

## OPTIONALS - **COMPOSITION** LEVELS 8-10

### Clarifications from Connie Maloney, July 28, 2013 USAG WA State Clinic (notes by L. Bjella)

Composition – look to the highest level that is attainable. What is expected at that highest level? For Level 8's – it is Regionals, Westerns for Level 9 and Nationals for the Level 10's.

#### **LEVEL 9/10**

**Distribution** up to .1

High points – not all will be at the end/beginning of a routine.

Level 9's will have C's and D's. They don't need to have a D at the very end but the dismount should be one of the high points of the exercise or part of a combo.

We also look if there are too many A's in a row.

Bars- giant full to double back tucked at **Level 10** is ok distribution but if she does giant, giant, double back, there will be a .1 distribution deduction. (Level 8's will be doing it!) Level 9 will not get a distribution deduction.

Level 10 Bars distribution – also look at different combos/connections or if the high points are isolated.

BEAM Level 9 - .05 for doing a single B skill dismount – even though it meets the Special Requirement.

Level 10 - .05 for doing a single C skill dismount

#### **Changes in Direction**

Beam – we want to see dancing in different directions. Forward, backward, sideward choreography. (There is also a deduction for doing acro's in only one direction.)

Bars – want the gymnast facing different directions. Look at direction clarification in Code of Points. Expect to do two ½ turns for no direction deduction at Levels 9 and 10. A full turn is NOT a change in direction. Dismounts and mounts do not count. (Giant full and no other turns will be -.1. A handstand ½ and a bail will get no deduction.)

**Rhythm** – Beam and Floor -quick, slow, flow, softness, etc. We want to see changes in the rhythm of the choreography versus the rhythm of breaking connections.

**¾ Front Giant:** this is not an element and it will get a .1 deduction and it will break any connection. If it is only to under horizontal it will get an additional .1 for swing under horizontal. Plus any execution errors will be deducted.

#### **BARS - Balance of pirouettes and releases – up to .1**

Level 9 only needs one release. If she has the one release and no pirouettes – deduct .1. Key – if it is one sided, deduct .1. (Level 10: if she has the 2 releases and no pirouettes -.1)

NOTE: Bars – the gymnast has lots of added difficulty but poorly done – should not outscore a girl with required difficulty with excellent execution.

#### **Choice of Release Level**

**Level 10** – Up to .2. If gymnast does a C and a B release – deduct .2 (Refer to Code of Points)

Only one release – deduct .2 (Even if she attempts 2<sup>nd</sup> release move of D but doesn't touch bar.)

Two C release moves is -.1. At level 10, as per Code of Points, they expect to see two D release moves for no deduction.

A bail to handstand is D. It is same as doing a Geinger or Tkatchev.

Level 9 Bars – watch for the two bar changes – it is a special requirement and easy to miss. It is a composition deduction for Level 10.

**Beam and Floor: Balance between acro's and dance - up to .2**

Level 8 – we don't want all B acro's and A dance elements, or a ton of acro and little dance. Same for the Levels 9 and 10 – if all high level of acro's and simple dance (or vice versa) there will be a balance deduction.

**LEVEL 8**

**Bars** - Do NOT expect to see C skills. Do NOT deduct for not having C skills.

**Distribution** – Simple A dismount like a sole circle full twist versus good developmental dismounts will get a distribution deduction.

All B elements separated by A's with no combinations will get a deduction.

Deduction of .05 for single "A" dismount.

**Lack of Variety** – If just using two basic B's performed twice each (2 cast to handstands and 2 clear hip circles) deduct for lack of variety.

**Lack of elements that achieve or pass through vertical** up to .2. This would be deducted for a really weak Level 8 routine that doesn't have giants, cast to handstands, etc. Has a clear hip on the low bar and one on the high bar.

She can't go through vertical - take the .2.

Connie commented that she doesn't often take composition for Level 8 bars.

Remember that there is not a cast deduction to the cast before a bail or a peach. HOWEVER, if the girl does a cast that results in a big pike – deduct for body shape. They can control the bail by the body shape versus the big pike.