/above horizontal

- Must quickly lift leg to horizontal
(1/8 circle = 45°)
- Leg may be bent or extended
but must maintain horizontal
throughout the rest of the turn for “B” credit
- Incorrect position for more than 45° or failure to
maintain position throughout the remaining 7/8
(315°) of turn will be credited “A”



Schushunova

- **Schushunova “B”** (*Slight lean forward is OK*)
 - Show 180° Side Split
 - Rotate legs backwards to horizontal in air
 - Land in prone as a unit
- **Schushunova 1/1 “C”** - 2 variations:
 - Straddle pike $\frac{1}{2}$ turn and turn over (*1/2 turn*) to land in prone (*also “Wolf-a-nova” and Pike-a-nova”*)
 - Jump 1/1 turn to side split, rotate legs bwd to horizontal and land in prone as a unit

Switch Side “C”

- Leg swings fwd to 45°, if not deduct ↑0.1
- Leg swings bwd prior to ¼ turn
 - Incomplete turn award “B”
 - If Early ¼ turn, award “C” and deduct ↑0.1
- Rond de Jambe technique is OK
- Stag front leg that doesn’t open = “A”

Switch vs. Tour Jeté

Switch Full “D”



- 1st Leg (*R*) swings forward $\approx 45^\circ$
- **Leg reverses direction** and body turns $\frac{1}{2}$ **bwd** (*R*) toward starting point to show split
- Body continues to twist bwd in the same (*R*) direction $\frac{1}{2}$ turn
- “Swing \rightarrow **Bwd Turn** \rightarrow Turn”
- Right Leg, body turns Right

Tour Jeté $\frac{1}{2}$ “C”




- 1st Leg (*R*) swings forward $\approx 45^\circ$
- Leg & body **continue** a **fwd** $\frac{1}{2}$ turn in the same (*L*) direction. Split shown at “turn-around”
- Body continues to twist fwd in the same (*L*) direction $\frac{1}{2}$ turn
- “Swing \rightarrow **Fwd Turn** \rightarrow Turn”
- Right Leg, body turns Left

EXECUTION AND AMPLITUDE

FX Throughout Exercise

↑ 0.30	ARTISTRY Insufficient artistry throughout the exercise (<i>Each</i> ↑0.1) <ul style="list-style-type: none">• Originality/creativity of Choreography in elements & connections• Quality of gymnast's movement to reflect her personal Style• Quality of Expression
↑ 0.20	Insufficient Dynamics
↑ 0.20	Insufficient variation in Rhythm & Tempo throughout
↑ 0.20	Relaxed/incorrect Footwork on non-value parts throughout
↑ 0.20	Poor Relationship of Music & Movement throughout
↑ 0.30	Missing Synchronization of Movement with Musical Beat <ul style="list-style-type: none">• <u>0.05</u> each time• <u>0.10</u> at the end
↑ 0.30	Relaxed/incorrect Leg Position / Body Posture & insufficient Flexibility in non-value parts throughout

FX Deductions

<u>0.10</u>	Concentration Pauses <i>2 seconds</i>
↑ 0.10	Incorrect Rhythm during execution of direct connections
↑ 0.30	Insufficient Height of Salto elements - Does Not apply to accelerating salto elements in a forward Acro series 



Front Saltos in Series

- The deduction for height of a salto ($\uparrow 0.3$) applies to the **last salto** in a forward acro series.



- The **linking forward saltos** are accelerating elements that are allowed to be low to produce a block for the **last salto**.
 - Like a “forward whip”

Salto Landing on FX

- When landing a salto on FX, a gymnast may take **one** controlled step in the same direction to finish in a lunge.
 - Front saltos may step forward
 - Back saltos may step backward
 - If stepping in the other direction, it may indicate under-rotation
- Only take a deduction if the step appears out of control

SPECIAL REQUIREMENTS

FX Special Requirements

- 1. A 2-salto Acro Series *or*
2 directly connected Saltos**
- 2. Three different Saltos (*not aeri*als)**
- 3. Dance Passage of 2 or more Leaps or jumps
(*Group 1, directly or indirectly connected*) **with a
180° Leap** (*Cross or Side Split*)**
- 4. “C” Salto as the last isolated or within a series**

SR Require Salto!

NOT SALTOS and therefore **DO NOT** fulfill SR:

- Aerials
 - “Salto” that land do not land on feet first
 - To Sit (*kick-over to sit*)
 - To Prone
 - To Split-Sit
- ❖ Considered a Salto if landing on 1-2 feet first before lowering in control to a knee

2-Salto Series

- Acro Series or just 2 connected Saltos
- Same or Different, but separate Saltos
 - *A double tuck is only 1 salto*
- Directly or indirectly connected
- Aerials **ARE NOT** Saltos
- Cartwheels & slow walkovers are NOT flight
 - *Will break the series*
- Pause, stop, hop, jump, or extra step-hurdle will break the series
- A Dance element within an Acro series will break it

Dance Passage

- **Min of 2 Different Group 1 elements, one a leap with 180° split** (*cross or side*)
 - Directly or indirectly connected
 - 2nd element may land in prone or split-sit
 - In between may have runs, assemble, chasse, turns on 1 or 2 feet, dance etc
 - No pauses or stops
 - Ok to rebound and continue movement
 - Leaps, hops and jumps may land on 1 or 2 feet

Dance Passage

- **Dance Passage is broken and NO SR credit if**
 - No 180° leap with 1-ft take-off
 - If front leg on 180° leap is stag
 - If 2 of the **SAME** Group 1 elements are performed
 - A stop or a lunge prep for a turn is performed
 - An Acro element is performed within the passage



Last “C” Salto

- Isolated or within last Salto connection
 - Aerials are Not Saltos
 - Saltos that do not land on feet 1st (*to sit, prone, lying*)
- **If Final Salto was never initiated**
 - Gymnast runs for her final acro pass and does not attempt to perform a salto
- Deduct 0.50 from SV for missing SR
- Deduct 0.30 from SV for No Dismount



Last “C” Salto

- If last Salto **DOES NOT** receive **VP** due to
 - Failure to land on bottom of feet first
 - Performed for 3rd Time during Exercise
 - Performed 2nd time in exact same connection
 - Spot during element
- Deduct 0.50 from SV for missing SR
- **Deduct 0.30 from SV for No Dismount**

ONLY on FX!

BONUS

CV Bonus

FLOOR

10

	0.1	0.2	0.1	0.2
Acro Direct:	BB AC AAC	BC AD AAD	2 Dance / Mix CC BD	CD
Acro Indirect:	C--C A--D AA--C	C--D	D-salto + A-jump	
	<i>Only Saltos and Aerials may be used for CV</i>		<i>No CV for a turn followed by a jump</i>	

ONLY SALTOS and AERIALS may be used for CV

Acro Direct 0.1

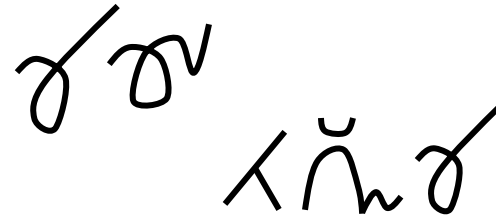
	0.1			0.2		
Acro Direct:	BB	AC	AAC	BC	AD	AAD
Acro Indirect:	C--C	A--D	AA--C	C--D		

Only Saltos and Aerials may be used for CV

Acro Direct (1st Priority)

B + B Saltos

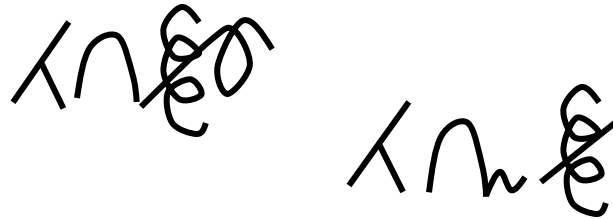
- Front Layout + Front Pike
- RO, Whip ½ + Front Layout



+0.1

A + C Saltos

- RO, 1½ + Front Tuck
- RO, Whip + 1½



+0.1

A + A + C Saltos

- RO, Whip, Whip + 1½



+0.1

Acro Direct 0.2

	0.1			0.2		
Acro Direct:	BB	AC	AAC	BC	AD	AAD
Acro Indirect:	C--C	A--D	AA--C	C--D		

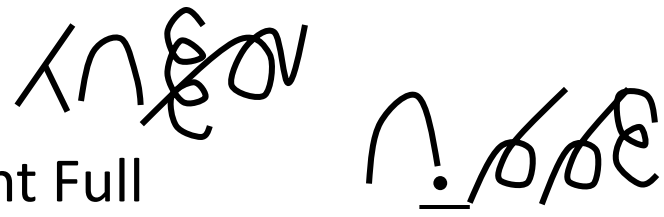
Only Saltos and Aerials may be used for CV

Acro Direct (1st Priority)

B + C Saltos

+0.2

- RO, FF, 1½ + Front Pike
- FHS, Front Layout + Front Full



A + D Saltos

+0.2

- RO, Whip + Double Tuck



A + A + D Saltos

+0.2

- RO, Whip, Whip + Double Pike

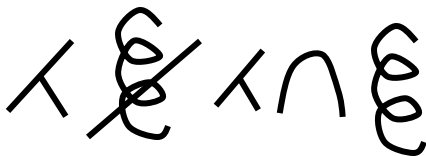


Acro Indirect

	0.1			0.2		
Acro Direct:	BB	AC	AAC	BC	AD	AAD
Acro Indirect:	C--C	A--D	AA--C	C--D		
<i>Only Saltos and Aerials may be used for CV</i>						

Acro Indirect

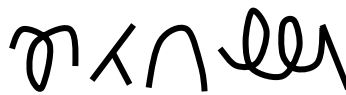
C -- C Saltos



+0.1

- RO, 1½ Step-out + RO, FF, Double Full

A -- D or A-A- -C Saltos

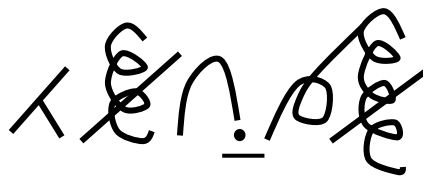


+0.1

- Front Tuck, RO, FF, Double Pike
- Front Tuck, RO, Whip, FF, Double Pike



C -- D Saltos



+0.2

- RO, 1½ step-out + FHS, Rudy

CV Bonus Dance/Mix

2-Dance or 2-Mixed Elements

	0.1	0.2
2 Dance / Mix	CC	BD
	D-salto + A-jump	
	<i>No CV for a turn followed by a jump</i>	

1. Dance Series: Dance + Dance

- May be the same or different
- NO CV for a turn followed by a jump!

2. Mixed Series:

- Dance + Salto/Aerial
- Salto/Aerial + Dance

3. D-salto + A-Jump

CV Bonus Dance/Mix

	0.1	0.2
2 Dance / Mix	CC BD	CD
D-salto + A-jump		
No CV for a turn followed by a jump		

2-Dance Elements

C + C

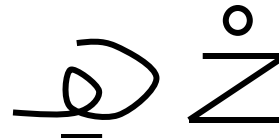
- Switch Side + Popa (*Straddle Jump 1/1*)



+0.1

B + D

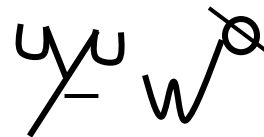
- Ring Leap + Switch Full



+0.1

C + D

- Tour Jeté ½ + Wolf Jump 1½



+0.2

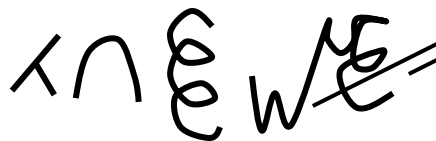
CV Bonus Dance/Mix

	0.1	0.2
2 Dance / Mix	CC	BD
	D-salto + A-jump	
	<i>No CV for a turn followed by a jump</i>	

2-Mixed Elements

C + C

- Double Full + Wolf-a-nova



+0.1

B + D

- Double Tuck + Straddle Jump



+0.1

C + D

- 1½ Back step-out + Switch Full



+0.2

D Salto + A Jump

- Double Pike + Split Jump



+0.1

Level 10 General Info



NEW +0.1 Bonus

- Exercise must have a 10.0 SV
- Must be 0.6 or more in bonus
- Must have a “E” element
 - BB/FX: Must be an “E” **ACRO** element
- Not in SV *(just add +0.1 to your score)*

New “Up to the Level”

COMPOSITION

Composition Deductions

- **Failure to perform Saltos or Aerials in 2 different directions** 0.1
 - Backward **AND** Forward or Sideward
- **Overuse of Dance Elements with the same shape** 0.1
 - More than 2 Wolf or Tucks elements
 - More than 2 Straddle Jumps

“Up to the Level” Composition

- **Choice of Dance Elements** ↑0.2
 - Expect 3 Cs
 - Formula derived from 0.3 minus the top 3 Dance Skills
 $D = 0.15$ $C = 0.1$ $B = 0.05$
- **Choice of Acro Saltos** ↑0.2
 - 3 Passes: Expect a D in each pass (*one CB bonus OK*)
 - 2 Passes: Expect an E in each pass (*one DA bonus OK*)
- **Dismount Salto** ↑0.1
 - Expect a “D” or a “CB” bonus

“Up to the Level” Saltos ↑0.2

	1 Pass	2 Pass	3 Pass	Deduct
BEST	D	D	D or CB _{bonus}	0.0
	<i>RO-FF- Double Tuck</i>	<i>FHS-Rudy</i>	<i>RO-1 ½ twist-Front Pike</i>	
	E	E or DA		
	<i>RO-FF-Triple Twist</i>	<i>RO-Whip-2½ twist</i>		
LEAST	D	2 saltos		0.2
	<i>Or NO D-Saltos</i>	BUT NO BONUS		

“Up to the Level” Dance ↑0.2

	Dance Elements		Deduct
BEST	C C C		0.0
	<i>Tour Jete ½ / Wolf Full / Double turn</i>		
LEAST	C	B B	0.1
	<i>Switch Leap ½ (other dance = A)</i>	<i>Switch Leap / 1½ turn (other dance = A)</i>	

“Up to the Level” Dismount ↑0.1

	SALTO	SALTO Connected	Deduct
BEST	D/E	B C	0.0
	<i>Run punch Rudy</i>	<i>DIRECT RO, FF, 1½ Twist, to Front Pike</i>	
LEAST	C	C--A	0.1
	<i>Or Less RO, FF, Double Full</i>	<i>INDIRECT Front Tuck, RO, FF, 1½ Twist</i>	

Quiz

FIND THE SV AND COMPOSITION

What are the SV and Compositional deductions for the routine below?

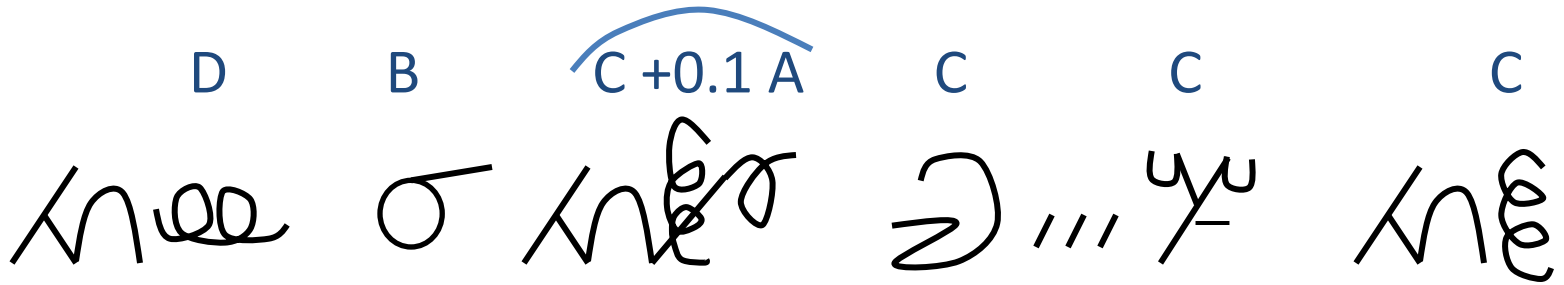
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VP = 5A, 1B, 4C, 1 D

CV = 0.1

D/E = 0.1

SV = 9.7



B Turn: Yes

C Salto: Yes

Fwd & Bwd Saltos: Yes

Saltos ≠ CL: D CA C = **015**

Dance ≠ CL: C C B = **0.05**

Dismount ≠ CL: C = **0.1**