

Gymnast #	Handspring	Handspring
	Tsukahara	Tsukahara
	Roundoff	Roundoff
<b>FIRST FLIGHT PHASE</b>		
> 0.1 Foot Form (flexed, sickled)	_____	_____
> 0.1 Legs - Crossed	_____	_____
> 0.2 Legs - Separated	_____	_____
> 0.3 Knees - Bent	_____	_____
> 0.2 Hips - Angle Poor	_____	_____
> 0.2 Body - Excessive Arch	_____	_____
> 0.1 Neutral Head Position	_____	_____
<b>REPULSION PHASE</b>		
> 0.1 Hands - Staggered / Alt. except Tsuk.	_____	_____
> 0.2 Shoulder - Angle Poor	_____	_____
> 0.2 Body - Excessive Arch	_____	_____
> 0.1 Neutral Head Position	_____	_____
> 0.2 Hands - Alternate Repulsion, except Tsuk	_____	_____
> 0.2 Legs - Bent	_____	_____
> 0.3 Hands - Alt. Placements (0.1 each)	_____	_____
> 0.5 Arms - Bent	_____	_____
> 0.5 Support - Too Long	_____	_____
<b>ANGLE OF REPULSION</b>		
> 0.5 Past Vertical 1o - 45o	_____	_____
> <b>0.3 Failure to Pass Through Vertical</b>	_____	_____
> 1.0 Past Vertical 46o - Horizontal	_____	_____
2.0 Head contact in Support (inc. arms)	_____	_____
VOID - No Hand Contact	_____	_____
<b>SECOND FLIGHT PHASE</b>		
> 0.1 Neutral Head Position	_____	_____
> 0.1 Foot Form (flexed, sickled)	_____	_____
> 0.1 Legs - Crossed	_____	_____
> 0.2 Legs - Separated	_____	_____
> 0.3 Knees - Bent	_____	_____
> 0.2 Touch - Brush / Hit Table	_____	_____
> <b>0.3 Failure to Create Rotation</b>	_____	_____
> <b>0.2 Length</b>	_____	_____
> 0.3 Maintain Body Position	_____	_____
> 0.5 Height	_____	_____
<b>LANDING PHASE</b>		
> 0.5 Body - Incorrect Body Posture	_____	_____
> 0.2 Alternate Foot Placement	_____	_____
0.5 Fall (to support, against table)	_____	_____
> 0.1 Slight Hop / Adjustment toward Table	_____	_____
ea 0.1 Steps toward Table (0.4 max)	_____	_____
ea 0.2 Large Step toward Table, (0.4 max)	_____	_____
<b>GENERAL</b>		
> 0.3 Direction	_____	_____
> 0.3 Dynamics	_____	_____
0.5 Spot Landing	_____	_____
0.5 Coach - Between Board-Table	_____	_____
<b>1.0 Failure to Land of Top of the Mat Stack</b>	_____	_____
<b>START VALUE</b>	<input type="text" value="10.0"/>	<input type="text" value="10.0"/>
<b>DEDUCTIONS</b>	<input type="text"/>	<input type="text"/>
<b>JUDGE #1</b>	<input type="text"/>	<input type="text"/>
<b>JUDGE #2</b>	<input type="text"/>	<input type="text"/>
<b>CJ:</b>	<input type="text"/>	<input type="text"/>
Chalk on Runway, Tape on Table = 0.2	1st Vault	2nd Vault
Unauthorized Matting = 0.3		
Vault with No Signal = 0.5		
Touch with Only 1-Arm = 1.0		

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	Tsukahara	Tsukahara
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<b>FIRST FLIGHT PHASE</b>		
> 0.1 Foot Form (flexed, sickled)	_____	_____
> 0.1 Legs - Crossed	_____	_____
> 0.2 Legs - Separated	_____	_____
> 0.3 Knees - Bent	_____	_____
> 0.2 Hips - Angle Poor	_____	_____
> 0.2 Body - Excessive Arch	_____	_____
> 0.1 Neutral Head Position	_____	_____
<b>REPULSION PHASE</b>		
> 0.1 Hands - Staggered / Alt. except Tsuk.	_____	_____
> 0.2 Shoulder - Angle Poor	_____	_____
> 0.2 Body - Excessive Arch	_____	_____
> 0.1 Neutral Head Position	_____	_____
> 0.2 Hands - Alternate Repulsion, except Tsuk	_____	_____
> 0.2 Legs - Bent	_____	_____
> 0.3 Hands - Alt. Placements (0.1 each)	_____	_____
> 0.5 Arms - Bent	_____	_____
> 0.5 Support - Too Long	_____	_____
<b>ANGLE OF REPULSION</b>		
> 0.5 Past Vertical 1o - 45o	_____	_____
> <b>0.3 Failure to Pass Through Vertical</b>	_____	_____
> 1.0 Past Vertical 46o - Horizontal	_____	_____
2.0 Head contact in Support (inc. arms)	_____	_____
VOID - No Hand Contact	_____	_____
<b>SECOND FLIGHT PHASE</b>		
> 0.1 Neutral Head Position	_____	_____
> 0.1 Foot Form (flexed, sickled)	_____	_____
> 0.1 Legs - Crossed	_____	_____
> 0.2 Legs - Separated	_____	_____
> 0.3 Knees - Bent	_____	_____
> 0.2 Touch - Brush / Hit Table	_____	_____
> <b>0.3 Failure to Create Rotation</b>	_____	_____
> <b>0.2 Length</b>	_____	_____
> 0.3 Maintain Body Position	_____	_____
> 0.5 Height	_____	_____
<b>LANDING PHASE</b>		
> 0.5 Body - Incorrect Body Posture	_____	_____
> 0.2 Alternate Foot Placement	_____	_____
0.5 Fall (to support, against table)	_____	_____
> 0.1 Slight Hop / Adjustment toward Table	_____	_____
ea 0.1 Steps toward Table (0.4 max)	_____	_____
ea 0.2 Large Step toward Table, (0.4 max)	_____	_____
<b>GENERAL</b>		
> 0.3 Direction	_____	_____
> 0.3 Dynamics	_____	_____
0.5 Spot Landing	_____	_____
0.5 Coach - Between Board-Table	_____	_____
<b>1.0 Failure to Land of Top of the Mat Stack</b>	_____	_____
<b>START VALUE</b>	<input type="text" value="10.0"/>	<input type="text" value="10.0"/>
<b>DEDUCTIONS</b>	<input type="text"/>	<input type="text"/>
<b>JUDGE #1</b>	<input type="text"/>	<input type="text"/>
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<b>CJ:</b>	<input type="text"/>	<input type="text"/>
Chalk on Runway, Tape on Table = 0.2	1st Vault	2nd Vault
Unauthorized Matting = 0.3		
Vault with No Signal = 0.5		
Touch with Only 1-Arm = 1.0		

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<b>FIRST FLIGHT PHASE</b>		
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> 0.1 Legs - Crossed	_____	_____
> 0.2 Legs - Separated	_____	_____
> 0.3 Knees - Bent	_____	_____
> 0.2 Hips - Angle Poor	_____	_____
> 0.2 Body - Excessive Arch	_____	_____
> 0.1 Neutral Head Position	_____	_____
<b>REPULSION PHASE</b>		
> 0.1 Hands - Staggered / Alt. except Tsuk.	_____	_____
> 0.2 Shoulder - Angle Poor	_____	_____
> 0.2 Body - Excessive Arch	_____	_____
> 0.1 Neutral Head Position	_____	_____
> 0.2 Hands - Alternate Repulsion, except Tsuk	_____	_____
> 0.2 Legs - Bent	_____	_____
> 0.3 Hands - Alt. Placements (0.1 each)	_____	_____
> 0.5 Arms - Bent	_____	_____
> 0.5 Support - Too Long	_____	_____
<b>ANGLE OF REPULSION</b>		
> 0.5 Past Vertical 1o - 45o	_____	_____
> <b>0.3 Failure to Pass Through Vertical</b>	_____	_____
> 1.0 Past Vertical 46o - Horizontal	_____	_____
2.0 Head contact in Support (inc. arms)	_____	_____
VOID - No Hand Contact	_____	_____
<b>SECOND FLIGHT PHASE</b>		
> 0.1 Neutral Head Position	_____	_____
> 0.1 Foot Form (flexed, sickled)	_____	_____
> 0.1 Legs - Crossed	_____	_____
> 0.2 Legs - Separated	_____	_____
> 0.3 Knees - Bent	_____	_____
> 0.2 Touch - Brush / Hit Table	_____	_____
> <b>0.3 Failure to Create Rotation</b>	_____	_____
> <b>0.2 Length</b>	_____	_____
> 0.3 Maintain Body Position	_____	_____
> 0.5 Height	_____	_____
<b>LANDING PHASE</b>		
> 0.5 Body - Incorrect Body Posture	_____	_____
> 0.2 Alternate Foot Placement	_____	_____
0.5 Fall (to support, against table)	_____	_____
> 0.1 Slight Hop / Adjustment toward Table	_____	_____
ea 0.1 Steps toward Table (0.4 max)	_____	_____
ea 0.2 Large Step toward Table, (0.4 max)	_____	_____
<b>GENERAL</b>		
> 0.3 Direction	_____	_____
> 0.3 Dynamics	_____	_____
0.5 Spot Landing	_____	_____
0.5 Coach - Between Board-Table	_____	_____
<b>1.0 Failure to Land of Top of the Mat Stack</b>	_____	_____
<b>START VALUE</b>	<input type="text" value="10.0"/>	<input type="text" value="10.0"/>
<b>DEDUCTIONS</b>	<input type="text"/>	<input type="text"/>
<b>JUDGE #1</b>	<input type="text"/>	<input type="text"/>
<b>JUDGE #2</b>	<input type="text"/>	<input type="text"/>
<b>CJ:</b>	<input type="text"/>	<input type="text"/>
Chalk on Runway, Tape on Table = 0.2	1st Vault	2nd Vault
Unauthorized Matting = 0.3		
Vault with No Signal = 0.5		
Touch with Only 1-Arm = 1.0		

Level 6 - Bars	Level 7 - Bars	Level 8 - Bars	Level 6 - Beam	Level 7 - Beam	Level 8 - Beam	Level 6 - Floor	Level 7 - Floor	Level 8 - Floor			L6	L7	L8
One Cast Above <i>Horizontal - 45o</i>	One Cast <i>45o - Vertical</i>	One Bar Change <i>1-LB, 1-HB skill</i>	Acro Series (w/o Flt.) <i>or (1) Acro Flight</i>	Acro Series (w/wo flt.) <i>+ 1 Acro Flight</i>	Acro Series <i>with 1 Acro Flight</i>	Acro Series (3 elem.) <i>(2) with Flight</i>	Acro Series (3 elem.) <i>with Back Layout-2 ft.</i>	2 Salto Series <i>Direct or Indirect</i>	A = 0.1	<b>A</b>	5	5	4
One Bar Change <i>1-LB, 1-HB skill</i>	360o Clear Circle <i>one "B" Circle</i>	"B" Element <i>Flight or Turn</i>	One Leap / Jump <i>180o Split</i>	One Leap / Jump <i>180o Split</i>	One Leap / Jump <i>180o Split</i>	1 Salto / Aerial <i>Single or 2nd Series</i>	Front Acro Series <i>(2) Direct, (1) Aerial/Salto</i>	3 Different Saltos	B = 0.3	<b>B</b>	1	2	4
360o Clear Circle <i>one Group 3,6,7</i>	360o Clear Circle <i>one Group 3,6,7</i>	"B" Circle <i>Group 3,6,7</i>	Full Turn <i>Single or Series</i>	Full Turn <i>Single or Series</i>	Full Turn <i>Single or Series</i>	Dance Passage <i>Gr.1, 180° Split Leap</i>	Dance Passage <i>Gr.1, 180° Split Leap</i>	Dance Passage <i>Gr.1, 180° Split Leap</i>	<b>SR</b>	0.5	0.5	0.5	
A - Element <i>Dismount</i>	A - Salto <i>Dismount</i>	A - Salto/Hecht <i>Dismount</i>	A - Dismount <i>w/wo hands</i>	A - Dismount <i>Aerial/Salto</i>	A - Dismount <i>Aerial/Salto</i>	Full Turn <i>Single or Series</i>	Full Turn <i>Single or Series</i>	A - Element <i>Last Salto</i>	<b>Restricted elements - 0.5 SV</b>				
									Lv 6	> 1-C Dance; UB Flight			
									Lv 7	> 1-C Dance; UB Restrictec			
									Lv 8	UB Restricted List			
									Lv 8	More than 1 Restricted C			
									Time: _____		S.V. _____		
									S. V.	<b>10.0</b>	Ded. - _____		
									VP - _____	J1 Score _____			
									SR - _____	J2 Score _____			
									RE - _____		Average _____		
									L8 Comp - _____	Off Ave. - _____			
									Artistry - _____	Score _____			
									Exec. - _____				
									Time: _____		S.V. _____		
									S. V.	<b>10.0</b>	Ded. - _____		
									VP - _____	J1 Score _____			
									SR - _____	J2 Score _____			
									RE - _____		Average _____		
									L8 Comp - _____	Off Ave. - _____			
									Artistry - _____	Score _____			
									Exec. - _____				

Gymnast #	Vault #	Vault #
	Symbol	Symbol
<b>FIRST FLIGHT PHASE</b>		
> 0.1 Foot Form (flexed, sickled)		
> 0.1 Legs - Crossed		
> 0.2 Legs - Separated		
> 0.3 Knees - Bent		
> 0.2 Hips - Angle Poor		
> 0.2 Body - Arched		
> 0.3 Turn - Incomplete		
<b>REPULSION PHASE</b>		
> 0.1 Hands - Staggered / Alternate		
> 0.2 Hands - Alternate Repulsion		
> 0.3 Hands - Steps / Hops		
> 0.2 Legs - Bent (Salto Vaults)		
> 0.5 Arms - Bent		
2.0 Head contact in Support (inc. arms)		
> 0.2 Shoulder - Angle Poor		
> 0.2 Body - Arched		
> 0.3 Turn - Begun Too Early		
> 0.3 Failure to Pass through Vertical		
> 0.5 Support - Too Long (Non-Salto)		
> 1.0 Vertical Angle (Non-Salto)		
<b>SECOND FLIGHT PHASE</b>		
> 0.1 Foot Form (flexed, sickled)		
0.1 Legs - Crossed		
0.2 Legs - Separated		
> 0.3 Legs Bent or Early Tuck (Salto Vaults)		
> 0.2 Touch - Brush / Hit vault table		
> 0.1 Turn - Insufficient Exactness		
> 0.3 Turn - Late Completion (non-saltos)		
> 0.5 Turn - Begun Too Late		
0.1 Salto - Under Rotation of Salto Vault		
> 0.3 Body - Insufficient Tuck / Pike		
> 0.3 Body - Insufficient Stretch (arch/pike)		
> 0.3 Maintain Stretch (pike down)		
> 0.3 Insufficient Opening (tuck/pike)		
> 0.5 Height		
> 0.3 Length		
<b>LANDING / GENERAL</b>		
> 0.1 Arms - Extra Swings		
> 0.2 Body - Incorrect Body Posture		
> 0.2 Trunk - Additional Movements		
> 0.3 Turn - Incomplete		
> 0.3 Squat on Landing		
0.1 Land - Feet more than hip-width apart		
> 0.4 Steps (0.1 each) Large (0.2) Max (0.4)		
> 0.3 Direction (mat contact)		
> 0.3 Dynamics		
> 0.3 Brush / Touch Mat (no support)		
0.5 Fall (to support, against table)		
0.5 Coach - Between Board-Table		
0.5 Spot Landing or Level 8 = 1.0		
Level 10 - Bonus + 0.1 (no fall)		
<b>START VALUE</b>	<input type="text"/>	<input type="text"/>
<b>DEDUCTIONS</b>	<input type="text"/>	<input type="text"/>
<b>JUDGE #1</b>	<input type="text"/>	<input type="text"/>
<b>JUDGE #2</b>	<input type="text"/>	<input type="text"/>
<b>CJ:</b>	<input type="text"/>	<input type="text"/>
Chalk on Runway, Tape on Table = 0.2	1st Vault	2nd Vault
Unauthorized Matting = 0.3		
Vault with No Signal = 0.5		
Touch with Only 1-Arm = 1.0		

Gymnast #	Vault #	Vault #
	Symbol	Symbol
<b>FIRST FLIGHT PHASE</b>		
> 0.1 Foot Form (flexed, sickled)		
> 0.1 Legs - Crossed		
> 0.2 Legs - Separated		
> 0.3 Knees - Bent		
> 0.2 Hips - Angle Poor		
> 0.2 Body - Arched		
> 0.3 Turn - Incomplete		
<b>REPULSION PHASE</b>		
> 0.1 Hands - Staggered / Alternate		
> 0.2 Hands - Alternate Repulsion		
> 0.3 Hands - Steps / Hops		
> 0.2 Legs - Bent (Salto Vaults)		
> 0.5 Arms - Bent		
2.0 Head contact in Support (inc. arms)		
> 0.2 Shoulder - Angle Poor		
> 0.2 Body - Arched		
> 0.3 Turn - Begun Too Early		
> 0.3 Failure to Pass through Vertical		
> 0.5 Support - Too Long (Non-Salto)		
> 1.0 Vertical Angle (Non-Salto)		
<b>SECOND FLIGHT PHASE</b>		
> 0.1 Foot Form (flexed, sickled)		
0.1 Legs - Crossed		
0.2 Legs - Separated		
> 0.3 Legs Bent or Early Tuck (Salto Vaults)		
> 0.2 Touch - Brush / Hit vault table		
> 0.1 Turn - Insufficient Exactness		
> 0.3 Turn - Late Completion (non-saltos)		
> 0.5 Turn - Begun Too Late		
0.1 Salto - Under Rotation of Salto Vault		
> 0.3 Body - Insufficient Tuck / Pike		
> 0.3 Body - Insufficient Stretch (arch/pike)		
> 0.3 Maintain Stretch (pike down)		
> 0.3 Insufficient Opening (tuck/pike)		
> 0.5 Height		
> 0.3 Length		
<b>LANDING / GENERAL</b>		
> 0.1 Arms - Extra Swings		
> 0.2 Body - Incorrect Body Posture		
> 0.2 Trunk - Additional Movements		
> 0.3 Turn - Incomplete		
> 0.3 Squat on Landing		
0.1 Land - Feet more than hip-width apart		
> 0.4 Steps (0.1 each) Large (0.2) Max (0.4)		
> 0.3 Direction (mat contact)		
> 0.3 Dynamics		
> 0.3 Brush / Touch Mat (no support)		
0.5 Fall (to support, against table)		
0.5 Coach - Between Board-Table		
0.5 Spot Landing or Level 8 = 1.0		
Level 10 - Bonus + 0.1 (no fall)		
<b>START VALUE</b>	<input type="text"/>	<input type="text"/>
<b>DEDUCTIONS</b>	<input type="text"/>	<input type="text"/>
<b>JUDGE #1</b>	<input type="text"/>	<input type="text"/>
<b>JUDGE #2</b>	<input type="text"/>	<input type="text"/>
<b>CJ:</b>	<input type="text"/>	<input type="text"/>
Chalk on Runway, Tape on Table = 0.2	1st Vault	2nd Vault
Unauthorized Matting = 0.3		
Vault with No Signal = 0.5		
Touch with Only 1-Arm = 1.0		

Gymnast #	Vault #	Vault #
	Symbol	Symbol
<b>FIRST FLIGHT PHASE</b>		
> 0.1 Foot Form (flexed, sickled)		
> 0.1 Legs - Crossed		
> 0.2 Legs - Separated		
> 0.3 Knees - Bent		
> 0.2 Hips - Angle Poor		
> 0.2 Body - Arched		
> 0.3 Turn - Incomplete		
<b>REPULSION PHASE</b>		
> 0.1 Hands - Staggered / Alternate		
> 0.2 Hands - Alternate Repulsion		
> 0.3 Hands - Steps / Hops		
> 0.2 Legs - Bent (Salto Vaults)		
> 0.5 Arms - Bent		
2.0 Head contact in Support (inc. arms)		
> 0.2 Shoulder - Angle Poor		
> 0.2 Body - Arched		
> 0.3 Turn - Begun Too Early		
> 0.3 Failure to Pass through Vertical		
> 0.5 Support - Too Long (Non-Salto)		
> 1.0 Vertical Angle (Non-Salto)		
<b>SECOND FLIGHT PHASE</b>		
> 0.1 Foot Form (flexed, sickled)		
0.1 Legs - Crossed		
0.2 Legs - Separated		
> 0.3 Legs Bent or Early Tuck (Salto Vaults)		
> 0.2 Touch - Brush / Hit vault table		
> 0.1 Turn - Insufficient Exactness		
> 0.3 Turn - Late Completion (non-saltos)		
> 0.5 Turn - Begun Too Late		
> 0.1 Salto - Under Rotation of Salto Vault		
> 0.3 Body - Insufficient Tuck / Pike		
> 0.3 Body - Insufficient Stretch (arch/pike)		
> 0.3 Maintain Stretch (pike down)		
> 0.3 Insufficient Opening (tuck/pike)		
> 0.5 Height		
> 0.3 Length		
<b>LANDING / GENERAL</b>		
> 0.1 Arms - Extra Swings		
> 0.2 Body - Incorrect Body Posture		
> 0.2 Trunk - Additional Movements		
> 0.3 Turn - Incomplete		
> 0.3 Squat on Landing		
0.1 Land - Feet more than hip-width apart		
> 0.4 Steps (0.1 each) Large (0.2) Max (0.4)		
> 0.3 Direction (mat contact)		
> 0.3 Dynamics		
> 0.3 Brush / Touch Mat (no support)		
0.5 Fall (to support, against table)		
0.5 Coach - Between Board-Table		
0.5 Spot Landing or Level 8 = 1.0		
Level 10 - Bonus + 0.1 (no fall)		
<b>START VALUE</b>	<input type="text"/>	<input type="text"/>
<b>DEDUCTIONS</b>	<input type="text"/>	<input type="text"/>
<b>JUDGE #1</b>	<input type="text"/>	<input type="text"/>
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<b>CJ:</b>	<input type="text"/>	<input type="text"/>
Chalk on Runway, Tape on Table = 0.2	1st Vault	2nd Vault
Unauthorized Matting = 0.3		
Vault with No Signal = 0.5		
Touch with Only 1-Arm = 1.0		

BARS Composition Deductions		BARS Execution Deductions		BARS Execution Deductions		BARS Connection Values		BARS Special Requirements		VP	Level 9	Level 10
Lack of Handstands or Pass thru Hst. (Lv 8)	→ 0.2	3rd Run to approach mount (each judge)	0.5	Insufficient Dynamics (thruout)	→ 0.2	Level 9		2 - Bar Changes	A = 0.1	3	3	
Uncharacteristic Elements	each 0.1	Swing Forward / Backward Under Horizontal	→ 0.1	Trunk Movements to Control Landing	→ 0.2	One with Flight / Turn	C+C	1 - B Flight	B = 0.3	4	3	
3/4 Forward Giant w/wo grip change	each 0.1	Under-Rotation of Release Elements	→ 0.1	Insufficient Amplitude of Elements (each)	→ 0.2	Both w/o Flight / Turn	C+C	1 - C Flight / B Turn	C = 0.5	1	2	
Dismount - Not up to Comp Level	→ 0.1	Precision of Handstand Positions (thruout)	→ 0.1	Insufficient Stretch (Arch or Pike)	→ 0.2	Both with Flight / Turn	(different)	* different flight	SR	0.5	0.5	
Facing Same Direction throughout (L9.10)	0.1	Insufficient Extension of Glide/Swing to Kip	→ 0.1	Insufficient Ext. (Open) prior to Landing	→ 0.3	Both with Flight / Turn	C+C	B - Dismount	SV	9.7	9.5	
Choice of Elements: Requirements (L9.10)		Poor Rhythm in Elements	→ 0.1	Insufficient Height of Salto Dismounts	→ 0.3	Level 10		1 - B Flight	Bonus	0.3	0.5	
1. Forward Elem. (Circle/release), min. "B"	0 / 3 = 0.2	Hesitation in Jump, Swing to Handstand	→ 0.1	Insufficient Amplitude "B" Clear Hip Circles	→ 0.4	Both with Turn / Flight		1 - C Flight	Bonus	OK without fall / spot		
2. Element from Groups 3 / 6 / 7, min. "B"	1 / 3 = 0.1	Landing Too Close to Bars Dismount	0.1	Grasp Apparatus to Avoid a Fall	0.3	** Group 3,6,7 - Different	C+C	* Different Flight	Level 9 - Bonus			
3. Min. "C" 1/2 Turn w / wo Flight	2 / 3 = 0.0	Angle of Flight to LB Handstand (11° - 20°)	0.05	Intermediate (Extra) Swing (max. 0.6)	0.3	No Turn or Flight Required		1 - C Turn	Max (1 Restricted) D/E = C			
Squat-on LB w/wo sole, more than 1 (L10)	each 0.1	Angle of Circle to Handstand	→ 0.2	Touch / Brush Foot on Apparatus or Mat	→ 0.1	w / without Flight / Turn	C+D	* No Mount / Dismount	Other Restricted Elements			
Releases - Not up to Comp. Level (L10)	→ 0.2	Angle of Cast to Handstand	→ 0.3	Hit Foot on Apparatus	0.2			C - Dismount	No VP 0.5 off SV			
Lack of 2 Bar Changes (L10)	0.2	Angle of Turn Deviation (Healy + 1-1/2t.)	→ 0.3	Hit Foot on Mat	0.3				Additional Bonus - Level 10			
		Angle of Turn Deviation (1/2 t. - 1/1 t. IN)	→ 0.3	Full Support on foot/feet on mat in routine	0.5				0.1 Bonus with 0.6 and E			
								Bonus + _____	SV	S.V. _____		
								Exec. - _____	LV:	Ded. - _____		
								Comp. - _____	VP - _____	J1 Score _____		
								A - _____	SR - _____	J2 Score _____		
								B - _____	RE - _____	Average _____		
								C - _____	CV+ _____	Off Ave. - _____		
								D + _____	DE+ _____	Score _____		
								E + _____				
								Bonus + _____	SV	S.V. _____		
								Exec. - _____	LV:	Ded. - _____		
								Comp. - _____	VP - _____	J1 Score _____		
								A - _____	SR - _____	J2 Score _____		
								B - _____	RE - _____	Average _____		
								C - _____	CV+ _____	Off Ave. - _____		
								D + _____	DE+ _____	Score _____		
								E + _____				

FLOOR Composition Deductions		FLOOR Execution Deductions		FLOOR Execution Deductions		FLOOR Connection Values	0.1	0.2	FLOOR Special Requirements	VP	Level 9	Level 10
Insufficient Use of Space (floor pattern)	→ 0.1	Insufficient Dynamics (thruout)	→0.2	Insuff. Height of Leaps, Jumps, Hops & Acro Fit.	ea →0.2	Acro. Indirect (Aerials / Saltos)	A/B + A/B + C		2 Salto Series or 2 Direct Saltos	A = 0.1	3	3
More than 2 Wolf / Tuck Shapes	0.1	Insufficient Variation - Rhythm/Tempo (thruout)	→0.2	Insuff. Height of Acrobatic Saltos	ea →0.3		A/B + A/B + D			B = 0.3	4	3
More than 2 Straddle Jump Shapes	0.1	Relaxed / Incorrect Footwork Non-VP (thruout)	→0.2	Legs Not Parallel to FX - Split or Straddle Pike	ea →0.2	A/B+D		3 Different Saltos	C = 0.5	1	2	
Lack of ("B") Turn on One Foot	0.2	Relax. / Incorr. Leg / Post., Insuff. Flex. (thruout)	→0.3	Insufficient Split on Elements	ea →0.2	C+C	C+D		SR	0.5	0.5	
		Artistry: Original Choreography (thruout)	→0.1	Trunk Movements to Control Acro Landings	ea →0.2	A+C	B+C	Dance Pass 2 Different Elements	SV	9.7	9.5	
Dance - Not up to Comp Level	→ 0.2	Artistry: Reflects Personal Style (thruout)	→0.1	Insufficient Ext (Open) prior to Landings	ea →0.3	B+B	C+C		Bonus	0.3	0.5	
Acro Saltos - Not up to Comp Level	→ 0.2	Artistry: Quality of Expression (thruout)	→0.1	Music & Movement Poor Relationship (thruout)	→0.2	A+A+C	A/B+D	Group 1 only Direct or Indirect One - 180o Split LEAP	Bonus	OK without fall / spot		
Last Salto - Not up to Comp Level	→ 0.1	Concentration Pause (2 sec. +) into Acro Incorrect Rhythm during Direct Connections	each 0.1 ea →0.1	Music & Movement Non-Synchronization (thruout) Music & Movement Not in Harmony	→0.3 each .05		A+A+D		Level 9 - Bonus Max (1 Restricted) D/E = C			
Lack Forw / Side & Back Salto / Aerial	0.1	Feet apart on landing of leap/jump/hops	ea →0.1	Music & Movement Not Ended with Music	0.1	* Dance / Mixed	B+D	Last Salto B - Salto (L9) C - Salto (L10)	Other Restricted Elements No VP 0.5 off SV			
Lack of Minimum 3 ("A") Saltos (L 8)	0.3	Turn VP not on High Releve	ea →0.1	Coach on the Floor	(CJ) 0.5	* No CV = Turn + Jump	C+C		C+D	Additional Bonus - Level 10 0.1 Bonus with 0.6 and E		
Lack of ("B") Salto - not Last Salto (L 9)	0.3	Lack of Precision in Dance Elements	ea →0.1	Music with Words or Absence of Music	(CJ) 1.0		(same / different)					
Lack of ("C") Salto - not Last Salto (L10)	0.3	Incorrect Body Position / Alignment in Dance Elem	ea →0.1	Exercise Less Than 30 Seconds	(CJ) 2.0	Mixed	Salto D+A Jump					

									Artistry - _____	Time: _____	S.V. _____
									Bonus + _____ Exec. - _____	SV	Ded. - _____
									Comp. - _____	Lv: _____	J1 Score _____
									A - _____	VP - _____	J2 Score _____
									B - _____	SR - _____	Average _____
									C - _____	RE - _____	Off Ave. - _____
									D + _____	CV+ _____	Score _____
									E + _____	DE+ _____	
									Artistry - _____	Time: _____	S.V. _____
									Bonus + _____ Exec. - _____	SV	Ded. - _____
									Comp. - _____	Lv: _____	J1 Score _____
									A - _____	VP - _____	J2 Score _____
									B - _____	SR - _____	Average _____
									C - _____	RE - _____	Off Ave. - _____
									D + _____	CV+ _____	Score _____
									E + _____	DE+ _____	

BEAM Composition Deductions		BEAM Execution Deductions		BEAM Execution Deductions		BEAM Connection Values	0,1	0,2	BEAM Special Requirements	VP	Level 9	Level 10
More than 2 Straight Leg (Pivot 1/2t.) Turns	0.1	Insufficient Variation - Rhythm/Tempo (thruout)	→ 0.2	Insuff. Sureness of Performance (thruout)	→ 0.2	<b>2 - Acro. Flight</b>	B+C *	B+D	<b>1 Acro Flight Series</b>	A = 0.1	3	3
More than 2 Wolf / Tuck or 2 Strad. Shapes	ea 0.1	Concentration Pause (2 seconds)	each 0.1	Relaxed / Incorr Footwork (thruout)	→ 0.2	including Mounts	C = Salto *	C+C	* Min 1-C Flight (L10)	B = 0.3	4	3
Dance - Not up to Competitive Level	→ 0.2	Concentration Pause (more than 2 sec.)	each 0.2	Relax / Incorr Leg / Post, Insuff Flex (thruout)	→ 0.3	* No Mount / Dismount	Lv 9 or Aerial		* A (non flight) + E (L10)	C = 0.5	1	2
Acro - Not up to Competitive Level	→ 0.2	Rhythm during Acro Connections	ea → 0.2	Legs Not Parallel - Split or Straddle Pike	ea → 0.2	<b>3 - Acro. Flight</b>	B+B+C	B+C+C	<b>1 - One Leap / Jump</b>	SR	0.5	0.5
Dismount - Not up to Competition Level	→ 0.1	Rhythm during Dance / Mixed Connections	ea → 0.2	Insuff. Height of Leaps - Jumps - Hops	ea → 0.2	including Mounts	(+0.1) 3-Acro Series		* 180o split	<b>SV</b>	<b>9.7</b>	<b>9.5</b>
Insufficient Level Changes	→ 0.1			Insuff. Height of Acro Flights-Aerials-Saltos	ea → 0.2	including Dismounts	Salto/Aerial or D/E Flt.		* Cross or Side	<b>Bonus</b>	0.3	0.5
Insufficient Use Entire Beam (Space)	→ 0.1	VP Turns not on High Releve	ea → 0.1	Insuff. Height of Dismounts	→ 0.3		NO Dismounts			<b>Bonus</b>	OK without fall / spot	
Choreography in Different Directions (F/S/B)	→ 0.1	Feet Apart on Side Landing of Leap/Jump	ea → 0.1	Landing Too Close to Beam on Dismount	0.1	<b>2 Dance / * Mixed</b>	A+D	B+D	<b>1 - Full Turn</b>	Level 9 - Bonus		
Lack of Dance Series (min. 2; Gr. 1, 2, 3)	0.2	Lack of Precision in Dance Elements	ea → 0.1	Touch / Brush Foot on Apparatus or Mat	ea → 0.1	* Acro Flight + Dance	B+C		on one foot	Max (1 Restricted) D/E = C		
Lack of Acro Forward / Side & Backward	ea 0.1	Incorrect Posture / Alignment in Dance	ea → 0.1	Support of 1 leg against side of Beam	each 0.2				<b>B - Aerial/Salto Dmt. L9</b>	Other Restricted Elements		
(Groups: 1, 6, 7, 8) If only in Dismount	0.05	Hesitation in Jump, Swing, Press Handstand	ea → 0.1	Grasp Beam to Avoid a Fall	each 0.3	including Mounts			<b>C - Aerial/Salto Dmt. L10</b>	No VP	0.5 off SV	
Artistry: Original; Style; Expression (thruout)	→ 0.3	Insufficient Split - Required (Dance / Acro)	ea → 0.2	Trunk Movement - Control Dismount Landing	→ 0.2				C+B - Acro Series = OK	Additional Bonus - Level 10		
Insufficient Dynamics (thruout)	→ 0.2	Insufficient Ext. (Open) prior to Landing Acro	ea → 0.3	Trunk Movement - Balance on Beam	ea → 0.3	<b>2 Turns</b>	A+C		C+B - Dance/Acro = OK	0.1 Bonus with 0.6 and E		

									Artistry - _____	Time: _____	S.V. _____
									Bonus + _____ Exec. - _____	SV	Ded. - _____
									Comp. - _____	LV:	J1 Score _____
									A - _____	VP - _____	J2 Score _____
									B - _____	SR - _____	Average _____
									C - _____	RE - _____	Off Ave. - _____
									D + _____	CV+ _____	Score _____
									E + _____	DE+ _____	

									Artistry - _____	Time: _____	S.V. _____
									Bonus + _____ Exec. - _____	SV	Ded. - _____
									Comp. - _____	LV:	J1 Score _____
									A - _____	VP - _____	J2 Score _____
									B - _____	SR - _____	Average _____
									C - _____	RE - _____	Off Ave. - _____
									D + _____	CV+ _____	Score _____
									E + _____	DE+ _____	

									Artistry - _____	Time: _____	S.V. _____
									Bonus + _____ Exec. - _____	SV	Ded. - _____
									Comp. - _____	LV:	J1 Score _____
									A - _____	VP - _____	J2 Score _____
									B - _____	SR - _____	Average _____
									C - _____	RE - _____	Off Ave. - _____
									D + _____	CV+ _____	Score _____
									E + _____	DE+ _____	

BARS		BARS		BEAM		BEAM		FLOOR		FLOOR		VP	Level 9	Level 10
Connection Values	0.1	0.2	Special Requirements	Connection Values	0.1	0.2	Special Requirements	Connection Values	0.1	0.2	Special Requirements			
<b>Level 9</b>			<b>2 - Bar Changes</b>	<b>2 - Acro. Flight</b>	B+C *	B+D	<b>1 Acro Flight Series</b>		A/B + A/B + C		<b>2 Salto Series or</b>	A = 0.1	3	3
<i>One with Flight / Turn</i>	C+C		<b>1 - B Flight</b>	<i>including Mounts</i>	C = Salto *	C+C	<i>* Min 1-C Flight (L10)</i>	<b>Acro. Indirect</b>	A/B + A/B + D		<b>2 Direct Saltos</b>	B = 0.3	4	3
<i>Both w/o Flight / Turn</i>	C+C		<b>1 - C Flight / B Turn</b>	<i>* No Mount / Dismount</i>	<i>Lv 9 or Aerial</i>		<i>* A (non flight) + E (L10)</i>	<i>(Aerials / Saltos)</i>	A/B+D		<b>3 Different</b>	C = 0.5	1	2
<i>Both with Flight / Turn</i>	(different)		<i>* different flight</i>	<b>3 - Acro. Flight</b>	B+B+C	B+C+C	<b>1 - One Leap / Jump</b>		C+C	C+D	<b>Saltos</b>	SR	0.5	0.5
<i>Both with Flight / Turn</i>		C+C	<b>B - Dismount</b>	<i>including Dismounts</i>	<b>(+0.1) 3-Acro Series</b>		<i>* 180o split</i>	<b>Acro. Direct</b>	A+C	B+C	<b>Dance Pass</b>	SV	9.7	9.5
<b>Level 10</b>			<b>1 - B Flight</b>		<b>Salto/Aerial or D/E Fit.</b>		<i>* Cross or Side</i>	<i>(Aerials / Saltos)</i>	B+B	C+C	<b>2 Different Elements</b>	<b>Bonus</b>	0.3	0.5
<i>Both with Turn / Flight</i>			<b>1 - C Flight</b>		<b>NO Dismounts</b>				A+A+C	A+A+D	<i>Group 1 only</i>	<b>Bonus</b>	OK without fall / spot	
<i>** Group 3,6,7 - Different</i>	C+C		<i>* Different Flight</i>	<b>2 Dance / * Mixed</b>	A+D	B+D	<b>1 - Full Turn</b>	<b>* Dance / Mixed</b>	B+D	B+C	<i>Direct or Indirect</i>	Level 9 - Bonus		
<i>No Turn or Flight Required</i>			<b>1 - C Turn</b>	<i>* Acro Flight + Dance</i>	B+C		<b>B - Dismount (L9)</b>	<i>* No CV = Turn + Jump</i>	C+C	C+D	<i>One - 180o Split LEAP</i>	Max (1 Restricted) D/E = C		
<i>w / without Flight / Turn</i>	C+D	D+D	<b>1 - C Turn</b>	<i>including Mounts</i>		C+C	<b>C - Dismount (L10)</b>		(same/different)		<b>Last Salto</b>	Other Restricted Elements		
			<b>* No Mount / Dismount</b>	<b>2 Turns</b>	A+C		<i>C+B - Acro Series = OK</i>	<b>Mixed</b>	Salto D+A Jump		<b>B - Salto (L9)</b>	No VP 0.5 off SV		
			<b>C - Dismount</b>				<i>C+B - Dance/Acro = OK</i>				<b>C - Salto (L10)</b>	<b>Additional Bonus - Level 10</b>		
												<b>0.1 Bonus with 0.6 and E</b>		
											Artistry - _____	Time: _____	S.V. _____	
											Bonus + _____ Exec. - _____	SV	Ded. - _____	
											Lv: _____			
											Comp. - _____	J1 Score _____		
											A - _____	J2 Score _____		
											B - _____	Average _____		
											C - _____	Off Ave. - _____		
											D + _____	Score _____		
											E + _____			
											Artistry - _____	Time: _____	S.V. _____	
											Bonus + _____ Exec. - _____	SV	Ded. - _____	
											Lv: _____			
											Comp. - _____	J1 Score _____		
											A - _____	J2 Score _____		
											B - _____	Average _____		
											C - _____	Off Ave. - _____		
											D + _____	Score _____		
											E + _____			