

Level 10 Study

2018-2022

Level 10 General Info

- **Start Value:** No change (9.50)
- **Difficulty Requirements:** No change
3 A, 3 B, 2 C
- **Bonus principles:** No change in CV or DV

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)*

Level 10 General Info

Special Requirements remain basically the same with small wording changes:

- **Bars:** “C” salto dismount *(no longer allowing hechts)*
- **Beam:** “C” dismount *(salto or aerial) OR*
“B” dismount element directly connected to:
 - **ACRO SERIES** that includes a “C” **ACRO** element
 - “C” **ACRO FLIGHT** element
 - “C” **DANCE** element

General Info

Element Values: Only 2 changes of value

- Beam: Straight leg split leap is a **B** (*NO développé entry*)
- Floor: Tour Jeté Ring with $\frac{1}{2}$ turn is a **D**
- New elements performed at nationals added
- Vault: Devalue of handsprings & Yami (*w/wo $\frac{1}{2}$ twist*) and $\frac{1}{2}$ - $\frac{1}{2}$ or $\frac{1}{4}$ – $\frac{3}{4}$ vaults (*won't be on test!*)

General Info

Execution/amplitude deductions:

- Beam: Concentration pauses on Beam ONLY
2 seconds: 0.1 **≥ 3 seconds: 0.2**
- Floor: Concentration pauses ONLY 0.1 for a pause of 2 seconds or more.

General Info

Execution/amplitude deductions:

- Spotting upon landing dismount (UB/BB) or acro elements (FX)
 - 0.5 for the spot, by each judge
 - **0.5 for a fall** if it also occurs, by each judge
 - VP & SR are awarded
 - NO BONUS

General Info

Composition: **Major changes in composition**

- Deletion and rewording of many deductions
- Specific **“Up to the Level”** deductions added:
 - Bar release elements not up to the level ↑0.2
 - Bar element choices not up to the level ↑0.2
 - BB/FX Acro elements not up to the level ↑0.2
 - BB/FX Dance elements not up to the level ↑0.2
 - Dismount elements not up to the level ↑0.1

General Info

Technical Requirements:

- Switch Leg leaps
 - If first leg swings forward to less than 45° before swinging backwards, take $\uparrow 0.1$ (*do not de-value*)
 - Only de-value the element if swing leg is staggged a minimum of 90° and never straightens before the leg swings backwards.

Study Suggestions

- Go to **USA Gymnastics Women's JO Rules** and print out all the page changes and replace them in your Code of Points (CoP)
 - See May 7 and May 30 changes
- Go to **NAWGJ National**: Print out desired study aids.
- Go to **NAWGJ Merchandise/Library** page: Scroll down and print out scripts for Level 10 DVDs.

Study Suggestions

1. Read the CoP, each event section FIRST before practice judging on that event! Take it one event at a time.
2. Use the scripts to practice SV and Composition
3. Then practice judge from DVDs for SV, composition and scores
4. Take the available mock tests

Don't guess at answers, if you are not sure look it up in your book!

Study Suggestions

- Don't forget to review general and Chief Judge deductions

Remember to bring your Vault table chart to the test to look up the vault number

Manage your time well, don't wait until the last moment to begin!