

# BARS COMPOSITION

## LEVEL 10 RELEASES not up to competitive level

↑0.2	Release Elements	
Expected NO Deduction	<b>D--D</b> <i>Minimum of 2 different D or E Elements</i>	
0.05	<b>D C</b> <i>Directly Connected</i>	
0.10	<b>D--C</b> <i>Isolated (NOT connected)</i>	
0.15	<b>C C</b> <i>Directly Connected</i>	
	<b>D--B</b> <i>Isolated (NOT connected)</i>	
0.20	<b>C--C</b> <i>Isolated (NOT connected)</i>	
	<b>C B</b> <i>or less</i>	

## LEVEL 10 DISMOUNT not up to competitive level

↑0.1	Dismount Elements	
Expected NO Deduction	<b>D/E</b>	<b>D C</b> <i>Directly Connected</i>
0.05	<b>C C C</b> <i>Directly Connected</i>	<b>D C C</b> <i>Directly Connected</i>
0.10	<b>C C</b> <i>"C" or less connected to "C" or less dismount</i>	

## LEVEL 9 - 8 DISMOUNT not up to competitive level

↑0.1	LEVEL 9	LEVEL 8
Expected NO Deduction	<b>C</b>	<b>B or B A</b>
0.05	<b>C B</b>	
0.10	<b>B B</b>	<b>A</b> <i>or No VP</i>

### LEVELS 9-10 CHOICE of elements ↑0.2

Failure to perform 2 elements (min of "B") that fulfill 2 of the 3 requirements (*excludes dismount*)

- 1) Forward element, circle or release, min B
- 2) Group 3/6/7 element, min. B
- 3) Min 180° LA turn "C" element, w/wo flight

	Element choices performed
Expected NO Deduction	<b>2</b> <i>Two out of the three choices</i>
0.10	<b>1</b> <i>One out of the three choices</i>
0.20	<b>0</b> <i>None of the the three choices performed</i>

### 0.10 Uncharacteristic Element (*each time*)

- Squat-on LB ½ turn
- Climbing onto LB within exercise
- Swing fwd from HB place feet on LB w/wo ½ turn

### 0.10 ¼ Giant Circle Fwd, w/wo grip change (*each time*)

- Not horizontal also ↑0.1
- Breaks connection

### 0.10 Facing same direction throughout exercise

- Not in Mount / Dismount
- 1/1 turn will NOT fulfill (Levels 9 & 10 only)

### 0.10 More than 1 Squat / Stoop on LB (*Level 10 only*)

- W/wo Sole Circle, jump to HB
- After fall included

### 0.20 Lack of two bar changes (*Level 10 only*)

### ↑ 0.20 Lack of Elements that Achieve Vertical *or pass through vertical* (*Level 8 only*)

# BEAM LEVEL 10 COMPOSITION

## ACRO elements not up to competitive level ↑0.2

	Flight Series	Additional Acro	Additional C Salto
Expected = NO Deduction	<b>BC</b> <i>1 C-salto</i>	<b>D/E</b> <i>Aerial/salto/hand</i>	<b>C</b> <i>or D/E Acro Flight</i>
	<b>BBC</b> <i>Salto or hand OK</i>	<b>D/E</b> <i>Aerial/salto/hand</i>	<b>C</b> <i>or D/E Acro Flight</i>
	<b>CC</b> <i>2 C-saltos (also BCC)</i>	<b>D/E</b> <i>Aerial/salto/hand</i>	
	<b>BD</b> <i>"D" or "E" flight</i>	<b>D/E</b> <i>Aerial/salto/hand</i>	
0.05	<b>BC</b> <i>1 C-salto</i>	<b>D/E</b> <i>Aerial/salto/hand</i>	
	<b>BD</b> <i>"D" or "E" flight</i>		<b>C</b> <i>Salto</i>
0.10	<b>BC</b> <i>1 C-salto</i>		<b>C</b> <i>Salto</i>
	<b>BC</b> <i>Hands - NO salto</i>	<b>D/E</b> <i>Aerial/salto/hand</i>	<b>C</b> <i>Salto</i>
	<b>BD</b> <i>"D" or "E" flight</i>	<b>B or C</b> <i>Flight on Hands</i>	
0.15	<b>BC</b> <i>1 C-salto</i>		
	<b>BC</b> <i>Hands - NO salto</i>	<b>D/E</b> <i>Aerial/salto/hand</i>	
	<b>BD</b> <i>"D" or "E" flight</i>		
		<b>D/E</b> <i>Aerial/salto/hand</i>	
0.20	<i>NO Series</i>		<b>C</b> <i>Salto</i>
	<i>Broken Series</i>		<b>C</b> <i>Salto</i>
	<b>BC</b> <i>Hands only or BB</i>		

## DANCE elements not up to competitive level ↑0.20

Expected 0.0 Deduct	<b>CCC</b>	or	<b>DD</b>	or ED
0.05	<b>CCB</b>	or	<b>DC</b>	or EC
0.10	<b>CC</b>	or	<b>DB</b>	or EB
0.15	<b>CB</b>	or	<b>D</b>	or E
0.20	<b>C</b>	or	<b>BB</b>	or less

## DISMOUNT not up to competitive level ↑0.1

	Dismount	Acro Connect	Dance Connect
Expected 0.0 Deduct	<b>D/E</b>	<b>BC</b> <i>B-Acro to C-Dmt</i>	or <b>CC</b> <i>C-Dance to C-Dmt</i>
0.05		<b>AC</b> <i>A-Acro to C-Dmt</i>	or <b>BC</b> <i>B-Dance to C-Dmt</i>
		or <b>CB</b> <i>Acro series C to B-Dmt</i>	
		or <b>DB</b> <i>D-Acro flight to B-Dmt</i>	
0.10	<b>C</b>	or <b>CB</b> <i>C-Acro to B-Dmt</i>	or <b>CB</b> <i>C-Dance to B-Dmt</i>

**0.10** Failure to perform Acros in 2 different directions  
Backward & Forward/Sideward

**0.05** Dismount is the only Fwd/ Swd or Bwd

**0.10** Overuse of Dance elements with same shape  
*More than 2 ea: Wolf / Tuck or Straddle*

**0.10** More than 2 pivot turns (*2-feet & straight legs*)

**0.20** Lack of a Dance Series (*Min of 2 dance elements*)

↑0.10 Insufficient level changes throughout exercise

↑0.10 Spatial use: Entire length of beam

↑0.10 Directional use F/B/S: Movements/Non-VP/Choreo

### BEAM LEVEL 9 COMPOSITION

#### L9 ACRO not up to competitive level ↑0.2

Excludes Dismount

	Flight Series	Additional Acro	
0.0	<b>BC</b> 2 flight	<b>C</b> Salto or Aerial	If acro series has a salto or aerial, the additional acro can be a C with hand support
	<b>BC</b> 2 flight	<b>D/E</b> hand support	
0.05	<b>BC</b> 2 flight	<b>C</b> hand support	
0.10	<b>BC</b> 2 flight	<b>B</b> or more B flight	
0.15	<b>BB</b> 1-2 B flights	<b>C</b> Salto or Aerial	
0.20	<b>BB</b> 1-2 B flights	No other <b>B</b> Acros	
	Broken series No series	No other <b>B</b> Acros	

#### L9 DANCE not up to competitive level ↑0.20

Expected No Deduction	<b>CC</b> 2 C-dance elements or more
0.05	<b>CB</b>
0.10	<b>C</b>
0.15	<b>BB</b>
0.20	<b>B</b>

#### L9 DISMOUNT not up to competitive level ↑0.1

0.0	<b>C</b> or <b>BB</b> or <b>CB</b> Acro connect or Dance connect
0.05	<b>AB</b> or <b>BB</b> Acro connect or Dance connect
0.10	<b>B</b> or <b>A</b> Isolated or Any A dismount

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### BEAM LEVEL 8 COMPOSITION

#### L8 ACRO not up to competitive level ↑0.2

Excludes Dismount

	Flight Series	Additional Acro	Additional Acro
0.0	<b>BB</b> 2 flight	<b>B</b>	<b>A</b>
0.05	<b>BB</b> 2 flight	<b>A</b>	<b>A</b>
	<b>BB</b> 2 flight	<b>B</b>	
0.10	<b>BB</b> 2 flight	<b>A</b>	
	<b>AB</b> B flight	<b>B</b>	
0.15	<b>AB</b> B flight	<b>A</b>	
	<b>BB</b> 2 flight	No other Acros	
0.20	<b>AB</b> or no series	No other Acros	

#### L8 DANCE not up to competitive level ↑0.20

Expected No Deduction	<b>BBA</b> 2 B-dance elements and 1 A
0.05	<b>BB</b>
0.10	<b>BAA</b>
0.15	<b>BA</b>
0.20	Only <b>A</b> elements

#### L8 DISMOUNT not up to competitive level ↑0.1

0.0	<b>B</b> or <b>BA</b> Acro connect
0.05	<b>AA</b> Acro connect
0.10	<b>A</b> or Any Non VP Dismount Isolated

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## BALANCE BEAM COMPOSTION

<b>0.10</b> Failure to perform Acros in 2 different directions: Backward & Forward/Sideward <b>0.05</b> Dismount is the only Fwd/ Swd or Bwd
<b>0.10</b> Overuse of Dance elements with same shape <i>More than 2 ea:            Wolf / Tuck    or    Straddle</i>
<b>0.10</b> More than 2 pivot turns ( <i>2-feet &amp; straight legs</i> )
<b>0.20</b> Lack of a Dance Series ( <i>Min of 2 dance elements</i> )
↑ <b>0.10</b> Insufficient level changes throughout exercise
↑ <b>0.10</b> Spatial use: Entire length of beam
↑ <b>0.10</b> Directional use F/B/S: Movements/Non-VP/Choreo

# FLOOR LEVEL 10 COMPOSITION

## SALTOS not up to competitive level ↑0.2

		Pass (1)	Pass (2)	Pass (3)
3-pass routines	NO Deduction	D "D/E"	D "D/E"	D "D/E"
		D "D/E"	D "D/E"	CB Bonus
	0.05	D	D	CA Bonus
	0.10	D	D	C or B or A
		D	CB Bonus	CB Bonus or CA
	0.15	D	CB Bonus	C or B or A
		D	CB Bonus or CA	C--B INDIRECT
	0.20	No D/E saltos		

2-pass routines	NO Deduction	E	E
		E	DA DIRECT
	0.05	DA Direct / Indirect	DA Direct / Indirect
		E	D--A INDIRECT
	0.10	D	DA Direct / Indirect
		E	CA Bonus or CB or CC
	0.15	D	CB Bonus or CC
		DA Direct / Indirect	C
		E	1-2 saltos BB or less
	0.20	No D/E saltos	
D		2 saltos NO BONUS	

## DANCE not up to competitive level ↑0.20

Expected No Deduction	CCC	or	DD or ED
0.05	CCB	or	DC or EC
0.10	CC	or	DB or EB
0.15	CB	or	D or E
0.20	C	or	BB or less

## LAST SALTO in last pass or isolated ↑0.1

Expected No Deduction	D "D/E"	or	CB DIRECT
0.05	C--B INDIRECT	or	CA DIRECT
0.10	C--A INDIRECT	or	C or B or A

↑0.10 Insufficient use of the Floor Exercise area  
Spatially - Floor pattern

0.10 Failure to perform Saltos or Aerials in  
2 different directions, BWD and FWD/SWD

0.10 Overuse of Dance elements with same shape  
More than 2: Wolf / Tuck

0.10 Overuse of Dance elements with same shape  
More than 2: Straddle

0.20 Lack of a turn on one foot, minimum B

0.30 Lack of a C-salto (in addition to lack of SR)

**FLOOR LEVEL 9 COMPOSITION**  
**L9 SALTOS** not up to competitive level ↑0.2

		Pass (1)	Pass (2)	Pass (3)
3-pass routines	0.0	C	C	C
		C	C	BB <i>Bonus</i>
	0.05	C	C	BA <i>DIRECT</i>
	0.10	C	C	B <i>or B--A Indirect</i>
		C	BB <i>Bonus</i>	BB <i>Bonus</i>
	0.15	C	BB <i>Bonus</i>	B
0.20	No C saltos			

2-pass routines	0.0	CA <i>Bonus</i>	CA <i>Bonus</i>
	0.05	C	CA <i>Bonus</i>
	0.10	C	C--B <i>INDIRECT</i>
	0.15	C	C--A <i>INDIRECT</i>
0.20	No C saltos		

**L9 DANCE** not up to competitive level ↑0.20

Expected No Deduction	CC <i>2 C-dance elements or more</i>
0.05	CB
0.10	C
0.15	BB
0.20	B

**L9 LAST SALTO** in last pass or isolated ↑0.1

Expected No Deduction	C	or	BB <i>DIRECT</i>
0.05	B--B <i>INDIRECT</i>	or	BA <i>DIRECT</i>
0.10	B--A <i>INDIRECT</i>	or	B <i>or A</i>

**FLOOR LEVEL 8 COMPOSITION**  
**L8 SALTOS** not up to competitive level ↑0.2

		Pass (1)	Pass (2)	Pass (3)
3-pass routines	0.0	B	B	B
		B	B	AA <i>DIRECT</i>
	0.05	B	B	A--A <i>INDIRECT</i>
	0.10	B	B	A
		B	AA <i>DIRECT</i>	A
	0.15	B	A	A
0.20	No B saltos			

2-pass routines	0.0	BB <i>DIRECT</i>	BB <i>DIRECT</i>
	0.05	BA <i>DIRECT</i>	B--A <i>INDIRECT</i>
	0.10	B--A <i>or B--B INDIRECT &amp; AA DIRECT</i>	B--A
	0.15	B	A <i>or A--A Indirect</i>
0.20	No B saltos		

**L8 DANCE** not up to competitive level ↑0.20

Expected No Deduction	BBA <i>2 B-dance elements and 1 A</i>
0.05	BB
0.10	BAA
0.15	BA
0.20	Only A elements

**L8 LAST SALTO** in last pass or isolated ↑0.1

Expected No Deduction	B
0.05	A--A <i>INDIRECT</i> or AA <i>DIRECT</i>
0.10	A <i>Isolated</i> or No Salto <i>Acro Flight</i>

## FLOOR EXERCISE COMPOSITION

<b>↑0.10</b> Insufficient use of the Floor Exercise area (Spatially - Floor Pattern)
<b>0.10</b> Failure to perform Saltos or Aerials in 2 different directions, BWD and FWD/SWD
<b>0.10</b> Overuse of Dance elements with same shape <i>More than 2 ea: Wolf / Tuck or Straddle</i>
<b>0.20</b> Lack of a turn on one foot, minimum B
<b>0.30</b> Lack of a B-salto (L9) <i>(in addition to lack of SR)</i> Lack of 3 A-saltos (L8)

