



# JR. OLYMPIC OPTIONAL REQUIREMENTS FOR LEVELS 6, 7, 8, 9 & 10

(Effective August 1, 2018 - July 31, 2022) Revised 5/20/18

REQUIREMENTS	LEVEL 6	LEVEL 7	LEVEL 8	LEVEL 9	LEVEL 10
<b>VALUE PARTS</b> A=.10, B=.30, C=.50	5 A's, 1 B, 0 C's	5 A's, 2 B's, 0 C's	4 A's, 4 B's, 0 C's	3 A's, 4 B's, 1 C	3 A's, 3 B's, 2 C's
<b>START VALUE BONUS</b>	10.0 Not eligible for Bonus	10.0 Not eligible for Bonus	10.0 Not eligible for Bonus	9.70 Maximum of 0.30 Bonus for Connections only	9.50 Maximum of 0.50 Bonus (min. of +.10 D/E & min. of +.10 CV)
<b>DIFFICULTY RESTRICTIONS FOR BARS, BEAM &amp; FLOOR</b>  - 0.5 for each Unallowable element	<b>Allowed:</b> All "A" & "B" elem., plus ONE (1) of the following "C's" on UB, which receives "B" VP credit: - Clear Hip to HS - Back Stalder to HS - Back Pike Circle to HS  <b>Not Allowed:</b> - Other C/D/E VPs - Flight elements from bar to bar	<b>Allowed:</b> All "A" & "B" elements, plus any number of the following "C's", which receive "B" VP credit: on UB - Cast Handstand ½ turn - Clear Hip Circle HS; ½ turn - Back Stalder HS; ½ turn - Pike Sole Circle HS; ½ turn <b>AND</b> on BB/FX: - Max. of one (1) "C" Dance VP <b>Not Allowed:</b> - Other C/D/E VPs	<b>Allowed:</b> All "A" & "B" elements, plus all "C" Dance on BB/FX & any number of the following "C's", which receive "B" VP credit: <b>On Bars:</b> - Cast Handstand ½ turn - Clear Hip Circle HS; ½ turn - Back Stalder; ½ turn - Pike Sole Circle HS½ turn <b>AND</b> - Max. of One (1) other "C" VP <b>Not Allowed:</b> - Other C/D/E VPs	<b>Allowed:</b> "A", "B", "C" and -UB: any "B" or "C" "root" element with a 1/1 pirouette -BB: any D/E Dance -FX: any D/E Dance  Max. of One (1) other "D or E" may also be performed.  All allowable D/E are considered "C" for VP & CV credit.	Award Extra +0.10 bonus (not in SV) if exercise has: - a min. of 0.60 total bonus - "E" element on UB - "E" Acro element on BB - "E" Acro element on FX  <b>No Restrictions</b>
<b>VAULTS ALLOWED</b>	<u>Refer to Level 6/7 Vault chart.</u> All Three allowable vaults are worth 10.0	<u>Refer to Level 6/7 Vault chart.</u> All Three allowable vaults are worth 10.0	<u>Refer to Level 8 Vault chart:</u> - Handspring-Group 1 - Tsukahara-Group 3 - RO Entry – Groups 4 & 5  <b>Not Allowed:</b> all other Vaults, if performed, VOID the event.	<u>Refer to Level 9 Vault chart:</u> Selected Vaults  <b>Not Allowed:</b> all other Vaults, if performed, VOID the event.	<u>Refer to Level 10 Vault chart:</u> All Vaults from Groups 1-5  Bonus Vaults: if performed successfully, selected 10.0 (SV) vaults will receive +0.1 Bonus
<b>SPECIAL REQUIREMENTS</b>  Deduct 0.50 for each missing SR for all Levels	<b>BARS</b> 1. One (1) Cast – min. of 45° above horizontal (Above Horiz. fulfills SR) 2. Min. One (1) Bar Change 3. One 360° Clear Circling element from Grps 3, 6, 7 4. Salto Dmt., min. "A"  <b>BEAM (Max. time: 1:15)</b> 1. A non-flight Acro Series (Excluding Mnt/Dmt) OR One (1) Acro Flight element (Isolated or in Series) 2. One (1) Leap/Jump requiring 180° Cross or Side Split (Isolated or in Series) 3. Min. of 360° Group 3 Turn on One (1) Foot (Isolated or in series) 4. Aerial / Salto Dmt, min. "A"	<b>BARS</b> 1. One (1) cast to handstand (Cast to 45° fulfills SR) 2. & 3. Two (2) 360° Clear Circling ele. Same or different (no hips on - one must be a "B" - one from Group 3, 6, or 7 4. Salto Dmt., min. "A"  <b>BEAM (Max. time: 1:20)</b> 1a. Acro Series (with/without Flight) <b>AND</b> 1b. One(1) Acro Flight element - (Isolated or in series) (Both Acro SRs exclude Mnt/Dmt) 2. One (1) Leap/Jump requiring 180° cross or side split (Isolated or in series) 3. Min. of 360° Turn on one foot (Isolated or in series) 4. Aerial or Salto Dmt, min. "A"	<b>BARS</b> 1. Min. of One (1) Bar Change 2. & 3. <u>Two "B" elem., same or diff.</u> - One (1) with Flight (not in Dmt) <b>OR</b> One (1) with LA Turn (not in Mt/Dmt) - One "B" 360° Clear Circling ele. from Groups 3, 6, or 7 4. Salto Dmt, min. "A"  <b>BEAM (Max. time: 1:30)</b> 1. Acro Series- min. of 2 elements, 1 with flight. (Excludes Mnt/Dmt) 2. One (1) Leap/Jump requiring 180° cross or side split (Isolated or in series) 3. Min. of 360° Turn on one foot (Isolated or in series) 4. Aerial or Salto Dmt, min. "A"	<b>BARS</b> 1. Min. of 2 Bar Changes 2. One Flight Element, min. "B" (not Dmt) 3. A second (different) Flight element (min. "C") <b>OR</b> Min. "B" element with LA turn (not in Mt/Dmt) 4. Salto Dmt, min. "B"  <b>BEAM (Max. time: 1:30)</b> 1. Acro Series: min. of 2 Flight elements (Excludes Mnt/Dmt) 2. One (1) Leap/Jump requiring 180° cross or side split (Isolated or in series) 3. Min. of 360° Turn on one foot (Isolated or in series) 4. Aerial or Salto Dmt, min. "B"	<b>BARS</b> 1. Flight element, min. "C" (not Dmt) 2. A 2 <sup>nd</sup> (Different) Flight element, min. "B" 3. Min. "C" element with LA turn, (not in Mt/Dmt) 4. Salto Dmt, min. "C"  <b>BEAM (Max. time: 1:30)</b> 1. Acro series: Min. of 2 flight ele., one a min. of C with or without hand support. (Excludes Mnt/Dmt) OR "E" Flight + "A" Non-Flight 2. One (1) Leap/Jump requiring 180° cross or side split (Isolated or in a series) 3. Min. of 360° Turn on one foot (Isolated or in a series) 4. Aerial or Salto Dmt, min. of C, <b>OR</b> min. "B" Dismount directly connected to: - an Acro Series that includes: a C Acro, OR - a C Acro or Dance

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	<p><b>FLOOR (Max. time: 1:15)</b></p> <ol style="list-style-type: none"> <li>One (1) acro series (min. 3 directly connected elements, Two (2) of which must have flight (Rolls do NOT fulfill SR)</li> <li>One Salto or Aerial (bwd, fwd, swd) (Isolated or in 2<sup>nd</sup> series)</li> <li>Dance Passage w/ min. of 2 Different Group 1 elements (directly or indirectly connected) - one a LEAP requiring 180° cross or side split</li> <li>Minimum of 360° Turn on One (1) foot (Isolated or in series)</li> </ol>	<p><b>FLOOR (Max. time: 1:30)</b></p> <ol style="list-style-type: none"> <li>One (1) Acro Series - min. 3 directly-connected Flight elements-one a Back layout to Two (2) feet</li> <li>Two or more directly connected Forward Acro Flight elements - One Salto or Aerial</li> <li>Dance Passage w/ min. of 2 different Grp 1 elements (directly or indirectly connected) - one a LEAP requiring 180° cross or side split</li> <li>Min. of 360° Turn on one (1) foot (Isolated or in series)</li> </ol>	<p><b>FLOOR (Max. time: 1:30)</b></p> <ol style="list-style-type: none"> <li>One Acro series w/ 2 Saltos, <b>OR</b> 2 directly connected Saltos (same or different)</li> <li>Three (3) Different Saltos (not Aerials) within the exercise</li> <li>Dance Passage w/ min. of 2 different Group 1 elements (directly or indirectly connected) - one a LEAP requiring 180° cross or side split</li> <li>Min. of "A" salto as last Salto or in last Acro connection</li> </ol>	<p><b>FLOOR (Max. time: 1:30)</b></p> <ol style="list-style-type: none"> <li>One Acro series w/ 2 saltos, <b>OR</b> 2 directly connected Saltos (same or different)</li> <li>Three Different Saltos (not Aerials) within the exercise</li> <li>Dance Passage w/ min. of Two (2) different Group 1 elements (directly or indirectly connected) - one a LEAP requiring 180° cross or side split</li> <li>Min. of B salto-as last Isolated Salto or in Last Acro Connection</li> </ol>	<p><b>FLOOR (Max. time: 1:30)</b></p> <ol style="list-style-type: none"> <li>One Acro series w/ 2 saltos, <b>OR</b> 2 directly connected Saltos (same or different)</li> <li>Three Different Saltos (not Aerials) within the exercise</li> <li>Dance Passage w/ min. of Two (2) different Group 1 elements (directly or indirectly connected) - one a LEAP requiring 180° cross or side split</li> <li>Min. of C Salto- as last Salto or in Last Acro Connection</li> </ol>

Please refer to the 2018-22 *Jr. Olympic Code of Points* for a complete understanding of the Jr. Olympic rules. This is an overview only.