

<b>Connection Value</b>	<b>0.1</b>	<b>0.2</b>	<b>Level 10: 3A, 3B, 2C</b>	<b>Start Value: 9.5</b>	<b>Level 10:</b> No Restrictions (0.5 deduction for each unallowable element Levels 7-9) <b>Level 9:</b> <u>Maximum</u> 1 "D/E" element allowed which is awarded "C" for VP and CV <b>Levels 7/8:</b> No "C/D/E" elements allowed <u>except</u> Cast handstand 1/2, Clear Hip Circle to Handstand or with 1/2, <i>Stalder Bkwd to Handstand or with 1/2, Pike Sole Circle Bkwd to Handstand or with 1/2</i>
<b>Level 10</b>	<b>*C + C/D</b>	<b>D + D</b>	<b>Level 9: 3A, 4B, 1C</b>	<b>Start Value: 9.7</b>	
<b>Level 9</b>	<b>*C + C</b>	<b>**C + C</b>	<b>Level 8: 4A, 4B</b>	<b>Start Value: 10.0</b>	
			<b>Level 7: 5A, 2B</b>	<b>Start Value: 10.0</b>	

\*Both "C" elements must have flight or turn but If "C" connected to "D/E" then "C" not required to have flight/turn  
-or- If 2 "C" 3/6/7 skills connected do not need turn/flight to receive CV (\*Both "C" 3/6/7 skills must be different)

\***LEVEL 9:** If one or both "C" elements with no flight or turn reward 0.1 CV (\*Both "C" skills must be different)

\*\***LEVEL 9:** If both "C" elements with flight or turn reward 0.2 CV

\*\*Bonus may be awarded for any skill or series of skills unless gymnast falls  
~**Level 8/9/10:** Required LA turn cannot be in mount or dismount & dismount must be salto or hecht  
~**No "A" casts:** All casts must be performed within 20 degrees to be awarded "B" value part  
~If "D/E" Salto performed directly connected to overshoot "B" → award "C" Value Part

#	<p>_____ VP</p> <p>_____ CV</p> <p>_____ DV</p> <p>_____ <b>SV</b></p> <p>Dynamics→0.2</p> <p>Distribution→0.1</p> <p>Variety of skills/connections→0.1</p> <p>Lack vertical skills→0.2 (L8)</p> <p>Lack direction change→ 0.1 (L9/10)</p> <p>Balance btwn skills→0.1 (L9/10)</p> <p>Lack 2 bar changes (0.2) (L10)</p> <p>Release choice→0.2 (L10)</p> <p>&gt;1squat or jump to HB (0.1 each) (L10)</p> <p>lack fwd/bkwd circles or releases <u>0.05</u> (L9/10)</p> <p>Execution/Amplitude</p>	<p><b>LEVEL 10</b></p> <p>_____ "C" Flight</p> <p>_____ 2<sup>nd</sup> Different "B" Flight</p> <p>_____ "C" LA turn</p> <p>_____ "C" Dismount</p> <p><b>LEVEL 9</b></p> <p>_____ 2 bar changes</p> <p>_____ "B" different flight</p> <p>_____ "C" LA turn or flight</p> <p>_____ "B" Dismount</p> <p><b>LEVEL 8</b></p> <p>_____ 1 bar change</p> <p>_____ "B" flight or turn</p> <p>_____ "B" 3/6/7 skill</p> <p>_____ "A" Dismount</p> <p><b>LEVEL 7</b></p> <p>_____ 360° clear circle skill</p> <p>_____ 3/6/7 clear circle skill</p> <p>1 of above skills must be "B"</p> <p>_____ 1 cast min 45°</p> <p>_____ "A" salto dismount</p>
Score:		

#	<p>_____ VP</p> <p>_____ CV</p> <p>_____ DV</p> <p>_____ <b>SV</b></p> <p>Dynamics→0.2</p> <p>Distribution→0.1</p> <p>Variety of skills/connections→0.1</p> <p>Lack vertical skills→0.2 (L8)</p> <p>Lack direction change→ 0.1 (L9/10)</p> <p>Balance btwn skills→0.1 (L9/10)</p> <p>Lack 2 bar changes (0.2) (L10)</p> <p>Release choice→0.2 (L10)</p> <p>&gt;1squat or jump to HB (0.1 each) (L10)</p> <p>lack fwd/bkwd circles or releases <u>0.05</u> (L9/10)</p> <p>Execution/Amplitude</p>	<p><b>LEVEL 10</b></p> <p>_____ "C" Flight</p> <p>_____ 2<sup>nd</sup> Different "B" Flight</p> <p>_____ "C" LA turn</p> <p>_____ "C" Dismount</p> <p><b>LEVEL 9</b></p> <p>_____ 2 bar changes</p> <p>_____ "B" different flight</p> <p>_____ "C" LA turn or flight</p> <p>_____ "B" Dismount</p> <p><b>LEVEL 8</b></p> <p>_____ 1 bar change</p> <p>_____ "B" flight or turn</p> <p>_____ "B" 3/6/7 skill</p> <p>_____ "A" dismount</p> <p><b>LEVEL 7</b></p> <p>_____ 360° clear circle skill</p> <p>_____ 3/6/7 clear circle skill</p> <p>1 of above skills must be "B"</p> <p>_____ 1 cast min 45°</p> <p>_____ "A" salto dismount</p>
Score:		

**JO BALANCE BEAM**

**VITALE 2011**

<b>Connection Value</b>	<b>0.1</b>	<b>0.2</b>	<b>Level 10: 3A, 3B, 2C</b> Start Value: 9.5 <b>Level 9: 3A, 4B, 1C</b> Start Value: 9.7 <b>Level 8: 4A, 4B</b> Start Value: 10.0 <b>Level 7: 5A, 2B</b> Start Value: 10.0	<b>Level 10: No Restrictions</b> (0.5 deduction for each unallowable element Levels 7-9) <b>Level 9: Maximum 1 "D/E"</b> element allowed which is awarded "C" for VP and CV <b>Level 8: No "C/D/E"</b> elements allowed <u>except</u> "C" Dance elements allowed <b>Level 7: No "C/D/E"</b> elements allowed and <b>No Composition Deductions</b>
<b>Acro Flight (2 element)</b>	<b>B + C</b> "C" must be salto (no mount/dismount)	<b>B + D/E</b> <b>C + C/D</b> (excludes dismount)	**Bonus may be awarded for any skill or series of skills unless gymnast falls *Only acro saltos or acro flight elements may be used for connective value combinations	*L10 Acro series: Both skills must have flight -or- may perform "A" non-flight acro (group 7) + "E" acro flight *L10 Dismount: "B" dismount must be directly connected to either: (1) an acro series with "C" acro element -or- (2) "C" dance or acro element *All Dismounts Must be an Aerial or Salto (Levels 7-10)
<b>Acro Flight (3 element)</b>	<b>B + B + C</b>	<b>B+C+C or B+B+D</b>		
<b>2 Dance Elements -or- Dance/Acro</b>	<b>A + D or B + C</b> <b>C+C same dance</b>	<b>B/C + D</b> <b>C+C diff. dance</b>		
<b>Dance Turns (on one foot)</b>	<b>A + C or C + A</b>			

#	_____ VP _____ CV _____ DV _____ SV Artistry → 0.3 Dynamics → 0.2 Acro/Dance Balance → 0.2 Distribution → 0.1 >2 wolf/tuck (0.1) or >2 straddle (0.1) Spatiality → 0.1 Lack of Level Change → 0.1 Direction of choreography → 0.1 Acro choice → 0.2 No Dance Series (0.2) >2 pivot turns (0.1) >1 leap/jump to prone (0.1 each) No bkwd & fwd/sdwd Acro (0.1 each) If only in dismount (0.05) Execution/Amplitude	<b>LEVEL 10</b> _____ Flight Series "C" _____ 180° Leap/Jump _____ Full Turn _____ "C" Dismount or "B" directly connected to any "C" <b>LEVEL 9</b> _____ Flight Series _____ 180° Leap/Jump _____ Full Turn _____ "B" Salto Dismount <b>LEVEL 8</b> _____ Flight Series (1 flight) _____ 180° Leap/Jump _____ Full turn _____ "A" Salto Dismount <b>LEVEL 7</b> _____ Acro Series + Flight Skill _____ 180° Leap/Jump _____ Full Turn _____ "A" Salto Dismount
	Score:	

#	_____ VP _____ CV _____ DV _____ SV Artistry → 0.3 Dynamics → 0.2 Acro/Dance Balance → 0.2 Distribution → 0.1 >2 wolf/tuck (0.1) or >2 straddle (0.1) Spatiality → 0.1 Lack of Level Change → 0.1 Direction of choreography → 0.1 Acro choice → 0.2 No Dance Series (0.2) >2 pivot turns (0.1) >1 leap/jump to prone (0.1 each) No bkwd & fwd/sdwd Acro (0.1 each) If only in dismount (0.05) Execution/Amplitude	<b>LEVEL 10</b> _____ Flight Series "C" _____ 180° Leap/Jump _____ Full Turn _____ "C" Dismount or "B" directly connected to any "C" <b>LEVEL 9</b> _____ Flight Series _____ 180° Leap/Jump _____ Full Turn _____ "B" Dismount <b>LEVEL 8</b> _____ Flight Series (1 flight) _____ 180° Leap/Jump _____ Full turn _____ "A" dismount <b>LEVEL 7</b> _____ Acro Series + Flight Skill _____ 180° Leap/Jump _____ Full Turn _____ "A" salto dismount
	Score:	

JO FLOOR EXERCISE

VITALE 2011

<b>Connection Value</b>	<b>0.1</b>	<b>0.2</b>	<b>Level 10: 3A, 3B, 2C</b>	<b>Start Value: 9.5</b>	<b>Level 10: No Restrictions (0.5 deduction for each unallowable element Levels 7-9)</b> <b>Level 9: Maximum 1 "D/E" element allowed which is awarded "C" for VP and CV</b> <b>Level 8: No "C/D/E" elements allowed except "C" Dance elements allowed</b> <b>Level 7: No "C/D/E" elements allowed and No Composition Deductions</b> <b>**Bonus may be awarded for any skill or series of skills unless gymnast falls</b> <b>Dance passage: minimum of 2 different Group 1 elements directly or indirectly connected one of which is a leap (one foot takeoff) requiring 180° split in side or cross position (fwd leg extended) Allows for running steps, small leaps, hops, chassés, assemblés or any turn btwn two dance elements</b>
<b>Acro Indirect</b>	<b>A/B + A/B + C/D</b> <b>C+C or A/B+D</b>	<b>C + D/E</b>	<b>Level 9: 3A, 4B, 1C</b>	<b>Start Value: 9.7</b>	
<b>Acro Direct</b>	<b>B + B or A + C</b> <b>A + A + C</b>	<b>B + C or C +C</b> <b>A+A+D or A/B +D</b>	<b>Level 8: 4A, 4B</b>	<b>Start Value: 10.0</b>	
<b>2 Dance/Mixed</b>	<b>B+D or C+C</b> <b>D salto + A jump</b>	<b>C + D/E</b>	<b>Level 7: 5A, 2B</b>	<b>Start Value: 10.0</b>	

#	<p>_____ VP</p> <p>_____ CV _____ DV</p> <p>_____ SV</p> <p>Artistry→0.3</p> <p>Dynamics→0.2</p> <p>Acro/Dance Balance→0.2</p> <p>Distribution→0.1</p> <p>&gt;2 wolf/tuck (0.1) or &gt;2 straddle (0.1)</p> <p>Space &amp; Direction→0.1 each</p> <p>Acro Choice→0.2</p> <p>Lack of "B" Turn (0.2)</p> <p>Lack of "B" Salto (L8/9) 0.3</p> <p>Lack of "C" Salto (L10) 0.3</p> <p>&gt;1 leap/jump to prone (0.1each)</p> <p>Lack of Salto in 2 of 3 directions (0.1)</p> <p>bkwd and fwd or sdwd</p> <p>Execution/Amplitude</p>	<p><b>LEVEL 10</b></p> <p>2 salto series</p> <p>3 different saltos</p> <p>Dance pass 180°leap</p> <p>"C" Salto Dismount</p> <p><b>LEVEL 9</b></p> <p>2 salto series</p> <p>3 different saltos</p> <p>Dance pass 180°leap</p> <p>"B" Salto Dismount</p> <p><b>LEVEL 8</b></p> <p>2 salto series</p> <p>3 different saltos</p> <p>Dance pass 180°leap</p> <p>"A" Salto dismount</p> <p><b>LEVEL 7</b></p> <p>Layout Salto Series</p> <p>2 fwd flight (salto reqd)</p> <p>Dance pass 180° leap</p> <p>360° turn</p>
	Score:	

#	<p>_____ VP</p> <p>_____ CV _____ DV</p> <p>_____ SV</p> <p>Artistry→0.3</p> <p>Dynamics→0.2</p> <p>Acro/Dance Balance→0.2</p> <p>Distribution→0.1</p> <p>&gt;2 wolf/tuck (0.1) or &gt;2 straddle (0.1)</p> <p>Space &amp; Direction→0.1 each</p> <p>Acro Choice→0.2</p> <p>Lack of "B" Turn (0.2)</p> <p>Lack of "B" Salto (L8/9) 0.3</p> <p>Lack of "C" Salto (L10) 0.3</p> <p>&gt;1 leap/jump to prone (0.1each)</p> <p>Lack of Salto in 2 of 3 directions (0.1)</p> <p>bkwd and fwd or sdwd</p> <p>Execution/Amplitude</p>	<p><b>LEVEL 10</b></p> <p>2 salto series</p> <p>3 different saltos</p> <p>Dance pass 180°leap</p> <p>"C" Salto Dismount</p> <p><b>LEVEL 9</b></p> <p>2 salto series</p> <p>3 different saltos</p> <p>Dance pass 180°leap</p> <p>"B" Salto Dismount</p> <p><b>LEVEL 8</b></p> <p>2 salto series</p> <p>3 different saltos</p> <p>Dance pass 180°leap</p> <p>"A" Salto dismount</p> <p><b>LEVEL 7</b></p> <p>Layout Salto Series</p> <p>2 fwd flight (salto reqd)</p> <p>Dance pass 180° leap</p> <p>360° turn</p>
	Score:	

