

L-10 Optional BARS Execution/Amplitude & Composition Deductions (# order)**Handstand** VP: cast, swing, flight to, within 11-20° vertical 0.05Flexed Feet on VPs @ 0.05Touch/brush apparatus/mat w/foot (feet) up to 0.10Insufficient extension/ Glide; Swing into kips up to 0.10Hesitate in jump to HB or swing to handstand up to 0.10Under-rotate release/flight elements to stretched b.p. up to 0.10Precision of HS positions throughout up to 0.10Poor rhythm in elements/connections up to 0.10Slight hop or adjust feet on landing up to 0.10Deviate from straight direction in landing up to 0.10Extra arm swings on landing up to 0.10*Insuff. Direction Change (gymnast facing)* up to 0.10*Insufficient Distribution of elements* up to 0.10Swing fwd. or bkwd below horizontal 0.10Legs crossed during salto twist dismount 0.10Land too close to bar in dismount 0.10Steps on landing (max. 0.40) @ 0.10*3/4 Front Giant circle w/w/o grip change* 0.10*More than 1 Squat On +/- sole circle grasp HB* 0.10*Uncharacteristic element* 0.10Leg or knee separations up to 0.20Amplitude of bar elements, includes releases up to 0.20

-Large releases (Jaeger, Deltchev etc) must show balance of height + rotation.

-Hips go above HB. If hips only at high bar ht. -.05; if below high bar -.10-.20

Inexact tuck or pike position up to 0.20Inexact stretched position – arch up to 0.20Inexact stretched position - hip angle (136°-179°) up to 0.20Body posture on landing up to 0.20Insufficient dynamics thru-out up to 0.20*Choice of Elements* up to 0.20*Fwd/bkwd circles/releases* 0.05*Balance pirouette + flight elements* up to 0.10*Variety- connection + elements* up to 0.10*Choice of Release elements* up to 0.20*B+C= - 0.20 D+D= no deduction*Hit apparatus with feet (foot) 0.20Large step/jump on landing (~3 ft) 0.20**Lack of 2 BAR CHANGES** 0.20*More than 1 element before mount* 0.20Bent arms in support or bent knees (max.:.3+.3/elem) @up to 0.30Incomplete HS past 20°: swing, cast, (turns =+VP) @up to 0.30Height of salto dismount up to 0.30Deep squat in landing up to 0.30Additional trunk movement for balance up to 0.30Brush/touch landing mat w/hand(s) (no support) up to 0.30Extra swing 0.30Grasp bar to avoid fall 0.30Hit mat with foot (feet) 0.30Fall on mat to knees or hips; on or against apparatus 0.50Support on mat w/1 - 2 hands or not land on soles of feet 1st 0.50Third run approach on mount 0.50Spotted element 0.50

Also: Check Handstand & Clear hip Angle Charts and CJ Deductions

L-10 Optional BEAM Execution/Amplitude & *Composition* Deductions

<u>Flexed Feet on VPs</u>	@ 0.05
Touch/brush apparatus/mat w/foot (feet)	up to 0.10
Incorrect body posture/alignment in Dance VPs	up to 0.10
Hesitate in jump, press, swing to handstand	up to 0.10
Rhythm in dance or mixed series connections	up to 0.10
Slight hop or adjust feet on landing	up to 0.10
Deviate from straight direction in landing	up to 0.10
Extra arm swings on landing	up to 0.10
<i>Insuff. Directionally fr,s,bk choreography</i>	<i>up to 0.10</i>
<i>Spatially use entire length of beam</i>	<i>up to 0.10</i>
<i>Insufficient level changes, high & low</i>	<i>up to 0.10</i>
<u>Insufficient Distribution of elements</u>	<u>up to 0.10</u>
Legs crossed during saltos with twist	<u>0.10</u>
Land too close to beam in dismount	<u>0.10</u>
Steps on landing (max. 0.40)	@ <u>0.10</u>
Pause (concentration) more than 2 seconds	@ <u>0.10</u>
<i>More than 2 180 pivot turns</i>	<i>0.10</i>
<i>More than 2 dance same shape (^ or tuck/wolf)</i>	@ type <i>0.10</i>
<i>More than 1 elem. to front support</i>	@ <i>0.10</i>
<u>Missing Acro from both Bkwd & Fr/Side (only Dst=0.05)</u>	@ <u>0.10</u>
Leg or knee separations	up to 0.20
Relaxed, incorrect footwork in non-VPs thru-out	up to 0.20
Insufficient Split (less than 180)	up to 0.20
Legs not parallel to beam in splits; straddle-pikes	up to 0.20
Insuff. Height of leaps, jumps, hops	up to 0.20
Insuff. Height of Aerials, Saltos , & Flight Acros	up to 0.20
<u>Dance turn or Acro twist</u> under-rotated (incomplete) @	up to 0.20
Inexact tuck or pike position	up to 0.20
Inexact stretched position = <u>arch or hip angle</u>	@ up to 0.20
Body posture on landing	up to 0.20
Insuff. Rhythm/Tempo variation	up to 0.20
Insuff. Sureness of Performance thru-out	up to 0.20
Insufficient Dynamics thru-out	up to 0.20
<i>Choice of Acro Elements: not up to competitive level</i>	<i>up to 0.20</i>
<u>Lack Balance of Acros and Dance VP elements</u>	<u>up to 0.20</u>
Hit apparatus with feet (foot)	<u>0.20</u>
Support of leg on side of beam for balance	<u>0.20</u>
Large step/jump on landing (~3 ft)	<u>0.20</u>
<u>Lack DANCE SERIES min. 2 VPs (Gp. 1,2,3)</u>	<u>0.20</u>
<i>More than 1 element before mount</i>	<i>0.20</i>
Bent Arms in support or bent Knees (max.:.3+.3/elem) @	up to 0.30
Poor Tempo/rhythm *Acro flight series:*Fw-Fw, Bk-Fw	up to 0.30
Relaxed legs, posture, flexibility non-VPs thru-out	up to 0.30
Additional movement for balance	up to 0.30
Height of dismount	up to 0.30
Deep squat in landing	up to 0.30
Brush/touch landing mat w/ hand (s) (no support)	up to 0.30
<u>Direction of Back Gainer dismount of the end</u>	<u>up to 0.30</u>
<u>Grasp beam to avoid fall</u>	<u>0.30</u>
Third Run approach on mount (all judges deduct)	<u>0.50</u>
Fall: to knees, hips, against Beam, hand support on mat, etc. @	<u>0.50</u>
Spot an element	@ <u>0.50</u>
Also check Leap & Turn & Twist Degrees Charts, CJ deductions, & Artistry (ut..3)	

<u>L-10 Optional Floor</u>	<u>Execution/Amplitude & Composition</u>	<u>Deductions</u>	(sm. = .05-1)
<u>Flexed Feet on VPs</u>	@	<u>0.05</u>	(med. = ut.2)
Incorrect body posture/alignment in Dance VPs	up to	0.10	(lg = ut.3)
Rhythm during dance/mixed connections	up to	0.10	(v.lg. = ut.5)
Hesitate in jump, press, swing to handstand	up to	0.10	
Slight hop or adjust feet on landing	up to	0.10	
Deviate from straight direction in landing	up to	0.10	
Extra arm swings on landing	up to	0.10	
<i>Insuff. Directionally F,S,Bk choreography</i>	<i>up to</i>	<i>0.10</i>	
<i>Spatially - use of entire floor area</i>	<i>up to</i>	<i>0.10</i>	
<u>Insufficient Distribution of VPs</u>	<u>up to</u>	<u>0.10</u>	
Legs crossed during saltos with twist	<u>0.10</u>		
Steps on landing (max. 0.40)	@	<u>0.10</u>	
Pause (concentration) longer than 2 seconds	@	<u>0.10</u>	
Does not end with music (part of synch/mvmt ut .3 ded)	<u>0.10</u>		
<i>Fail to have saltos in 2 different directions (B, F/S)</i>	@	<u>0.10</u>	
<i>More than 2 dance same shape (^ or tuck/wolf)</i>	@ type	<u>0.10</u>	
<u>More than 1 elem. to front support</u>	@	<u>0.10</u>	
Poor relationship music & movement thru-out	up to	0.20	
Leg or knee separations	up to	0.20	
Relaxed, incorrect footwork in non-VPs thru-out	up to	0.20	
Insufficient Split on VPs (less than 180)	up to	0.20	
Legs not parallel to floor in split L/J; straddle-pikes	up to	0.20	
Insuff. Height of leaps, jumps, hops	up to	0.20	
Insuff. Height of Aerials, & Flight Acros (not saltos)	up to	0.20	
<u>Dance turn or Acro twist under-rotated (incomplete)</u>	@	up to 0.20	
Inexact tuck or pike position	up to	0.20	
Inexact stretched position = <u>arch or hip angle</u>	up to	0.20	
Body posture on landing	up to	0.20	
Insuff. Rhythm/Tempo variation thru-out	up to	0.20	
Insufficient Dynamics thru-out	up to	0.20	
<i>Choice of Acro Elements: not up to competitive level</i>	<i>up to</i>	<i>0.20</i>	
<u>Lack Balance of Acros and Dance VP elements</u>	<u>up to</u>	<u>0.20</u>	
Large step/jump on landing (~3 ft)	@	<u>0.20</u>	
<u>Lack FULL TURN on 1 foot- min. B</u>		<u>0.20</u>	
Missing synch of movement w/ musical beat thru-out (<u>0.05</u> each time, & <u>0.10</u> at end exercise)	up to	0.30	
Height of <u>Saltos</u>	@	up to 0.30	
Bent Arms in support or bent Knees (max:.3+.3/elem)	@	up to 0.30	
Relaxed legs, posture, flexibility non-VPs thru-out	up to	0.30	
Additional movement for balance	up to	0.30	
Deep squat in landing	up to	0.30	
<u>Brush/touch landing mat w/hand(s) (no support)</u>	<u>up to</u>	<u>0.30</u>	
<u>Lack min. C SALTO</u>		<u>0.30</u>	
Fall: to knees, hips, against Beam, hand support on mat, etc.	@	<u>0.50</u>	
Spot an element	@	<u>0.50</u>	
(Music with voice or song / no music	CJ:	<u>1.00</u>)	

Also Check Lp/J/Turn/ twist degrees chart (ut .2), CJ deductions, and **Artistry** (ut..3)