
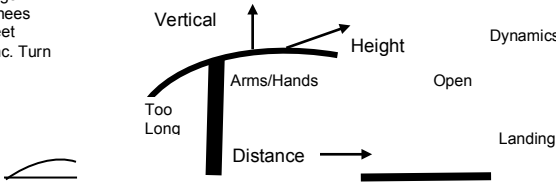




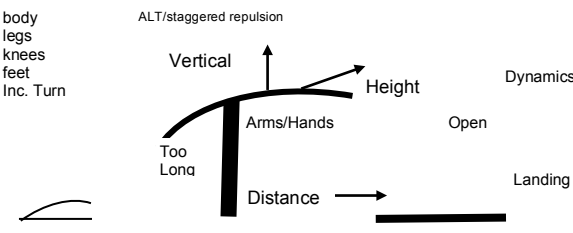








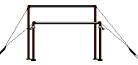


| Gymnast                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Team                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                    | Level 6<br>6 6  |  |
|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-----------------|--|
| Event                                                                                                   | Requirements                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Execution/Artistry                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Comments           | Score           |  |
|  <p><b>VAULT</b></p>   | Head on Table<br>Arch<br>Shoulder<br>Turn early<br><br>ALT/staggered repulsion<br>body<br>legs<br>knees<br>feet<br>Inc. Turn                                                                                                                                                                                                                                                                                                                                                                                      | body<br>legs<br>knees<br>Shoulder<br>Turn-late/exact/complete<br>Ins. Tuck,pike,stretch<br>Pike down<br>Direction<br><br>Vertical<br>Arms/Hands<br>Height<br>Dynamics<br>Open<br>Landing<br>Distance                                                                                                                                                                                                                                                                                                       | Vault<br>Brush/Hit | SV<br><br>Minus |  |
|                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                    |                 |  |
|  <p><b>BARS</b></p>    | <input type="checkbox"/> Cast min. horizontal<br><input type="checkbox"/> Min. of 1 bar change<br><input type="checkbox"/> 3, 6, 7 Clear Circle<br><input type="checkbox"/> Dismount min. of "A"<br><input type="checkbox"/> 5 A<br><input type="checkbox"/> 1 B<br><br>NO flight skills allowed from HB to LB or LB to HB                                                                                                                                                                                        | Rhythm           ↑ .20<br>Dynamics       ↑ .20<br><br><i>If circling element within 11°-20° of vertical - .05 for insuffic. amplitude of "C" circles does not apply</i><br><br>Only "A" and "B" elements allowed and one "C" element: clear hip circle handstand, back stalder or back pike sole circle to handstand<br><br>Casts must be performed w/in 20° for "B" value part. Horizontal or 45° cast performed count for SR <b>not</b> VP. ALL casts below 45° deduct 0.25-0.30 for insuffic. amplitude |                    | SV              |  |
|                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                    |                 |  |
|  <p><b>BEAM</b></p>  | <input type="checkbox"/> Acro element-Group 5, 6 or 7 (Both must start & finish on beam)<br><input type="checkbox"/> 180° split (leap or jump)<br><input type="checkbox"/> Min. of 360° turn on one foot (Isolated or in a series)<br><input type="checkbox"/> Min. of "A" dismount, with or w/out hand support<br><input type="checkbox"/> 5 A<br><input type="checkbox"/> 1 B                                                                                                                                   | Rhythm           ↑ .20<br>Artistry           ↑ .30<br>Dynamics       ↑ .20<br><br>Only "A" and "B" elements allowed. No "C" skills allowed – if performed or attempted will not receive VP or SR credit                                                                                                                                                                                                                                                                                                    | Time 1:15          | SV              |  |
|                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                    |                 |  |
|  <p><b>FLOOR</b></p> | <input type="checkbox"/> One Acro series (min.3 directly connected elements, with or without hand support/flight)<br><input type="checkbox"/> One acro element (bwd, fwd or swd) (Isolated or in 2nd series) (must be salto or aerial)<br><input type="checkbox"/> Dance passage w/ 2 different group1 elements (direct or indirect connect) 1 leap w/180 (cross or side split)<br><input type="checkbox"/> Min. 360 Turn (isolated or in series)<br><input type="checkbox"/> 5 A<br><input type="checkbox"/> 1 B | Rhythm           ↑ .20<br>Artistry           ↑ .30<br>Originality<br>Movement<br>Expression<br>Dynamics       ↑ .20<br><br>Only "A" and "B" elements allowed. No "C" skills allowed – if performed or attempted will not receive VP or SR credit                                                                                                                                                                                                                                                           | Time 1:15          | SV              |  |
|                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                    |                 |  |

Restricted elements = no Value-Part credit + 0.50 deduction from SV Missing Spec. Req. = 0.50




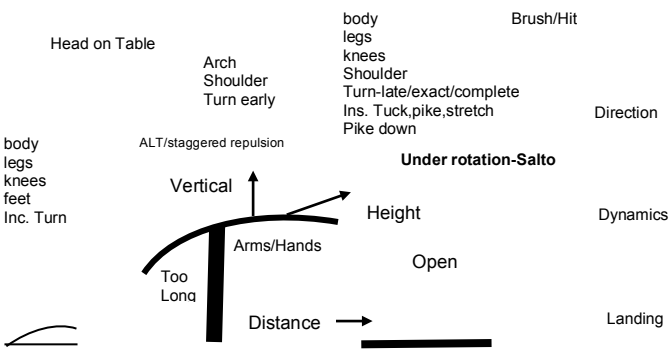



| Gymnast                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Team                                                                                                                                                                                                                                                                                                                                                  |            | Level 7 |  |
|---------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|---------|--|
| Event                                                                                                   | Requirements                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Execution/Artistry                                                                                                                                                                                                                                                                                                                                    | Comments   | Score   |  |
|  <p><b>VAULT</b></p>    | <p>Head on Table</p> <p>Arch<br/>Shoulder<br/>Turn early</p> <p>body<br/>legs<br/>knees<br/>feet<br/>Inc. Turn</p> <p>ALT/staggered repulsion</p>                                                                                                                                                                                                                                                                              | <p>body<br/>legs<br/>knees<br/>Shoulder<br/>Turn-late/exact/complete<br/>Ins. Tuck,pike,stretch<br/>Pike down</p> <p>Brush/Hit</p> <p>Direction</p> <p>Dynamics</p> <p>Open</p> <p>Landing</p>                                                                                                                                                        | Vault      | SV      |  |
|                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                       | Minus      |         |  |
|  <p><b>BARS</b></p>     | <input type="checkbox"/> Cast min. 45*<br><input type="checkbox"/> Circle (367)<br><input type="checkbox"/> 2 <sup>nd</sup> Circle (one circle must be a "B")<br><input type="checkbox"/> Dismount- Min. of "A"<br><input type="checkbox"/> 5 A<br><input type="checkbox"/> 2 B                                                                                                                                                                                                                                 | <p>Rhythm ↑ .20<br/>Dynamics ↑ .20</p> <p><i>If circling element within 11°-20° of vertical - .05 for insuffic. amplitude of "C" circles does not apply</i></p> <p>Casts must be performed w/in 20° for "B" value part. Horizontal or 45° cast performed count for SR <b>not</b> VP. ALL casts below 45° deduct 0.25-0.30 for insuffic. amplitude</p> | SV         |         |  |
|                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                       |            |         |  |
|  <p><b>BEAM</b></p>    | <input type="checkbox"/> Acro Series-min. of 2 "A's" or "B's" with or without flight, AND<br><input type="checkbox"/> 1 Acro flight element (may be included in series or isolated) (Both must start & finish on beam)<br><input type="checkbox"/> 180° split (leap or jump) (Isolated or in a series)<br><input type="checkbox"/> Min. of 360° turn (Isolated or in a series)<br><input type="checkbox"/> (Aerial/Salto) Dismount- Min. of "A"<br><input type="checkbox"/> 5 A<br><input type="checkbox"/> 2 B | <p>Rhythm ↑ .20<br/>Artistry ↑ .30<br/>Dynamics ↑ .20</p> <p>Only "A" and "B" elements plus ONE "C" Dance Element Allowed. (allowable "C" skill - award "B" VP Credit and SR if applicable)</p>                                                                                                                                                       | Time: 1:20 |         |  |
|                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                       | SV         |         |  |
|  <p><b>FLOOR</b></p> | <input type="checkbox"/> Acro series (min.3 directly connected flight elem -1back layout-2 feet)<br><input type="checkbox"/> 2 Element Front Acro Series w/ flight (1 must be salto or aerial)<br><input type="checkbox"/> Dance passage w/ min. of 2 <i>different</i> group1 elements (direct or indirect connect)<br>1 leap w/180 (cross/ side)<br><input type="checkbox"/> Min. 360 Turn (isolated or in series)<br><input type="checkbox"/> 5 A<br><input type="checkbox"/> 2 B                             | <p>Rhythm ↑ .20<br/>Artistry ↑ .30<br/>Originality<br/>Movement<br/>Expression<br/>Dynamics ↑ .20</p> <p>Only "A" and "B" elements plus ONE "C" Dance Element Allowed. (Allowable "C" element may be awarded "B" VP Credit and SR if applicable)</p>                                                                                                  | Time: 1:30 |         |  |
|                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                       | SV         |         |  |
| <p>Restricted elements = no Value-Part credit + 0.50 deduction from SV Missing Spec. Req. = 0.50</p>    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                       |            |         |  |



| Gymnast                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Team                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                  | Level 8 |
|----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|---------|
| Event                                                                                                                | Requirements/Composition                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Execution/Artistry/Comments                                                                                                                                                                                                                                                                                                                                                                                                                                            | Score                                                                            |         |
| <br><br><b>VAULT</b>                 | Head on Table<br>Arch Shoulder<br>Turn early<br>body legs knees feet Inc. Turn<br>ALT/staggered repulsion<br>Vertical<br>Arms/Hands<br>Too Long<br>Distance<br>Height<br>Open<br>Landing<br>Direction<br>Dynamics                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Vault<br>Spot =1.0<br>Must count 2 <sup>nd</sup> vault as final score                                                                                                                                                                                                                                                                                                                                                                                                  | SV                                                                               |         |
|                                                                                                                      | body legs knees feet Inc. Turn<br>ALT/staggered repulsion<br>Vertical<br>Arms/Hands<br>Too Long<br>Distance<br>Height<br>Open<br>Landing<br>Direction<br>Dynamics                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Brush/Hit<br>Turn-late/exact/complete<br>Ins. Tuck,pike,stretch<br>Pike down<br>Under rotation-Salto                                                                                                                                                                                                                                                                                                                                                                   | Spot =1.0<br>Must count 2 <sup>nd</sup> vault as final score                     | Minus   |
| <br><br><b>BARS</b>                  | <input type="checkbox"/> Min. 1 Bar Change<br>2 B elements-same or different-<br><input type="checkbox"/> One Flt or Turn (no mt/dm)<br><input type="checkbox"/> One Group 367<br><input type="checkbox"/> Min. "A" Dismount (salto/hecht)<br><input type="checkbox"/> 4 A<br><input type="checkbox"/> 4 B<br>1 restricted "C" element allowed in addition to allowable "C" skills (award "B" VP Credit and SR if applicable)<br>*Add'l Restricted Skills attempted or performed-0.5 [from SV] + no SR or VP awarded - chronologic order                                                                                                                                      | Distribution ↑.10<br>Uncharacteristic .10ea<br>¾ Giant Circle .10<br>Dynamics ↑.20<br><b>Choice</b> ↑.20<br>*Lack of Variety ↑.10<br>> than 1 before Mt ↑.20<br>Lack of vertical ↑.20<br>Rhythm ↑.20<br>If circling element within 11°-20° of vertical - .05 for insuffic. amplitude of "C" circles does not apply                                                                                                                                                     | Minus                                                                            |         |
|                                                                                                                      | <input type="checkbox"/> Min. 1 Bar Change<br>2 B elements-same or different-<br><input type="checkbox"/> One Flt or Turn (no mt/dm)<br><input type="checkbox"/> One Group 367<br><input type="checkbox"/> Min. "A" Dismount (salto/hecht)<br><input type="checkbox"/> 4 A<br><input type="checkbox"/> 4 B<br>1 restricted "C" element allowed in addition to allowable "C" skills (award "B" VP Credit and SR if applicable)<br>*Add'l Restricted Skills attempted or performed-0.5 [from SV] + no SR or VP awarded - chronologic order                                                                                                                                      | Distribution ↑.10<br>Uncharacteristic .10ea<br>¾ Giant Circle .10<br>Dynamics ↑.20<br><b>Choice</b> ↑.20<br>*Lack of Variety ↑.10<br>> than 1 before Mt ↑.20<br>Lack of vertical ↑.20<br>Rhythm ↑.20<br>If circling element within 11°-20° of vertical - .05 for insuffic. amplitude of "C" circles does not apply                                                                                                                                                     | SV                                                                               |         |
| Time: 1:30<br><br><br><b>BEAM</b>  | <input type="checkbox"/> 1 Series-min. 2 elements, 1 w/flight (must start & finish on beam)<br><input type="checkbox"/> Min. 360° Turn<br><input type="checkbox"/> Min. 180° split(leap/jump)<br><input type="checkbox"/> Aerial or salto dmt.- Min. of "A"<br><input type="checkbox"/> 4 A<br><input type="checkbox"/> 4 B<br>1 restricted "C" element allowed in addition to allowable "C" skills (award "B" VP Credit and SR if applicable)<br>*Add'l Restricted Skills attempted or performed-0.5 [from SV] + no SR or VP awarded - chronologic order                                                                                                                     | Acro Fwd/Bkwd/Side .10<br>-if only dm .05<br>Use of Beam Spatially ↑.10<br>Distribution ↑.10<br>Single elem dsmt (Min. Required Difficulty) .05<br>Level Changes ↑.10<br>Choreog. (direction) ↑.10<br>More than 2 pivot .10<br>Dance Variety(shape) .10ea<br>Acro variety ↑.10<br>Prone .10ea<br>Balance (acro/dance) ↑.10<br>Up to Level ↑.20<br>No Dance Series .20                                                                                                  | Rhythm ↑.20<br>Artistry ↑.30<br>Dynamics ↑.20                                    | Minus   |
|                                                                                                                      | <input type="checkbox"/> 1 Series-min. 2 elements, 1 w/flight (must start & finish on beam)<br><input type="checkbox"/> Min. 360° Turn<br><input type="checkbox"/> Min. 180° split(leap/jump)<br><input type="checkbox"/> Aerial or salto dmt.- Min. of "A"<br><input type="checkbox"/> 4 A<br><input type="checkbox"/> 4 B<br>1 restricted "C" element allowed in addition to allowable "C" skills (award "B" VP Credit and SR if applicable)<br>*Add'l Restricted Skills attempted or performed-0.5 [from SV] + no SR or VP awarded - chronologic order                                                                                                                     | Acro Fwd/Bkwd/Side .10<br>-if only dm .05<br>Use of Beam Spatially ↑.10<br>Distribution ↑.10<br>Single elem dsmt (Min. Required Difficulty) .05<br>Level Changes ↑.10<br>Choreog. (direction) ↑.10<br>More than 2 pivot .10<br>Dance Variety(shape) .10ea<br>Acro variety ↑.10<br>Prone .10ea<br>Balance (acro/dance) ↑.10<br>Up to Level ↑.20<br>No Dance Series .20                                                                                                  | Rhythm ↑.20<br>Artistry ↑.30<br>Dynamics ↑.20                                    | SV      |
| Time: 1:30<br><br><br><b>FLOOR</b> | <input type="checkbox"/> One Acro series w/ 2 saltos OR 2 directly connected saltos (same or diff.)<br><input type="checkbox"/> 3 Diff. Saltos (not aerials) within exercise<br><input type="checkbox"/> Dance passage w/ 2 different group1 elements (directly or indirectly connected) 1 leap w/180 (cross or side split)<br><input type="checkbox"/> Min. "A" Salto Dismount<br><input type="checkbox"/> 4 A<br><input type="checkbox"/> 4 B<br>1 restricted "C" element allowed in addition to allowable "C" skills (award "B" VP Credit and SR if applicable)<br>*Add'l Restricted Skills attempted or performed-0.5 [from SV] + no SR or VP awarded - chronologic order | Distribution ↑.10<br>Use of Floor Spatially ↑.10<br>Directionally ↑.10<br>Salto Bkwd/Fwd/Sdwd .10<br>Dance Variety .10ea<br>Prone .10ea<br>Balance(acro/dance) ↑.20<br>Not up to Level ↑.20<br>Lack of B turn .20<br>Lack of B Salto .30<br>1 restricted "C" element allowed in addition to allowable "C" skills (award "B" VP Credit and SR if applicable)<br>*Add'l Restricted Skills attempted or performed-0.5 [from SV] + no SR or VP awarded - chronologic order | Rhythm ↑.20<br>Artistry ↑.30<br>Originality/Movement/Expression<br>Dynamics ↑.20 | Minus   |
|                                                                                                                      | <input type="checkbox"/> One Acro series w/ 2 saltos OR 2 directly connected saltos (same or diff.)<br><input type="checkbox"/> 3 Diff. Saltos (not aerials) within exercise<br><input type="checkbox"/> Dance passage w/ 2 different group1 elements (directly or indirectly connected) 1 leap w/180 (cross or side split)<br><input type="checkbox"/> Min. "A" Salto Dismount<br><input type="checkbox"/> 4 A<br><input type="checkbox"/> 4 B<br>1 restricted "C" element allowed in addition to allowable "C" skills (award "B" VP Credit and SR if applicable)<br>*Add'l Restricted Skills attempted or performed-0.5 [from SV] + no SR or VP awarded - chronologic order | Distribution ↑.10<br>Use of Floor Spatially ↑.10<br>Directionally ↑.10<br>Salto Bkwd/Fwd/Sdwd .10<br>Dance Variety .10ea<br>Prone .10ea<br>Balance(acro/dance) ↑.20<br>Not up to Level ↑.20<br>Lack of B turn .20<br>Lack of B Salto .30<br>1 restricted "C" element allowed in addition to allowable "C" skills (award "B" VP Credit and SR if applicable)<br>*Add'l Restricted Skills attempted or performed-0.5 [from SV] + no SR or VP awarded - chronologic order | Rhythm ↑.20<br>Artistry ↑.30<br>Originality/Movement/Expression<br>Dynamics ↑.20 | SV      |


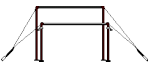


Restricted elements = no Value-Part credit + 0.50 deduction from SV Missing Spec. Req. = 0.50








| Gymnast                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Team                                                                                                                                                                                                                                                                                                                                                                   |                                                                                     | Level 9 |  |
|----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------|--|
| Event                                                                                                                | Requirements/Composition                                                                                                                                                                                                                                                                                                                                                                                                                                   | Bonus                                                                                                                                                                                                                                                                                                                                                                  | Execution/Artistry/Comments                                                         | Score   |  |
| <br><br><b>VAULT</b>                 |                                                                                                                                                                                                                                                                                                                                                                           | Brush/Hit<br>Direction<br>Dynamics<br>Landing                                                                                                                                                                                                                                                                                                                          | Vault                                                                               | SV      |  |
|                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                        | Minus                                                                               |         |  |
| <br><br><b>BARS</b>                  | <input type="checkbox"/> 2 Bar Changes<br><input type="checkbox"/> Min. 1 B Flight<br><input type="checkbox"/> 2 <sup>nd</sup> diff. flight OR turn-<br>Min. C (not in mt/dmt)<br><input type="checkbox"/> Min. "B" Dismount<br>(salto/hecht)<br><input type="checkbox"/> 3 A<br><input type="checkbox"/> 4 B<br><input type="checkbox"/> 1 C                                                                                                              | Distribution ↑.10<br>Direction Change ↑.10<br>(need 2 turns) no turn or only 1/1 -.10: 1/2<br>turn .05. (1/1 doesn't count)<br>Uncharacteristic .10ea<br>¾ Giant Circle .10<br><b>Choice</b> ↑.20<br>*Fwd/Bkwd .05<br>(circles/release-9/10)<br>*Balance(Pirouette/ft) ↑.10<br>*Lack of Variety ↑.10<br>Not up to Level ↑.20<br>> than 1 before Mt ↑.20                | Rhythm ↑ .20<br>Dynamics ↑ .20                                                      | Minus   |  |
|                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                        | Plus                                                                                |         |  |
|                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                        | SV                                                                                  |         |  |
| Time: 1:30<br><br><br><b>BEAM</b>  | <input type="checkbox"/> Acro Series-2 flight<br><input type="checkbox"/> 360° Turn<br><input type="checkbox"/> 180° split (leap/jump)<br><input type="checkbox"/> Min. "B" Dismount<br>(aerial/salto)<br><input type="checkbox"/> 3 A<br><input type="checkbox"/> 4 B<br><input type="checkbox"/> 1 C                                                                                                                                                     | Acro Fwd/Bkwd/Side .10<br>-if only dm .05<br>Use of Beam-Spatially ↑.10<br>Distribution ↑.10<br>Single elem dsmt (Min. Required Difficulty) .05<br>Level Changes ↑.10<br>Choreog. (direction) ↑.10<br>More than 2 pivot .10<br>Dance Variety (shape) .10ea<br>Acro variety ↑.10<br>Prone .10ea<br>Balance (acro/dance) ↑.10<br>Up to Level ↑.20<br>No Dance Series .20 | Rhythm ↑ .20<br>Artistry ↑ .30<br>Dynamics ↑ .20                                    | Minus   |  |
|                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                        | Plus                                                                                |         |  |
|                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                        | SV                                                                                  |         |  |
| Time: 1:30<br><br><br><b>FLOOR</b> | <input type="checkbox"/> One Acro series w/ 2 saltos OR 2 dir. connected saltos (same or diff.)<br><input type="checkbox"/> 3 Diff Saltos (no aerials)<br><input type="checkbox"/> Dance passage w/ 2 different group 1 elements (directly or indirectly connected) 1 leap w/180 (cross or side split)<br><input type="checkbox"/> Min. "B" Salto Dismount<br><input type="checkbox"/> 3 A<br><input type="checkbox"/> 4 B<br><input type="checkbox"/> 1 C | Distribution ↑.10<br>Use of Floor Spatially ↑.10<br>Directionally ↑.10<br>Salto (Bkwd/Fwd/Sdwd) .10<br>Dance Variety .10ea<br>Prone .10ea<br>Balance (acro/dance) ↑.20<br>Not up to Level ↑.20<br>Lack of B turn .20<br>Lack of B Salto .30                                                                                                                            | Rhythm ↑ .20<br>Artistry ↑ .30<br>Originality/Movement/Expression<br>Dynamics ↑ .20 | Minus   |  |
|                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                        | Plus                                                                                |         |  |
|                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                        | SV                                                                                  |         |  |

Restricted elements = no Value-Part credit + 0.50 deduction from SV Missing Spec. Req. = 0.50







| Gymnast                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                      | Team                                                                                                                                                                                                                                                                                                                                                                   |                                                                               | Level 10 |       |
|---------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|----------|-------|
| Event                                                                                                               | Requirements/Composition                                                                                                                                                                                                                                                                                                                                                                                                             | Bonus                                                                                                                                                                                                                                                                                                                                                                  | Execution/Artistry/Comments                                                   |          | Score |
| <br><br><b>VAULT</b>                | Head on Table<br>Arch Shoulder<br>Turn early<br>body legs knees feet Inc. Turn<br>ALT/staggered repulsion<br>Vertical<br>Arms/Hands<br>Too Long<br>Distance                                                                                                                                                                                                                                                                          | Brush/Hit<br>Direction<br>Dynamics<br>Landing                                                                                                                                                                                                                                                                                                                          | Vault                                                                         |          | SV    |
|                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                        |                                                                               |          | Bonus |
|                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                        |                                                                               |          | Minus |
|                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                        |                                                                               |          |       |
| <br><br><b>BARS</b>                 | <input type="checkbox"/> Min. 1 C Turn (min 180) (Not in mt/dmt)<br><input type="checkbox"/> Min. 1 C Flight<br><input type="checkbox"/> 2 <sup>nd</sup> diff. flight, min. B<br><input type="checkbox"/> Dismount Min. "C"<br><input type="checkbox"/> 3 A<br><input type="checkbox"/> 3 B<br><input type="checkbox"/> 2 C                                                                                                          | Distribution ↑.10<br>Direction Change-need 2 turns ↑.10<br>Uncharacteristic .10ea<br>Squat on LB (> one) .10ea<br>3/4 Giant Circle .10<br><b>Choice</b> ↑.20<br>*Fwd/Bkwd .05<br>(circles/release-9/10)<br>*Balance (Pirouette/fit) ↑.10<br>*Lack of Variety ↑.10<br>Not up to Level ↑.20<br>> than 1 before Mt ↑.20<br>< 2 bar changes .20                            | Rhythm ↑.20<br>Dynamics ↑.20                                                  |          | Minus |
|                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                        |                                                                               |          | Plus  |
|                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                        |                                                                               |          | SV    |
|                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                        |                                                                               |          |       |
| Time: 1:30<br><br><br><b>BEAM</b> | <input type="checkbox"/> Acro Series- 2 flight elements, min. of 1 C; also E (flight) +A (non-flight)<br><input type="checkbox"/> 360° Turn<br><input type="checkbox"/> 180° split (leap or jump)<br><input type="checkbox"/> Dmt.-Min. "C" or "B" w/ "C" con. (aerial/salto)<br><input type="checkbox"/> 3 A<br><input type="checkbox"/> 3 B<br><input type="checkbox"/> 2 C                                                        | Acro Fwd/Bkwd/Side .10<br>-if only dm .05<br>Use of Beam-Spatially ↑.10<br>Distribution ↑.10<br>Single elem dsmt (Min. Required Difficulty) .05<br>Level Changes ↑.10<br>Choreog. (direction) ↑.10<br>More than 2 pivot .10<br>Dance Variety(shape) .10ea<br>Acro variety ↑.10<br>Prone .10 ea<br>Balance (acro/dance) ↑.10<br>No Dance Series .20<br>Up to Level ↑.20 | Rhythm ↑.20<br>Artistry ↑.30<br>Dynamics ↑.20                                 |          | Minus |
|                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                        |                                                                               |          | Plus  |
|                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                        |                                                                               |          | SV    |
|                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                        |                                                                               |          |       |
| <br><br><b>FLOOR</b>              | <input type="checkbox"/> Acro series w/ 2 saltos OR 2 directly connect. saltos (same or diff.)<br><input type="checkbox"/> Three Diff Saltos (no aerials)<br><input type="checkbox"/> Dance passage w/ 2 different group1 elements (dir/ind connected) 1 leap w/180 (cross/side)<br><input type="checkbox"/> Min. "C" Salto Dismount<br><input type="checkbox"/> 3 A<br><input type="checkbox"/> 3 B<br><input type="checkbox"/> 2 C | Distribution ↑.10<br>Use of Floor Spatially ↑.10<br>Directionally ↑.10<br>Salto Bkwd/Fwd/Sdwd .10<br>Dance Variety(shape) .10ea<br>Prone .10ea<br>Balance (acro/dance) ↑.20<br>Not up to Level ↑.20<br>Lack of B turn .20<br>Lack of C Salto .30                                                                                                                       | Rhythm ↑.20<br>Artistry ↑.30<br>Originality/Movement/Expression Dynamics ↑.20 |          | Minus |
|                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                        |                                                                               |          | Plus  |
|                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                        |                                                                               |          | SV    |
|                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                        |                                                                               |          |       |


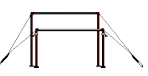




| Gymnast                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Team                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Bronze                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                        |
|--------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|
| Event                                                                                                  | Requirements/Composition                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Execution/Artistry/Comments                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Score                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                        |
| <br><br><b>VAULT</b>   | <p><i>Option 1 (9.0):</i><br/>           1A (4.5) Stretch Jump onto min. of 16" (+/-1") mat AND<br/>           1B (4.5) Kick to Handstand (hands placed board or mat) to flat back</p> <p><u>Vault 1A</u><br/>           Extra bounces .3 ea<br/>           Run – no touch board (3 x) 0<br/>           Touch board or Mat w/o Vault Void<br/>           Height ↑.5 / Pike ↑.5 / Tuck ↑.5<br/>           Arch ↑.3 / Arm/Head Align ↑.3<br/>           Legs Separated ↑.2 / Foot form ↑.1<br/>           Landing ↑.5<br/>           Dynamics ↑.3</p> <p><u>Vault 1B</u><br/>           Arms to ears/reach ↑.2<br/>           Lever action ↑.1<br/>           Extra kick to handstand 0.5 ea<br/>           Arms Bent ↑.5 / Legs Bent ↑.3<br/>           Legs Separated ↑.2<br/>           Steps/hops on hands .1 ea<br/>           Incorr align in handstand ↑.5<br/>           Shoulder &lt; ↑.3 / Arch ↑.3/ Pike ↑.5<br/>           Poor foot form ↑.1<br/>           Roll (no vert) ↑2.0<br/>           Fail to finish strt lying pos. ↑1.0</p> | <p><i>Option 2 (10.0)</i></p> <p>Jump to Handstand- fall to flat back on min. of 16" (+/-1") mat (no repulsion required).</p> <p>Pike ↑.5<br/>           Arch ↑.3 / Legs bent ↑.3<br/>           Legs separated ↑.2<br/>           Poor foot form ↑.1<br/>           Head align ↑.1<br/>           No vertical/return to board <b>Void</b><br/>           Arms Bent ↑.5<br/>           Arms Bent / Head touch 2.0<br/>           Steps/hops on hands .1ea<br/>           Shoulder align ↑.3<br/>           Roll (no vert) ↑2.0<br/> <b>Contact after vertical ↑1.0</b><br/>           Fail to finish strt lying pos. ↑1.0</p> <ul style="list-style-type: none"> <li>• Land seat in pike .5</li> <li>• Lands arch/bent legs ↑.5</li> <li>• lands on feet steps off 1.0</li> </ul> <p>not both hands 3.0<br/>           ( layout or touches 1 hand)<br/>           Direction ↑.3 / Dynamics ↑.3</p> | <p>Alternative Springboard App. allowed<br/>           Spot on landing 0.5<br/>           Spot during any other phase 1.0<br/>           Max Spot deduction 1.5<br/> <b>Incorrect vault VOID</b></p> <p>1. Min. 16 mat - up to 135cm (~53") No repulsion required<br/>           May do each Bronze Vault once if mat change not more than 8"</p> <p>2. Mat stack min.16" →53"</p>  | SV 10.0                |
|                                                                                                        | <br><br><b>BARS</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <input type="checkbox"/> Min. 4 "A" skills<br><input type="checkbox"/> Cast – hips leave<br><input type="checkbox"/> Circle – no mt/dis<br><input type="checkbox"/> Dismount<br><u>Difficult Restr. (.5 each)</u><br>No "B" or higher VP<br>No HB skills<br>No Salto dismounts                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <p>JO cast angles do not apply</p> <p>DYNAMICS ↑.2</p> <p>No Xtra Swing ded.</p>                                                                                                                                                                                                                                                                                                                                                                                      | <p>Minus</p> <p>SV</p> |
| <br><br><b>BEAM</b>  | <input type="checkbox"/> ½ turn – 1 or 2 f<br><input type="checkbox"/> One Jump/Leap (no mt/dis)<br><input type="checkbox"/> Non-flight Acro<br><input type="checkbox"/> Dismount (no salto/aerial)<br><u>Difficult Restr. (.5 each)</u><br>No "B" or higher VP<br>No Salto or Aerial dismt<br>No Walkovers                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <p>FEET ↑.2<br/>           POSTURE ↑.3<br/>           RHYTHM ↑.2<br/>           SURENESS ↑.2<br/>           ARTISTRY ↑.3<br/>           DYNAMICS ↑.2<br/>           Handstds–same no hold req.<br/>           Leaps/Jumps - w/in 20° ↑.2<br/>           ^ / - jump 180° = "A"</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <p>Time: 45 sec.</p> <p>Minus</p> <p>SV</p>                                                                                                                                                                                                                                                                                                                                                                                                                           |                        |
| <br><br><b>FLOOR</b> | <input type="checkbox"/> Min. 2 skill acro conn. w/wo flight<br><input type="checkbox"/> 2 <sup>nd</sup> pass with 1acro skill w/wo flight<br><input type="checkbox"/> Dance Pass 60°<br><input type="checkbox"/> Min. ½ turn on 1 foot<br><u>Difficult Restr. (.5 each)</u><br>No "B" or higher VP<br>No Salto or Aerials<br>Max. 2 flight skills                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <p>FEET ↑.2<br/>           POSTURE ↑.3<br/>           MUSIC/MOVE ↑.2<br/>           ARTISTRY ↑.3<br/>           DYNAMICS ↑.2<br/>           Dive roll no flight<br/>           Roundoff - back roll ok at Bronze/Silver/Gold<br/>           Jump/Leap w/in 20-↑.2<br/>           Straddle jump/side leap="A"</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <p>Time: 45 sec.</p> <p>Minus</p> <p>SV</p>                                                                                                                                                                                                                                                                                                                                                                                                                           |                        |
| <p>Unallowable skill -.5 Missing Special Requirement -.5 Warm Up Time = 30 seconds</p>                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                        |




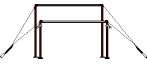


| Gymnast                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                    | Team                                                                                                                                                                                                               | Silver                       |
|--------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| Event                                                                                                  | Requirements/Composition                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                    | Execution/Artistry/Comments                                                                                                                                                                                        | Score                        |
| <br><br><b>VAULT</b>   | <p>Head on Table<br/>No hands One hand</p> <p>body legs feet Head</p> <p>body legs feet Head</p> <p>body legs feet Head</p>                                                                                                                                                                                                                                                                                           | <p>Brush/Hit</p> <p>Direction</p> <p>Dynamics</p> <p>Landing</p>                                                                                                                                   | <p><b>Vault – Handspring to Table – Flat Back w/ Repulsion Stretch Jump (5.0), Kick to Hstd and fall to flat back (4.5)</b></p> <p><b>NO STING MAT ON TABLE MAT STACK BEHIND TABLE = 8” +/- 2” above table</b></p> | <p>SV 10.0</p> <p>SV 9.5</p> |
| <br><br><b>BARS</b>    | <ul style="list-style-type: none"> <li><input type="checkbox"/> Min. 5 “A” skills</li> <li><input type="checkbox"/> Cast – 45° ↓ horizontal</li> <li><input type="checkbox"/> Circle – no mt/dis</li> <li><input type="checkbox"/> Dismount</li> </ul> <p><u>Diff. Restr. (.5 each)</u><br/>No “B” or higher VP<br/>No Giants LB or HB<br/>No Salto dismounts</p>                                                     | <p>Same circle skill LB/HB = Different</p> <p>JO cast angles do not apply</p> <p>DYNAMICS ↑.2</p>                                                                                                  |                                                                                                                                                                                                                    | <p>Minus</p> <p>SV</p>       |
| <br><br><b>BEAM</b>  | <ul style="list-style-type: none"> <li><input type="checkbox"/> Min. ½ turn – 1 ft</li> <li><input type="checkbox"/> Jump/Leap 90°</li> <li><input type="checkbox"/> Acro Skill Non-Flight</li> <li><input type="checkbox"/> Dismount</li> </ul> <p><u>Difficult Restr. (.5 each)</u><br/>No “B” or higher Acro VP<br/>No “C” VP<br/>“B” Dance VP okay</p>                                                            | <p>FEET ↑.2<br/>POSTURE ↑.3<br/>RHYTHM ↑.2<br/>SURENESS ↑.2<br/>ARTISTRY ↑.3<br/>DYNAMICS ↑.2</p> <p>Handstds–same no hold req.<br/>Leaps/Jumps – w/in 20° ↑.2</p>                                 | <p>Time: 50 sec</p>                                                                                                                                                                                                | <p>Minus</p> <p>SV</p>       |
| <br><br><b>FLOOR</b> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Min. 2 skill acro Conn.– 1 w/ flight</li> <li><input type="checkbox"/> 2nd Acro conn. w/wo flight OR 1 flight skill</li> <li><input type="checkbox"/> Dance Pass 90°</li> <li><input type="checkbox"/> Min. 1/1 turn on 1 foot</li> </ul> <p><u>Difficult Restr. (.5 each)</u><br/>Max. 1 salto/aerial<br/>No “B” Acro VP<br/>No “C” or higher VP</p> | <p>FEET ↑.2<br/>POSTURE ↑.3<br/>MUSIC/MOVE ↑.2<br/>ARTISTRY ↑.3<br/>DYNAMICS ↑.2<br/>Dive roll no flight<br/>Roundoff - back<br/>Roll / ext. ok at Bonze/Silver/Gold<br/>Jump/Leap w/in 20-↑.2</p> | <p>Time: 1:00</p>                                                                                                                                                                                                  | <p>Minus</p> <p>SV</p>       |
| <p>Unallowable skill -.5 Missing Special Requirement -.5 Warm Up Time = 45 seconds</p>                 |                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                    |                                                                                                                                                                                                                    |                              |




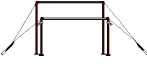


| Gymnast                                                                                                |                                                                                                                                                                                                                                                                                                                                                                     | Team |                                                                                                                                                                                                                                                | Gold |                                   |
|--------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|-----------------------------------|
| Event                                                                                                  | Requirements/Composition                                                                                                                                                                                                                                                                                                                                            |      | Execution/Artistry/Comments                                                                                                                                                                                                                    |      | Score                             |
| <br><br><b>VAULT</b>   | Head on Table<br>Arch<br>Shoulder<br>Turn early<br>body<br>legs<br>knees<br>Shoulder<br>Turn-late/exact/complete<br>Ins. Tuck,pike,stretch<br>Under rotation-Salto<br>Height<br>Arms/Hands<br>Length<br>Too long<br>body<br>legs<br>knees<br>feet<br>Inc. Turn<br>Direction<br>Dynamics<br>Landing<br>Pike down<br>Extension<br>Late completion                     |      | Vault<br>Brush/Hit<br>Direction<br>Dynamics<br>Landing                                                                                                                                                                                         |      | SV<br>10                          |
|                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                     |      | <b>GOLD - Use of alternate springboard - 9.5 SV</b>                                                                                                                                                                                            |      |                                   |
| <br><br><b>BARS</b>    | <input type="checkbox"/> Min. 6 "A" skills<br><input type="checkbox"/> Cast – horizontal<br><input type="checkbox"/> Circle – no mt/dis<br><input type="checkbox"/> Dismount HB<br><u>Difficult Restr. (.5 each)</u><br>No "C" or higher VP<br>No Giants<br>No Release Moves w/<br>bar change<br><br><i>No clear hip angle deductions</i><br><i>NO X swing ded.</i> |      | Same circle skill LB/HB = Different<br><br>JO cast angles do not apply<br><br>DYNAMICS ↑.2<br><br>Casts: no amp ded<br>0-20 from vertical-B VP/SR<br>21-90 from vertical A VP/SR<br>1-45 BELOW horiz. A VP/no SR<br>> 45 below horiz. NO VP/SR |      | Minus<br><br>SV                   |
|                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                     |      |                                                                                                                                                                                                                                                |      |                                   |
|                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                     |      |                                                                                                                                                                                                                                                |      |                                   |
| <br><br><b>BEAM</b>  | <input type="checkbox"/> Min. 1/1 turn<br><input type="checkbox"/> Jump/Leap 90° AND Dance Series<br><input type="checkbox"/> Two Acro – one vertical<br><input type="checkbox"/> Dismount<br><u>Difficult Restr. (.5 each)</u><br>No "C" or higher VP<br><br><i>All Acro Skills must start and finish on beam</i>                                                  |      | FEET ↑.2<br>POSTURE ↑.3<br>RHYTHM ↑.2<br>SURENESS ↑.2<br>ARTISTRY ↑.3<br>DYNAMICS ↑.2<br><br>Handstds–regardless of angle, are considered same and no hold req.<br>Leaps/Jumps – w/in 20° ↑.2                                                  |      | Time: 1:00<br><br>Minus<br><br>SV |
|                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                     |      |                                                                                                                                                                                                                                                |      |                                   |
|                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                     |      |                                                                                                                                                                                                                                                |      |                                   |
| <br><br><b>FLOOR</b> | <input type="checkbox"/> Min. 2 skill Acro Conn. w/flight<br><input type="checkbox"/> 2nd Acro conn. w/ flight OR Salto/Aerial(isolated)<br><input type="checkbox"/> Dance Pass 120°<br><input type="checkbox"/> Min.1/1 turn on 1 foot<br><u>Difficult Restr. (.5 each)</u><br>No "B" saltos<br>No "C" or higher VP                                                |      | FEET ↑.2<br>POSTURE ↑.3<br>MUSIC/MOVE↑.2<br>ARTISTRY ↑.3<br>DYNAMICS ↑.2<br>Dive roll no flight<br>Roundoff - back<br>Roll / ext. ok at Bonze/Silver/Gold<br>Jump/Leap w/in 20-↑.2                                                             |      | Time: 1:00<br><br>Minus<br><br>SV |
|                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                     |      |                                                                                                                                                                                                                                                |      |                                   |
|                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                     |      |                                                                                                                                                                                                                                                |      |                                   |
| Unallowable skill -.5    Missing Special Requirement -.5    Warm Up Time = 1:00                        |                                                                                                                                                                                                                                                                                                                                                                     |      |                                                                                                                                                                                                                                                |      |                                   |





| Gymnast                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                      | Team                                                                                                                                                    |            | Platinum   |    |
|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|------------|------------|----|
| Event                                                                                                  | Requirements/Composition                                                                                                                                                                                                                                                                                                                                                                                             | Execution/Artistry/Comments                                                                                                                             |            | Score      |    |
| <br><br><b>VAULT</b>   | <p>Head on Table</p> <p>Arch<br/>Shoulder<br/>Turn early</p> <p>body<br/>legs<br/>knees<br/>Shoulder<br/>Turn-late/exact/complete<br/>Ins. Tuck,pike,stretch</p> <p>body<br/>legs<br/>knees<br/>feet<br/>Inc. Turn</p> <p>Too long</p> <p>Arms/Hands</p> <p>Height</p> <p>Length</p> <p>Brush/Hit</p> <p>Direction</p> <p>Under rotation-Salto</p> <p>Pike down<br/>Extension<br/>Late completion</p> <p>Landing</p> | Vault                                                                                                                                                   |            | SV<br>10.0 |    |
| <br><br><b>BARS</b>    | <input type="checkbox"/> Cast above horizontal<br><input type="checkbox"/> Circle skill – no mt/dis<br><input type="checkbox"/> Kip<br><input type="checkbox"/> Dismount – HB<br><br>Value Parts: 6 “A”, 1 “B”<br>1 Tap/Counter = “A”<br>Cast 89’ – 21’ = “A”<br><br><u>Difficult Restr. (.5 each)</u><br>No “C”s Except Clear Hip<br>Handstand                                                                      | Same circle skill LB/HB = Different<br><br>JO cast angles do not apply<br><br>LH Pullover only circling skill if preceded by a cast<br><br>DYNAMICS ↑.2 |            | Minus      | SV |
| <br><br><b>BEAM</b>  | <input type="checkbox"/> Min. 1/1 turn<br><input type="checkbox"/> Jump/Leap 120° AND Dance Series<br><input type="checkbox"/> 1 Acro flight OR Acro series (w or wo flight)<br><input type="checkbox"/> Dismount<br><br>Value Parts: 6 “A”, 1 “B”<br><br><u>Difficult Restr. (.5 each)</u><br>No “C” Acro<br>No “D” or higher VP                                                                                    | FEET ↑.2<br>POSTURE ↑.3<br>RHYTHM ↑.2<br>SURENESS ↑.2<br>ARTISTRY ↑.3<br>DYNAMICS ↑.2<br><br>Handstds–same no hold req.<br>Leaps/Jumps – w/in 20° ↑.2   | Time: 1:15 | Minus      | SV |
| <br><br><b>FLOOR</b> | <input type="checkbox"/> <b>Min. 2 skill acro conn w/flight – w/ A/B salto</b><br><input type="checkbox"/> <b>2nd Acro conn. w/ flight OR isolated “B”Salto</b><br><input type="checkbox"/> <b>Dance Pass 150°</b><br><input type="checkbox"/> <b>Min. 1/1 turn on 1 foot</b><br><br>Value Parts: 6 “A”, 1 “B”<br><u>Difficult. Restr. (.5 each)</u><br>No “C” Acro VP<br>No “D” or higher VP                        | FEET ↑.2<br>POSTURE ↑.3<br>MUSIC/MOVE↑.2<br>ARTISTRY ↑.3<br>DYNAMICS ↑.2<br>Dive roll no flight<br><br>Jump/Leap w/in 20-↑.2                            | Time: 1:30 | Minus      | SV |
| Unallowable skill -.5    Missing Special Requirement -.5    Warm Up Time = 1:30                        |                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                         |            |            |    |



| Gymnast                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                      | Team                                                                                                                                              |            | Diamond             |                 |
|--------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|------------|---------------------|-----------------|
| Event                                                                                                  | Requirements/Composition                                                                                                                                                                                                                                                                                                                                                                                                             | Execution/Artistry/Comments                                                                                                                       |            | Score               |                 |
| <br><br><b>VAULT</b>   | <p>Head on Table</p> <p>Arch<br/>Shoulder<br/>Turn early</p> <p>body<br/>legs<br/>knees<br/>Shoulder<br/>Turn-late/exact/complete<br/>Ins. Tuck,pike,stretch</p> <p>body<br/>legs<br/>knees<br/>feet<br/>Inc. Turn</p> <p>Too long</p> <p>Arms/Hands</p> <p>Height</p> <p>Length</p> <p>Brush/Hit</p> <p>Direction</p> <p>Under rotation-Salto</p> <p>Pike down<br/>Extension<br/>Late completion</p> <p>Dynamics</p> <p>Landing</p> | Vault                                                                                                                                             |            | SV                  |                 |
| <br><br><b>BARS</b>    | <input type="checkbox"/> Cast to 45° or more<br><input type="checkbox"/> Min. "B" circle skill<br><input type="checkbox"/> Release/pirouette/ 2nd diff. circle, min. "B"<br><input type="checkbox"/> Salto Dismt – HB<br><br>Value Parts: 5 "A", 2 "B"<br><i>Exception: cast 45'-21' from vertical = "A" VP</i><br><u>Difficult Restr. (.5 each)</u><br>Max 1 "D" without penalty<br>No "E"s                                         | Same circle skill LB/HB = Different<br><br>JO cast angles do not apply<br><br>DYNAMICS ↑.2                                                        |            |                     | Minus<br><br>SV |
| <br><br><b>BEAM</b>  | <input type="checkbox"/> Min. 1/1 turn<br><input type="checkbox"/> Jump/Leap 150° AND DanceSeries<br><input type="checkbox"/> 1 Acro flight AND Acro series (w/wo flight)<br><input type="checkbox"/> Dismount (salto/aerial)<br><br>Value Parts: 5 "A", 2 "B"<br><br><u>Difficult Restr. (.5 each)</u><br>Max 1 "D" without penalty<br>No "E"s                                                                                      | FEET ↑.2<br>POSTURE ↑.3<br>RHYTHM ↑.2<br>SURENESS ↑.2<br>ARTISTRY ↑.3<br>DYNAMICS ↑.2<br>Handstds–same no hold req.<br>Leaps/Jumps – w/in 20° ↑.2 | Time: 1:15 |                     | Minus<br><br>SV |
| <br><br><b>FLOOR</b> | <input type="checkbox"/> Two separate acro connections each with a min. or 2 dir conn acro flight skills<br><input type="checkbox"/> Two different saltos in routine- one must be "B"<br><input type="checkbox"/> Dance Pass 150°<br><input type="checkbox"/> Min. "B" turn – 1 ft<br><br>Value Parts: 5 "A", 2 "B"<br><u>Difficult Restr. (.5 each)</u><br>Max 1 "D" without penalty<br>No "E"s                                     | FEET ↑.2<br>POSTURE ↑.3<br>MUSIC/MOVE↑.2<br>ARTISTRY ↑.3<br>DYNAMICS ↑.2<br>Dive roll no flight<br>Jump/Leap w/in 20-↑.2                          | Time: 1:30 |                     | Minus<br><br>SV |
| Unallowable skill -.5                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                      | Missing Special Requirement -.5                                                                                                                   |            | Warm Up Time = 1:30 |                 |