

Conn. Val.	0.1	0.2	SR	Connection Value	0.1	0.2	SR	Connection Value	0.1	0.2	SR	Content	
Turn/flight (C no turn/ flight req.)	C+C  C/D+D	1 Bar Changes  1 B-Flight/turn  2 <sup>nd</sup> min. B, group 3,6,7, same/dif  Dismount - A Salto/Hecht	Acro Flight (2 elem. excluding dismount)	B+D  C+C, C/D+D	Acro Series- 1 flight, min. of 1 B	Leap or jump w/ 180° split	1/1 Turn	Dmt. - min. A salto or aerial	Acro. Indirect	A/B+ A/B+C A/B + A/B +D C+C A/B+D	C+D	1 Acro Series w/ 2 Saltos <b>OR</b> 2 directly connected saltos (same/diff.)  3 Diff. Saltos  Dance Series w/ 180° leap  Dismount. - A salto	A 4 B 4 C 0 SV <b>9.7</b> <b>AdtvVlu 0.3</b> <b>Missing Spec. Req.</b> <b>= 0.20</b>
									Acro Direct	B+B A +C A+A+C	B+C A/B+D A+A+D C+C		

**Composition - Execution Deductions**

**Landing – Execution - General**

<b>Uneven Bars</b>		<b>Balance Beam</b>		<b>Floor Exercise</b>		<b>Landing</b>	
Variety of elements & connections	↑.20	Missing Dance series (min. 2 elem.)	0.20	More than 2 dance elements of same shape	1.10	Slight hop, adjustment of feet	↑.10
Balance betw. pirouettes & flight (L.9/10)	↑.10	More than 2 dance elements of same shape	1.10	More than 1 leap to prone position	each 1.10	Steps (each 1.10) max.	↑.40
Insufficient distribution	↑.10	More than 1 leap/jump to front support	each 1.10	Lack turn on one foot, min. B	0.20	Insuff. extension before landing	↑.10
Failure to perform both forw. & backwd. circles & releases	0.05	Missing Acro fwd or swd & bwd	each 1.10	Overuse fwd/swd or bkwd saltos	↑.10	Direction	↑.10
Space/direction	each 1.10	Only dismnt	0.05	Lack of balance between acro & dance	↑.20	Extra arm swings	↑.10
Lack of elements with LA turn	0.05	Lack of balance between acro & dance	↑.20	Acro not up to competitive level (OHSAA)	↑.20	Very Large step or jump	2.00
Lack of elements that achieve (or pass thru) vertical (8-10)	↑.20	Acro not up to competitive level (OHSAA)	↑.20	Lack of min. of B salto (Level 8)	3.00	Incorrect body posture	↑.20
Uncharacteristic elements	each 1.10	Insufficient distribution	1.10	Insufficient distribution	↑.10	Brush/touch of landing surface w/ 1 or 2 hands (no support)	↑.30
¾ fwd Giant circle	each 1.10	Space & direction	each 1.10	Space & direction	each 1.10	Deep squat	↑.30
Choice of release elements not up to competitive level (OHSAA State)	↑.20	Insufficient level changes	↑.10	Concentration pause (2 sec.)	each 1.10	Trunk movements for balance	↑.30
Swing fwd. or bwd. under horiz.	each 1.10	Insuff. height of leaps/jumps/hops	each 1.20	Music & movement not in harmony	each 0.05	<b>Execution</b>	
Amplitude of elements	each 1.20	Insuff. height of acro flights & aerials	each 1.20	Synch. of music & movement thruout	max. .30	Flexed feet during value part	each time 0.05
Insuff. height of salto dismounts	↑.30	Insuff. height of saltos (incl. dismount)	each 1.30	Exercise not ended with music	1.10	Legs: crossed	↑.10
Intermediate swing	3.00	Insuff. split	1.20	Music with voice/no music (CJ)	1.00	separated	↑.20
Insufficient swingful execution thruout	↑.20	Support of 1 leg against side of BB	2.00	Insuff. height of leaps/jumps/hops	each 1.20	Bent arms in sup. or bent legs	↑.30
Insufficient dynamics	↑.20	Concentration pause (2 sec.)	each 1.10	Insuff. height of acro flights & aerials	each 1.20	Hesitation in jump, press, swing to HS	↑.10
		Tempo during exec. of connections	each 1.10	Insuff. height of saltos	each 1.30	Incorrect body pos. in dance elem.	each 1.10
		Direction on gainer dmt. off end of beam	↑.30	Insuff. variation in rhythm/tempo thruout	↑.20	Grasp apparatus to avoid fall	3.00
		Insuff. variation in rhythm/tempo thruout	↑.20	Insuff. dynamics	↑.20	Touch/brush of foot on apparatus/mat	↑.10
		Insuff. dynamics	↑.20	Insuff. split	↑.20	Hit foot on apparatus	2.00
		Insuff. Artistry thruout exercise	↑.30	Insuff. variation in rhythm/tempo thruout	↑.20	mat	3.00
		- Original choreography		Insuff. dynamics	↑.20	Incorrect leg pos. in split or straddle pike	↑.20
		- Quality of movement reflects personal style		Insuff. Artistry/Presentation	↑.30	Insufficient exactness of N, V, /	↑.20
		- Quality of expression		- Original choreography		<b>Throughout Exercise</b>	
				- Quality of movement reflects personal style		Relaxed/incorrect foot/body/posture	↑.30
				- Quality of expression		Insufficient flexibility	↑.20

**Casts**      **180° - 360° Turns**      **Healy/any 540° +**

Use Level 7 and Level 8 cast ded.

**Uneven Bars**

**Leaps**      **Turns and Twists**

1° - 20° missing = .05 - .10  
21° - 45° missing = .15 - .20

**Beam and Floor Exercise**

No Dismount	3.00
Spotting Assistance	5.00
Fall, or support on hands	5.00
Fail to Present before/after	each time 0.10
Incorrect attire/jewelry (after 1 warning)	2.00
Incorrect apparatus specs.	3.00
Board on unpermitted surface	3.00
Supplementary mats	3.00
Start when Red light is lit (repetition)	5.00
3 <sup>rd</sup> Run approach	5.00
More than 1 elem. before mount	2.00
Fail to land feet first in saltos	No VP
Overtime	0.10
Exceeds Floor Ex. boundary	each 1.10
Short Exercise: BB/FX-less than 30 sec.	2.00
UB- (less than 5 Value Parts)	