JO 8: 4A, 4B Max Time: 1:30, Warning: 1:20

(1) Acro series min 2 elmts, 1 w/ flight
(2) One l/j/h w/ 180° cross/side split
(3) Turn min 360°
(4) Dismount, Salto or aerial Min A

NO BONUS

JO 9: 3A, 4B, 1C Max Time: 1:30, Warning: 1:20

(1) Acro series, min 2 elmts w/ flight
(2) One l/j/h w/ 180° cross/side split
(3) Turn min 360°
(4) Dismount, Salto or aerial Min B

Bonus MAX 0.2 for CV, must have 1D to get full bonus

	0.1		0.2	
Acro-flight (excl dis)	B+C**	B+D C+C	B+E C/D+D	**salto or aeriel
Acro-flight	B+B+C	B+C+C	B+B+D/E	
Dance/Mix	A+D B+C	B+D C+C	C+D	
Turn	A+C			
	Any D			

JO 10: 3A, 3B, 2C Max Time: 1:30, Warning: 1:20

(1) Acro series, min 2 flight elmts
1 must be C (w/ or w/o HS) **OR** A (non-flight Grp 7) + E (flight)
(2) One l/j/h w/ 180° cross/side split
(3) Turn min 360°
(4) Dismount, Salto or aerial Min C
OR B dismt elmt directly con to an acro series that includes a min C acro elmt or a min C acro or dance elmt

Bonus Max 0.4 for CV OR D+ skills

	0.1		0.2	
Acro-flight (excl dis)	B+C**	B+D C+C	B+E C/D+D	**salto or aeriel
Acro-flight	B+B+C	B+C+C	B+B+D/E	
Dance/Mix	A+D B+C	B+D C+C	C+D	
Turn	A+C			
Any D	Any D	Any E		

Composition		**L8**	**L9**	**L10**
Insufficient Distribution	Dsmt single elmt of min value 0.5	↑0.1	↑0.1	↑0.1
Variety in Choice of Elements				
Acro elmts in dif dir BWD + side/for	Dsmt only elmt in dif dir 0.05	↑0.1	↑0.1	↑0.1
Over use of same shapes	more than 2 wolf/tuck/str	0.1	0.1	0.1
with or without turn	more than 2 pivot turn str legs	0.1	0.1	0.1
	more than 1 l/j/h to prone	0.1e	0.1e	0.1e
Balance btwn acro and dance		↑0.2	↑0.2	↑0.2
significant imbalance btwn the number and/or dif level of dance and acro skills in the routine				
Insufficient use of the entire beam				
low to the beam		↑0.1	↑0.1	↑0.1
side movements		↑0.1	↑0.1	↑0.1
use of the entire length of the beam		↑0.1	↑0.1	↑0.1
Choice of acro elmts not up to competitive level				
L8 AS with 2 flight	add'l acro B, 1 acro C	↑0.2	↑0.2	↑0.2
L9 AS with a salto	add'l acro C, 1 D aerial/salto			
L10 AS with a salto	add'l acro C and D aerial/salto			
all bonus from dance elements	↑0.2			
Lack of dance series		0.2	0.2	0.2
min 2 elmts from Gr 1,2,3				

Throughout Exercise Deductions

Dynamics	↑0.2
Variation in rhythm and tempo	↑0.2
Relaxed/incorrect footwork in non-VP	↑0.2
Relax/incorrect/insufficient leg position	↑0.3
body posture & flex in non-VP	
Sureness of performance	↑0.2

Artistry

Originality/creativity of choreography	↑0.1
Quality of movement reflects personal style	↑0.1
Quality of expression	↑0.1

		J1	J2	J3	J4	AVG
D	Max **10|9.7|9.5**					
C	Bonus					
B	-VP					
A	-SR					
1	=SV					
2	-Deduct					
3	=FS					
4						

		J1	J2	J3	J4	AVG
D	Max **10|9.7|9.5**					
C	Bonus					
B	-VP					
A	-SR					
1	=SV					
2	-Deduct					
3	=FS					
4						