

UNEVEN BARS		BALANCE BEAM		FLOOR EXERCISE	
<b>JO 6: 5A, 1B</b> (1) One cast min horizontal (2) One bar change (3) One 360° clear circle (gr 3,6,7) (4) Dismount, min A	<b>Deductions Throughout Exercise</b> Insuff dynamics ↑0.2	<b>JO 6: 5A, 1B</b> Time 1:15 (1) One acro elemt Gr 5,6,7 excl mt/dsmt (2) One l/j/h with 180° cross/side split (3) Turn, min 360° (4) Dismount, min A aerial/salto	<b>Deductions Throughout Exercise</b> Footwork non VP through ↑0.2 Leg Pos/insuff flew in non VP thru ↑0.3 Insuff variation in rhythm/tempo ↑0.2 Insuff dynamics ↑0.2 Insuff sureness of performance ↑0.2	<b>JO 6: 5A, 1B</b> (1) Acro series min 3 elmts ↑0.2 (2) One salto/aerial ↑0.3 (3) Dance passage,min one 180° cross/side split (4) Turn, min 360° ↑0.2	<b>Deductions Throughout Exercise</b> Footwork non VP through ↑0.2 Leg Pos/BP/insuff flex in non VP thru ↑0.3 Insuff variation in rhythm/tempo ↑0.2 Insuff dynamics ↑0.2 <b>Music</b> Poor relationship music/mvt ↑0.2 Missing synchro of mvt and musical beat ↑0.3 each time 0.05 exer not ending w/ music 0.1 <b>Artistry</b> Originality/creavity of chore ↑0.1 Mov't reflects personal style ↑0.1 Expression ↑0.1
<b>JO 7: 5A, 2B</b> (1) One cast min 45° (2/3) Two 360° clear circle elements (same or different) one min B one from grp 3,6,7 (4) Dismount, Salto/hecht min A		<b>JO 7: 5A, 2B</b> Time 1:20 (1) Acro series min two A/B elmts w/w/o flight one acro flight (in series or isolate) (2) One l/j/h with 180° cross/side split (3) Turn, min 360° (4) Dismount, min A aerial/salto	<b>Artistry</b> Originality/creavity of chore ↑0.1 Mov't reflects personal style ↑0.1 Expression ↑0.1	<b>JO 7: 5A, 2B</b> (1) Acro series min 3 elmts incl BLO (2) Dir conn min 2 FWD acro w/ 1 salto/aerial (3) Dance passage,min one 180° cross/side split (4) Turn, min 360°	

	B	Max	10				
	A	-VP					
	1	-SR					
	2	=SV					
	3	-Deduct					
	4	=FS					
			<u>J1</u>	<u>J2</u>	<u>J3</u>	<u>J4</u>	AVG

	B	Max	10				
	A	-VP					
	1	-SR					
	2	=SV					
	3	-Deduct					
	4	=FS					
			<u>J1</u>	<u>J2</u>	<u>J3</u>	<u>J4</u>	AVG