

| GENERAL  |  |   |  |
|--|--|---|--|
| BRONZE   | SILVER   | GOLD  | PLATINUM   |
| Levels 1, 2 & 3 (closed to L 4 & up)<br>Must have reached 4th b/day<br>Level 1-5 elements/"A" VPs  | Levels 2-5 (closed to Level 1's & those who have attained a 31.00 AA at L 5.)<br>Must have reached 5th b/day<br>Level 2-6 elements/"A" VPs   | Levels 5 & 6 - Must have attained 31 AA at L 5 (closed to those who attained a 31 AA at L6)<br>Must have reached 7th b/day<br>L 5 & 6 elements/"A" VPs/"B" dance VPs  | Levels 5 & up - Must have attained a 31.00 AA at Level 5<br>Must have reached 7th b/day<br>"A" or "B" VPs  |
| <p>☛ All levels must do four SR's on all events - 0.50 each SV = 10.0<br/>BB/FX - S/G/P 4 of 6 SR required<br/>An element/VP or series/connection can only be used to fulfill one SR</p> <p>☛ From SV deduct<br/>0.50 missing SR<br/>0.30 no dismount/unallowable dismount<br/>0.50 + no SR for unallowable VP</p> <p>☛ NO compositional deductions</p> <p>☛ Warm-ups: Bronze - 30 seconds Silver, Gold, &amp; Platinum - 1 minute</p> <p>☛ No short routine-Bronze &amp; Silver Gold &amp; Platinum BB &amp; FX must be 30 sec or ↑</p> |  | <p>☛ Follow execution, technique, &amp; amplitude deductions from JO Code of Points, unless otherwise specified</p> <p>☛ L 1 elements will only receive SR IN BRONZE. L 1-4 will not receive SR in Gold &amp; Platinum. L 1-6 will not receive SR in Platinum</p> <p>☛ All compulsory elements must be performed as written in compulsory</p> <p>☛ Compulsory deductions will be applied ONLY if element is not in Code of Points</p> <p>☛ Artistry: ↑0.30 (BB &amp; FX)</p> <p>☛ Dynamics: ↑0.20 (UB, BB &amp; FX)</p> <p>☛ Continuity of movement/swingfulness: ↑0.30 (UB)</p> <p>☛ Rhythm: ↑0.20 (UB, BB &amp; FX)</p> |  |
| <b>RANGE:</b>  |  |   |  |
| <p>9.50 - 10.00 = .20<br/>9.00 - 9.475 = .50<br/>8.00 - 8.975 = .70<br/>7.975 &amp; below = 1.00</p>   |  |   |  |
| VAULT  |  |   |  |
| Levels 4 vault - SV 10.00<br>L 3 or 4 mat height may be used<br>Air-o-board OK No mini tramp<br>Compulsory deductions  | Handspring to Flatback over the vault table<br>SV 10.00. Air-o-board Ok No mini tramp<br>Deductions as written for Silver. Landing mat +/- 8" of vault table 4" or sting on table ok<br>Hands on extra mats(on table) = No deduction   | Front handspring - SV 10.00<br>Level 7 deductions apply<br>NO Air-o-board   | Level 7 Vault chart - SV 10.00<br>Level 7 deductions apply<br>NO Air-o-board   |
| UNEVEN BARS  |  |   |  |
| 1. One backward circling (360°) element or VP<br>2. Cast (hips must leave front support position) No degree requirement<br>3. One additional element and/or "A" VP<br>4. L 1-4 compulsory dismount   | 1. Mount - Pullover or Kip<br>2. Two circling (360°) element and/or VP (same or different)<br>3. Cast to 30°↓horizontal<br>4. L 2-5 compulsory dismount  | 1. Mount - Kip<br>2. Two circling (360°) element and VP's - Same or different<br>3. Cast to horizontal<br>4. Dismount from high bar - L 5-6 OR "A" VP   | 1. "A" or higher clear hip or "B" VP from groups 3, 4, 6, 7<br>2. Cast to 60°↓vertical (=30°↑horizontal)<br>3. Long Hang Kip<br>4. Minimum "A" VP salto dismount from HB<br>"B" VP required or -0.30 |
| <p>☛ Casts ↑0.20° below requirement = ↑0.20 deduction. 21° or more from requirement-no SR</p> <p>☛ Casts deductions apply to all casts</p> <p>☛ Gymnast that doesn't perform a dismount or performs a dismount that does not meet the SR, deduct 0.30 for no dismount + 0.50 if missing SR</p>   |  |   |  |
| <p>❖ Two casts may be used w/out an extra swing deduction as long as the two casts precede an element or VP (per element/VP)</p> <p>❖ A cast back hip circle cast is not an extra swing at B or S</p> <p>❖ A max of two consecutive tap swings are allowed in B or S. The 2nd swing must result in a connection to an element or "A" VP</p> <p>❖ Unallowable VP = "B" or higher. If performed -0.50 and no SR.</p> <p>❖ Level 5 tap swing deductions for shape only, not height</p>  | <p>❖ Two casts may be used w/out an extra swing deduction as long as the two casts precede an element or VP (per element/VP)</p> <p>❖ A cast back hip circle cast is not an extra swing</p> <p>❖ A max of two consecutive tap swings are allowed. The 2nd swing must result in a connection to an element or "A" VP</p> <p>❖ Unallowable VP = giants to HS, "B" releases/ dismount &amp; "C" or higher<br/>If performed -0.50 and no SR.</p> <p>❖ Level 5 Tap swing deductions</p> | <p>❖ Two consecutive casts or tap swings = 0.30 deduction</p> <p>❖ Unallowable VP = "C" or higher<br/>If performed -0.50 and no VP &amp; SR.<br/>Exceptions: Same as L 7 and Handstand 1/2 pirouette; Clear hip to handstand with or w/out 1/2 turn; Back staldler to handstand, with or w/out 1/2 turn; Piked sole circle backward to handstand with or w/out 1/2 turn</p> <p>❖ If missing a "B" VP deduct 0.30</p>  |  |

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|--|---|---|---|
| <b>BALANCE BEAM</b>  |   |   |   |
| <ol style="list-style-type: none"> <li>One acro elem or "A" VP (non-flight) must start &amp; finish on the beam</li> <li>One leap or jump (30° if cross split jump)</li> <li>180° turn (one or two feet)</li> <li>Levels 1-4 compulsory dismount</li> </ol>  | <ol style="list-style-type: none"> <li>One acro element or "A" VP (non-flight) must start &amp; finish on the beam</li> <li>Inverted element or "A" VP attaining or passing through vertical - must start &amp; finish on the beam</li> <li>One leap or jump 60° min cross split in a series or isolated</li> <li>180° turn or more (one foot)</li> <li>One dance series min two element or "A" VP</li> <li>L 3-6 comp dismount or "A" VP dismount</li> </ol>   | <ol style="list-style-type: none"> <li>Two acro element and/or "A" VPs (non-flight, same or different, attaining or passing through vertical) must start &amp; finish on the beam - in a series or isolated. If same must be in different connection</li> <li>Leap or jump 90° min cross or side split in a series or isolated</li> <li>360° turn or more (one foot)</li> <li>One dance series min 2 element or VPs</li> <li>One "B" dance (in series or isolated)</li> <li>Level 5, Level 6, aerial or salto dismount</li> </ol>                     | <ol style="list-style-type: none"> <li>Two acro VPs (with or w/out flight, same or different, attaining or passing through vertical) must start and finish on the beam - in a series or isolated. If same must be in different connection</li> <li>One "B" flight acro VP in s series or isolated</li> <li>Leap or jump 120° min cross or side split in a series or isolated</li> <li>360° turn or more (one foot)</li> <li>One dance series min two VPs</li> <li>Aerial or salto dismount<br/>"B" VP required or -0.30</li> </ol>          |
| <ul style="list-style-type: none"> <li>❖ Handstands - 45° from vertical - no ded 46° - 65° from vertical 0.20 ↑<br/>66° or more from vertical - No SR<br/>No hold required at any angle</li> <li>❖ Unallowable VP = "B" or higher.<br/>If performed -0.50 and no SR.<br/>Exc - Beam: Split Jump</li> <li>❖ Gymnast that doesn't perform a dismnt or performs a dismnt that does not meet the SR, deduct 0.30 for no dismnt + 0.50 if missing SR</li> </ul> | <ul style="list-style-type: none"> <li>❖ Handstands/vertical to 20° from vert- no ded 21° - 40° from vertical - 0.20<br/>41° or more from vertical - NO SR<br/>No hold required at any angle</li> <li>❖ Unallowable VP = "B" or higher<br/>If performed -0.50 and no SR.<br/>Exc - Beam: Split Jump</li> <li>❖ Gymnast that doesn't perform a dismnt or performs a dismnt that does not meet the SR, deduct 0.30 for no dismnt + 0.50 if missing SR</li> </ul>  | <ul style="list-style-type: none"> <li>❖ Handstands - vertical - no deduction 1° - 20° from vertical - 0.20<br/>21° or more from vertical - NO SR<br/>No hold required at any angle</li> <li>❖ Unallowable VP = "B" or higher ACRO and "C" or higher dance or acro<br/>If performed -0.50 and no SR.<br/>Exc - Split Jump &lt; 135° = "A"</li> <li>❖ Gymnast that doesn't perform a dismnt or performs a dismnt that does not meet the SR, deduct 0.30 for no dismnt + 0.50 if missing SR</li> </ul>  | <ul style="list-style-type: none"> <li>❖ Handstands - vertical - no deduction Absolute, less than vertical, no SR &amp; up to 0.20 failure to attain vertical<br/>Failure to hold HS 2 sec . ↑ .20</li> <li>❖ If missing a "B" VP deduct .30</li> <li>❖ Unallowable VP = "C" or higher<br/>If performed -0.50 and no VP &amp; SR.</li> <li>❖ Gymnast that doesn't perform a dismnt or performs a dismnt that does not meet the SR, deduct 0.30 for no dismnt + 0.50 if missing SR</li> </ul>  |
| ⇒ Must do one SR from acro category (must start & finish on the beam)  |   | ⇒ Must do one SR from dance category (must start & finish on the beam)  |   |
| <p style="text-align: center;">Beam &amp; Floor: All Leaps or jumps within 20° of requirement = ↑ 0.20 ded      21° or more from requirement = no SR credit      OT - 0.10</p> <p style="text-align: center;">Time: Bronze/Silver - 1:00 BEAM &amp; FLOOR No short routine deduction Time: BEAM Gold/Platinum - 1:10 FLOOR Gold 1:10 Platinum 1:20 If less than 30 sec routine -2.00 for Gold &amp; Platinum BEAM &amp; FLOOR</p>                          |   |   |   |
| <b>2011-2012 FLOOR EX</b>  |   |   |   |
| <ol style="list-style-type: none"> <li>One acro elem or "A" VP</li> <li>A forward acro elem or "A" VP with or without flight</li> <li>Dance passage with a min of 2 diff Gr. 1 elem/VPs, directly or indirectly connected, 1 of which is a leap (1 foot take-off) requiring a 60° cross or side split position <u>OR</u> Split Leap or jump (60° min cross or side split)</li> <li>Min. 180° turn on one foot</li> </ol>                                   | <ol style="list-style-type: none"> <li>One acro series of at least two elem and/or "A" VPs (one must have flight)</li> <li>One acro series (flight or non-flight, min two elem and/or "A" VP</li> <li>One forward acro elem or "A" VP with or without flight</li> <li>Round-off, BHS, BHS</li> <li>Dance passage with a min of 2 diff Gr. 1 elem/VPs, directly or indirectly connected, 1 of which is a leap (1 foot take-off) requiring a 90° cross or side split position</li> <li>360° turn on 1 foot</li> </ol> | <ol style="list-style-type: none"> <li>One flight acro series of at least three elem and/or "A" VPs (all with flight)</li> <li>One forward flight acro element and/or "A" VP <u>OR</u> 2. 2nd fit acro series min. two elem and/or "A" VP (all with flight)</li> <li>One "A" VP salto or aerial</li> <li>Min 360° turn on 1 foot</li> <li>Dance passage with a min of 2 diff Gr. 1 elem/VPs, directly or indirectly connected, 1 of which is a leap (1 foot take-off) requiring a 120° cross or side split position</li> <li>One "B" dance</li> </ol> | <ol style="list-style-type: none"> <li>One flight acro series of at least two VPs including an "A" salto VP (all with flight)</li> <li>One flight acro series of two or more VPs containing a forward acro VP (all with flight)</li> <li>One forward salto VP</li> <li>Dance passage with a min of 2 diff Gr. 1 VPs, directly or indirectly connected, 1 of which is a leap (1 foot take-off) requiring a 150° cross or side split position</li> <li>One "B" dance</li> <li>Min 360° turn on 1 foot<br/>"B" VP required or -0.30</li> </ol> |
| <ul style="list-style-type: none"> <li>❖ Unallowable VP = "B" or higher<br/>If performed -0.50 and no SR.<br/>Exception - Floor: Straddle Jump &amp; Side Leap = A</li> <li>❖ No deduction for coach on floor</li> </ul>   | <ul style="list-style-type: none"> <li>❖ Unallowable VP = "B" or higher<br/>If performed -0.50 and no SR.<br/>Exceptions - Straddle Jump &amp; Side Leap = "A"</li> <li>❖ No deduction for coach on floor</li> </ul>  | <ul style="list-style-type: none"> <li>❖ Unallowable VP = "B" or higher acro or "C", "D" or higher dance or acro<br/>If performed -0.50 and no SR. Exc. Flyerspring = "A" Straddle Jump &lt; 135° = "A"</li> <li>❖ No deduction for coach on floor</li> </ul>   | <ul style="list-style-type: none"> <li>❖ If missing a "B" VP deduct 0.30</li> <li>❖ Unallowable VP = "C", "D" or higher dance or acro<br/>If performed -0.50 and no VP &amp; SR.</li> <li>❖ 0.50 deduction for coach on floor</li> </ul>  |
| ⇒ Minimum one SR from acro category  |   | ⇒ Minimum one SR from dance category  |   |