OHSAA 2009-2010

(JO composition revised for HS 12/09 K. Edwards)

Bars SR (4 SR @.20 ea.)

- ◦1 Bar Change
- ◦1 "B" Fl. Or B turn (not mt. or dsmt.)
- ◦Min. B from 3/6/7
- ◦Min. A dismount

Composition

Insufficient distribution of VP	∧ .10
Insufficient Change of direction	∧ .10
Uncharacteristic elements	ea. .10
¾ fwd. Giant circle (w/or w/o grip change	ea. .10
Choice of elements:	Max ∧.20
• Failure to perform fwd. & Backwd. Circles and releases	.05
• Bal. btwn. Pirouettes and flight	∧.10
• Lack variety in elements & connections	∧.10
Choice of release not up to comp. level (OHSAA)	∧.20
Lack of elements that achieve (or pass thru) vertical	∧.20
More than 1 element before mount	.20

Execution

Landing to close to bars on dismount	.10
Swing fwd. or bwd under horiz.	ea .10
Touch/Brush of foot on apparatus/mat	∧.10
Under-rotation of release/flight element	∧.10
Precision of handstand positions throughout	∧ .10
Insuff. Ext. of glides/swing into kips	∧.10
Poor rhythm in elements	∧.10
Hesitation in jump or swing to HS	∧.10
Insuff. Amplitude of elements ea.	∧.20
Insufficient Dynamics	∧.20
• Insuff. Swingful execution throughout	
• Energy maintained throughout exercise	
• Makes difficult look effortless	
Hit foot on :	
• Apparatus	.20
• Mat	.30
Insufficient height of salto dismount	∧.30
Grasp on apparatus to avoid a fall	.30
Intermediate (Extra) Swing	.30
Failure to remove board/spotting block after release ele. (CJ)	.30

Beam SR (4@ .20 ea.)

- ◦Acro Series 2 or more elements, one of which must have flight
- ◦One leap or jump w/180°split
- ◦Min. 1/1 turn or more one foot
- ◦Min. A dsmt.

Composition

Missing Acro bwd.&fwd. or swd.	ea. .10
• If only in dsmt.	.05
Spatially – insuff. Use of entire beam	∧.10
Insufficient dist. Of VP	∧.10
Insufficient level changes	∧.10
Failure to show movement/choreo. In diff. directions (fwd/swd/bckwd)	∧.10
More than 2 pivot turns throughout exercise	.10
More than 2 dance elements of same shape (tuck/wolf or straddle)	ea. type .10
More than 1 leap/jump to front support	ea. .10
More than 1 element before mount	.20
Lack of dance series (min. 2 dance ele. From gr. 1/2/3)	.20
Acro not up to comp. level (OHSAA State Meet)	∧.20
Lack of balance btwn. Acro & dance VP	∧.20

Execution

Landing too close to beam on dismount	.10
Concentration pause (more than 2 sec.)	ea .10
Incor. Rhythm during exec. Of dance/mixed connec.	ea. ∧.10
Hesitation in jum/press/swing to HS	∧.10
Incorrect body pos. in dance element	∧.10
Support of 1 leg against side of BB	.20
Insufficient split when required (dance/acro ele.)	∧.20
Legs not parallel to beam in split or straddle pike	∧.20
Insufficient dymnamics	∧.20
Insuff. Height of leaps/jumps/jumps ea.	∧.20
Insuff. Height of acro flights, aerials & saltos ea.	∧.20
Grasp of beam to avoid fall	.30
Rhythm during exec. of acro connections ea.	∧.30
Insuff. Height of salto dismount	∧.30
Additional movement to maintain balance	∧.30
Direction on gainer dsmt – off end of beam	∧.30
Insufficient sureness of performance – throughout	∧.20
Insuff. Vaiation in rhythm/tempo – throughout	∧.20
Relaxed/incorr. footwork in non-value parts throughout	∧.20
Relaxed/incorr/insuff leg pos./body posture/& flexibility In non-value parts throughout	∧.30
Artistry/Presentation	∧.30
• Originality/creativity of choreograp	∧.10
• Quality of movement reflects personal	∧.10
• Quality of Expression	∧.10

Floor SR (4@ .20 ea.)

- ◦Acro series w/2 saltos or 2 directly connected saltos
- ◦3 dif. Saltos w/l routine
- ◦Dance Passage
- ◦Min. A salto performed as last isolated salto or in last salto connection

Composition

Failure to perform saltos in 2 dif. Directions (bwd. & fwd. or swd)	.10
Insufficient dist. of VP	∧.10
Space (use of entire floor area) & direction	ea. ∧.10
More than 2 dance elements of same shape (tuck/wolf or straddle)	ea. type .10
More than 1 leap/jump to prone	ea. .10
Lack of balance btwn. acro & dance VP	∧.20
Acro not up to competitive level (OHSAA State)	∧.20
Lack of turn on 1 foot, min. B	.20
Lack of min. of B salto	.30

Execution

Incorrect rhythm during exec. of direct conn.	ea. ∧.10
Incorrect body pos. in dance element	ea. ∧.10
Concentration pause (more than 2 sec.)	ea. .10
Legs not parallel to floor in split or straddle pike	∧.20
Insuff. Height of leaps/jumps/hops	ea. ∧.20
Insuff. Height of acro flights & aerials	ea. ∧.20
Insuff. Split on VP elements	∧.20
Insuff. Dynamics	∧.20
Insuff. Variation in rhythm/tempo throughout	∧.20
Relaxed/incorr. footwork in non-value parts throughout	∧.20
Insuff. Height of saltos	ea.∧.30
Relaxed/incorr./insuff. Leg pos./body posture& Flexibility in non-value parts throughout	∧.30
Artistry/Presentation	∧.30
• Originality/creativity of horeography	∧.10
• Quality of movement reflects personal	∧.10
• Quality of expression	∧.10
Missing synchronization of movement & musical beat	∧.30
• Each time	.05
• Exercise not ended with mu	.10
Poor relationship of music & movement throughout	∧.20
Music with voice or no music (CJ)	1.00