

Special Requirements

1. Two bar changes OR One bar change plus one 360° clear circling element min C from Gr. 3-6-7
2. One flight element min B
3. 2nd different flight min C OR Element with LA turn 180° (or more) min B
4. Salto dismount, min B

Note: SR #2 and #3 must be fulfilled by 2 diff elements.

Value Part

1C (-.5 each if missing)
 4B (-.3 each)
 3A (-.1 each)

Specific Execution

ea. ↑0.1 hesitation in jump to HB or swing to HS
 ea. ↑0.1 touch/brush on apparatus or mat
 ea. ↑0.1 under rotation of release/flight ele

ea. ↑0.1 insufficient extension of glides/swings into kip
 ea. ↑0.1 poor rhythm in elements/connections
 ea. ↑0.1 swing fwd or bwd under horizontal

0.1 landing too close to bar on dmt
 ea. ↑0.2 amplitude of elements (incl releases, exception: clear hip circles and salto dmt)

0.2 hit on apparatus
 ↑0.3 insufficient height of salto dmt

0.3 grasp of bar apparatus to avoid a fall
0.3 hit on mat with foot/feet

ea. 0.3 extra swing/cast (max 0.5 more than one consecutive extra swing/cast)

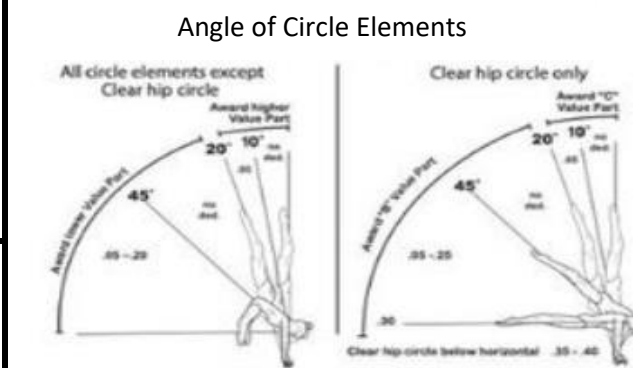
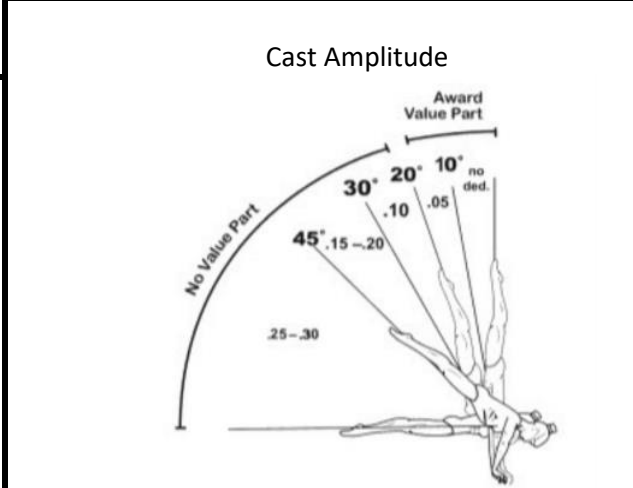
Throughout Exercise Execution

↑.1 precision of HS positions
 ↑0.2 insufficient dynamics; consider: 1) insufficient swingful execution; 2) energy not maintained; 3) fails to make routine look effortless

Connection Value Bonus	
	0.1 0.2
If no turn/flight - must be different	C+C
Turn/Flight	C+C
D/E Bonus	
one D/E bonus eligible	0.1

Restricted Elements

1 D/E allowed
 > 1 D/E = No VP; - 0.50 off SV



Composition: Specific

0.1 facing same direction throughout
 mount/dmt does not fulfill direction change

0.1 uncharacteristic element
 0.1 3/4 Giant circle fwd (w/ or w/out grip change)

Composition: Choice of Elements

failure to perform 2 elements of

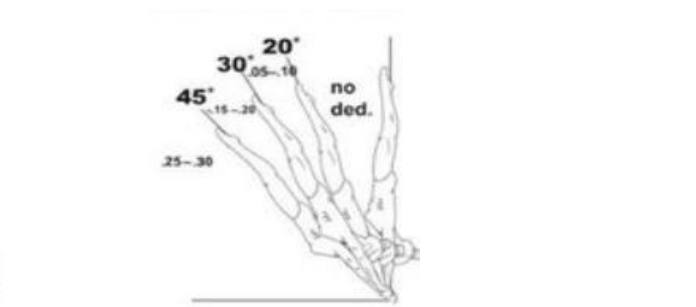
1. fwd element (circle or release) min B
2. element from gr 3/6/7 min B
3. element with min 180° LA turn, min C

0.1 one of three requirements performed
 0.2 none of three requirements performed

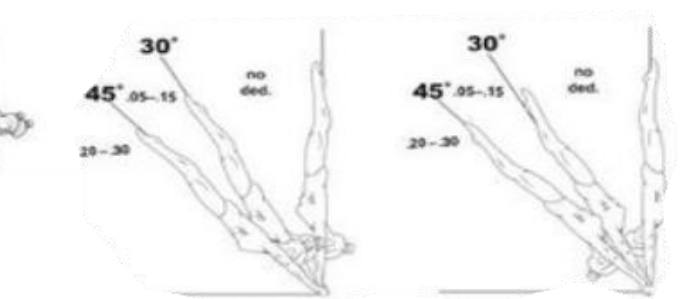
Composition Dismount

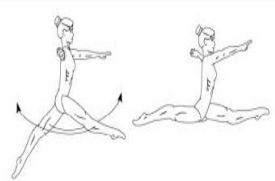
no ded Any C
 0.05 C or more difficult connected to B dismount
 0.1 1 B element (or less difficult) connected to a B (or less) dismount

180° Turn Completion

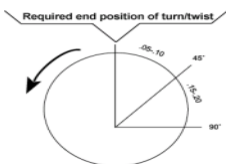


360° + Completion in Circles

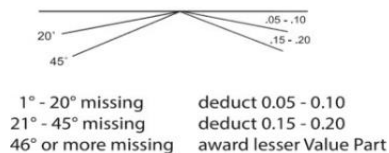


<p>Special Requirements</p> <ol style="list-style-type: none"> 1. Acro Series - two dir conn flight ele 2. leap or jump w/ 180° split 3. 360° turn on one foot 4. Aerial/Salto dismount min B 	<p>Connection Value Bonus</p> <table border="1"> <tr> <td></td> <td>0.1</td> <td>0.2</td> </tr> <tr> <td>2 Acro flt series (ex. Dmt)</td> <td>B+C salto/aerial</td> <td>B+D/E C+C/D/E D/E+D/E</td> </tr> <tr> <td>3 acro flt series (inc mount/dmt)</td> <td>B+B+C</td> <td>B+C+C B+B/C+D/E</td> </tr> </table> <p>*additional .1 for BBC+ w/ min C salto or D flt</p> <table border="1"> <tr> <td>2 Dance/mixed</td> <td>A+D/E B+C</td> <td>B+D/E C+C *</td> </tr> <tr> <td>*same or diff</td> <td></td> <td>C+D/E</td> </tr> </table> <p>Turns A+C (or reverse)</p>		0.1	0.2	2 Acro flt series (ex. Dmt)	B+C salto/aerial	B+D/E C+C/D/E D/E+D/E	3 acro flt series (inc mount/dmt)	B+B+C	B+C+C B+B/C+D/E	2 Dance/mixed	A+D/E B+C	B+D/E C+C *	*same or diff		C+D/E	<p>Composition: Specific</p> <p>0.1 acros in diff. dir (fwd/side & bwd) .05 if only dmt in diff dir</p> <p>0.1 overuse of dance root shape (more than two)</p> <p>0.1 > 1 pivot turn w/ straight legs</p> <p>0.2 lack of dance series</p> <p>0.05 lack of 2/3 directions of non-VP (fwd/side/bwd)</p> <p>↑0.1 insufficient level changes</p> <p>↑0.1 insufficient spatiality</p>
	0.1	0.2															
2 Acro flt series (ex. Dmt)	B+C salto/aerial	B+D/E C+C/D/E D/E+D/E															
3 acro flt series (inc mount/dmt)	B+B+C	B+C+C B+B/C+D/E															
2 Dance/mixed	A+D/E B+C	B+D/E C+C *															
*same or diff		C+D/E															
<p>Value Part</p> <p>1C (-.5 each if missing)</p> <p>4B (-.3 each)</p> <p>3A (-.1 each)</p>	<p>D/E Bonus</p> <p>one D/E bonus eligible 0.1</p>	<p>Composition: Acro Elements</p> <p><i>no ded</i> 1. Acro series w/ 2 flight, 1 a C 2a. One salto/Aerial. OR 2b. One D/E acro flight w/ hand support * *if acro series includes a salto/aerial, then the add't acro flight</p> <p>0.05 1. Acro series w/ 2 flight, 1 a C 2. 1 additional acro C flight w/hand support</p> <p>0.1 1. Acro series w/ 2 flight, 1 a C 2. on or more B acro flight</p> <p>0.15 1. Acro series w/ 1 or 2 B flight 2. 1 C salto or Aerial</p> <p>0.2 1a. Acro series w/ 1 or 2 B flight OR 1b. No acro flight series 2. no other B or more difficult</p>															
<p>Specific Execution</p> <p>.1 landing to close to beam on dmt</p> <p>↑ .2 legs not parallel to beam in split or straddle jumps/leaps</p> <p>↑ .1 group 3 turns not in high releve</p> <p>↑ .1 precision in Dance VPs</p> <p>.1 two second pause (each)</p> <p>.2 more than two second pause</p> <p>↑.2 lack of temp/poor rhythm between elements of a connection</p> <p>.2 support of leg/foot against side of beam</p> <p>↑. 3 movements to maintain balance</p> <p>.3 grasp of beam to avoid fall</p> <p>↑ . 3 direction of Gainer salto off end</p>	<p>Restricted Elements</p> <p>1 D/E allowed</p> <p>> 1 D/E = No VP; - 0.50 off SV</p> <p>Artistry</p> <p>.05-.1 lack of variety in choreography</p> <p>.05-.1 quality of movement</p> <p>.05-.1 quality of expression</p>	<p>Composition: Dance</p> <p><i>no ded</i> minimum of 2 Cs</p> <p>0.05 1 C & 1 B</p> <p>0.1 1 C</p> <p>0.15 2 B</p> <p>0.2 1 B</p>															
<p>Throughout Execution</p> <p>↑ .2 variation of rhythm & tempo</p> <p>↑.2 sureness of performance</p> <p>↑.2 dynamics</p> <p>↑ .3 incorrect body alignment, position, posture in non-VPs</p>	<p>SWITCH-LEG LEAP</p>  <p>Evaluation:</p> <ul style="list-style-type: none"> -If the swing leg is bent (never extends), credit as Stag-Split leap ("A" VP) -If the swing leg is less than 45° before the switch, award VP as listed & deduct <ul style="list-style-type: none"> Insufficient Height of Leg Swing up to 0.10 Insufficient split after leg change up to 0.20 - Less than 135° split after leg change - award "A" VP - Insufficient leg separation up to 0.20 	<p>Composition: Dismount</p> <p><i>no ded</i> min B acro flight or C dance dir conn to B dmt, OR any C dmt</p> <p>0.05 A acro connected to B dmt, OR B dance connected to B dmt</p> <p>0.1 isolated B, OR any A dmt</p>															

INCOMPLETE TURNS



INSUFFICIENT SPLIT



Note: any acro element performed a 3rd time (receiving no VP) that is used in a direct connection to a dismount may be used to fulfill dismount composition requirement; the 0.1 deduction for isolated dismount element is not applied.

Special Requirements
1. 2 salto acro pass, dir/indir connected 2. three different saltos (not aerials) 3. dance passage - 2 diff gr 1 elements, 1 a leap w/180° split 4. min B salto performed as last isolated or within last salto connection
Value Part
1C (-.5 each if missing) 4B (-.3 each) 3A (-.1 each)
Specific Execution
↑ 0.2 legs not parallel to floor (split) ↑ 0.3 brush/touch landing surface with hand(s) 0.5 support on mat with hand(s) (fall) 0.05 failure to hold ending pose for 1 sec 0.1 failure to show synchronization of music with ending pose ↑ 0.1 (ea) lack of precision in dance VP ↑ 0.1 (ea) failure to land with feet together on jumps/leaps to two feet ↑ 0.1 (ea) group 2 turns not in high releve 0.1 (ea) concentration pause - 2 sec or more
Throughout Execution
↑0.3 poor relationship of music and mov't ↑0.3 relaxed/incorrect footwork on nonVP ↑ 0.2 variation of rhythm & tempo ↑0.2 sureness of performance ↑0.2 insufficient dynamics ↑ 0.3 incorrect body alignment, position, posture in non-VPs
Artistry
.05-.1 lack of variety in choreography .05-.1 quality of movement .05-.1 quality of expression

Connection Value Bonus		
	0.1	0.2
Acro Indirect	A/B+A/B/C B+C A+D	A+A+D C+C A+E B/C+D/E
Acro Direct	B+B A+C A+A+C	B+C A/B+D/E A+A+D/E C+C
2 Dance/Mix (same or diff)	B+D/E C+C D/E salto+A Jump	C+D/E
D/E Bonus		
one D/E bonus eligible		0.1
Restricted Elements		
1 D/E allowed > 1 D/E = No VP; - 0.50 off SV		
Composition: Dance		
no ded min 2 Cs		
0.05	1 C + 1 B	
0.1	1 C	
0.15	2 B	
0.2	1 B	
Composition: Last Salto (isolated or in acro conn)		
no ded C salto OR B+B dir		
0.05	B+B indir OR B+A dir	
0.1	B+A indir (or less difficult) OR Isolated B salto (or less difficult)	
INSUFFICIENT SPLIT		
1° - 20° missing	deduct 0.05 - 0.10	
21° - 45° missing	deduct 0.15 - 0.20	
46° or more missing	award lesser Value Part	
RING LEAP/JUMP		
Evaluation: - Head release backward past the vertical line is required. If no head release - credit as another element - Rear foot at head height is required Rear foot at shoulder or upper back Rear foot at hip height - credit as a split leap with bent back leg - Front leg should be a minimum of 45° - Insufficient arch		
OK	Up to .10	Diff. element
	up to 0.10	up to 0.10

Composition: Specific			
↑ .1 spatiality (floor pattern)			
0.1 failure to perform saltos in two diff dir.			
0.1 overuse of dance elem w/ same shape			
0.2 lack of turn on 1 foot, min B			
0.3 lacks min B salto			
Composition Choice Acro			
<u>3 Passes</u>			
no ded C salto in each pass		OR	
C salto in 2 passes; min B+B in one pass			
0.05	C	C	B+A dir
0.1	C	B+B dir	B+B dir
OR	C	C	B+A indir
0.15	C	B+B dir	B
0.2	no C saltos or less difficult than above		
<u>2 Passes</u>			
no ded	C+B dir	C+B dir	(4 saltos)
0.05	C+B dir	C+B indir	(4 saltos)
0.1	C	C+B dir	(3 saltos)
OR	B+C indir	C+A dir	(4 saltos)
0.15	C	C+A dir, or C+A/B ind	(3 saltos)
OR	C+A dir	C+A dir	(4 saltos)
0.2	no C saltos or less difficult than above		
SWITCH-LEG LEAP			
Evaluation: - If the swing leg is bent (never extends), credit as Stag-Split leap ("A" VP) - If the swing leg is less than 45° before the switch, award VP as listed & deduct - Insufficient Height of Leg Swing up to 0.10 - Insufficient split after leg change up to 0.20 - Less than 135° split after leg change - award "A" VP up to 0.20 - Insufficient leg separation up to 0.20			
INCOMPLETE TURNS			
Required end position of turn/twist 			
Diff. element - due to no Head Release = Split leap or jump with bent back leg			