

# **Level 9 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*

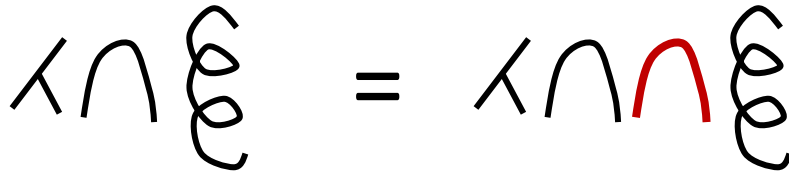
- Leaps/Jumps/Hops take-off from 1 or 2 legs

- 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

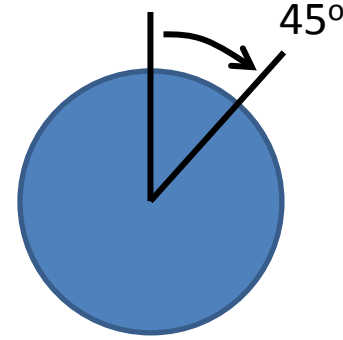
- 1<sup>st</sup> leg swing not at 45°, give VP and deduct ↑0.1

## – 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”



- 1<sup>st</sup> 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”



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

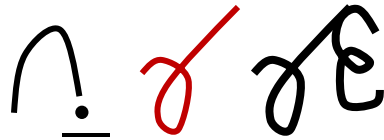
# FX Deductions

<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 - <b>Does Not</b> 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. **“B” 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
  - 2<sup>nd</sup> 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 “B” Salto

- If last Salto **DOES NOT** receive **VP** due to
  - Failure to land on bottom of feet first
  - Performed for 3<sup>rd</sup> Time during Exercise
  - Performed 2<sup>nd</sup> 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

<u>FLOOR</u>	0.1			0.2	0.1		
9	Acro Direct:	<b>BB</b>	<b>AC</b>	<b>AAC</b>	<b>BC</b>	2 Dance / Mix	<b>CC</b>
	Acro Indirect:	<b>C--C</b>		<b>AA--C</b>		<i>No CV for a turn</i>	
	<i>Only Saltos and Aerials may be used for CV</i>					<i>followed by a jump</i>	

ONLY SALTOS and AERIALS may be used for CV

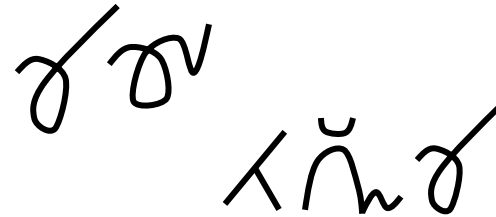
# Acro Direct 0.1

	0.1	0.2
Acro Direct: BB AC AAC		BC
Acro Indirect: C--C		AA--C
Only Saltos and Aerials may be used for CV		

## Acro Direct (1<sup>st</sup> Priority)

### B + B Saltos

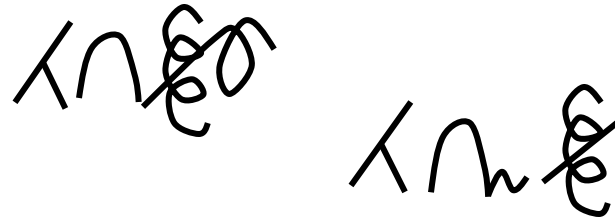
- Front Layout + Front Pike
- RO, Whip ½ + Front Layout



**+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
Acro Indirect:	C--C		AA--C	
<i>Only Saltos and Aerials may be used for CV</i>				

## Acro Direct (1<sup>st</sup> Priority)

### B + C Saltos

**+0.2**

- RO, FF, 1½ + Front Pike

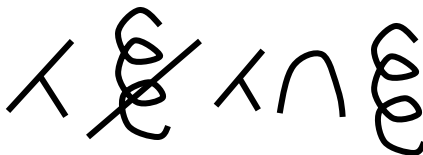
- FHS, Front Layout + Front Full

# Acro Indirect

	0.1	0.2
Acro Direct:	BB AC AAC	BC
Acro Indirect:	C--C	AA--C
<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-A- -C Saltos

**+0.1**

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



# CV Bonus Dance/Mix

## 2-Dance or 2-Mixed Elements

	0.1
2 Dance / Mix	CC
<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

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 2 Cs
- **Choice of Acro Saltos** ↑0.2
  - 3 Passes: Expect a C in each pass (*one BB bonus OK*)
  - 2 Passes: Expect a CA bonus in each pass
- **Dismount Salto** ↑0.1
  - Expect a “C” or a “BB” bonus

# “Up to the Level” Saltos ↑0.2

	1 Pass	2 Pass	3 Pass	Deduct
BEST	<b>C</b>	<b>C</b>	<b>C</b> or <b>BB</b> <sup>bonus</sup>	<b>0.0</b>
	<i>RO+FF+ Double Full</i>	<i>FHS+Front Full</i>	<i>RO+1 ½ twist or Front Layout + Front Layout</i>	
	<b>CA</b>	<b>CA</b>		
	<i>RO+1 ½ twist +Front Tuck</i>	<i>RO+Whip+ Double Full</i>		
LEAST	<b>NO C Saltos</b>			<b>0.2</b>

# “Up to the Level” Dance ↑0.2

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

# “Up to the Level” Dismount ↑0.1

	SALTO	SALTO Connected	Deduct
BEST	<b>C</b>	<b>B B</b>	<b>0.0</b>
	<i>RO-FF-Double Full</i>	<i>DIRECT</i> <i>Front Layout + Front Pike</i>	
LEAST	<b>B</b>	<b>B - - A</b>	<b>0.1</b>
	<i>RO-FF-Full</i>	<i>INDIRECT</i> <i>RO-Whip ½-FF + Layout</i>	



Quiz

**FIND THE SV AND COMPOSITION**

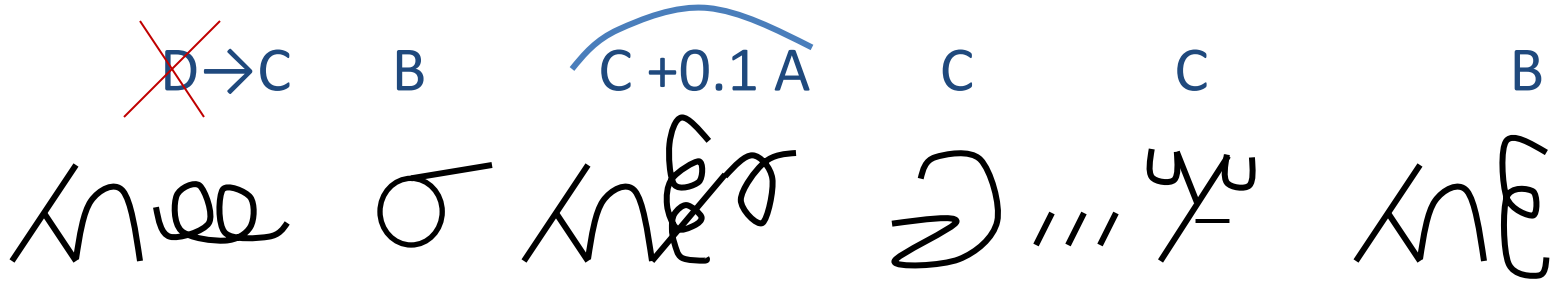
What are the SV and Compositional deductions for the routine below?

$\lambda n. \lambda \sigma. \lambda n'. \lambda \sigma'. \lambda y. \lambda f. \lambda n''. \lambda \sigma''. \dots$

VP = 5A, 2B, 4C

CV = 0.1

SV = 9.8



B Turn: Yes

B Salto: Yes

Fwd & Bwd Saltos: Yes

Saltos ≠ CL: C CA B = **0.1**

Dance ≠ CL: C C B = **0.0**

Dismount ≠ CL: B = **0.1**