

## BARS COMPOSITION

**LEVEL 10 RELEASES** not up to competitive level  
consider: value / type / connections / total number

↑0.2	Release Elements 'D' = D or E
Expected NO Deduction	<b>D--D</b> <i>Minimum of 2 different D or E Elements</i>
0.05	<b>D C</b> <i>Directly Connected</i>
0.10	<b>D--C</b> <i>Isolated (NOT connected)</i>
0.15	<b>C C</b> <i>Directly Connected</i>
	<b>D--B</b> <i>Isolated (NOT connected)</i>
0.20	<b>C--C</b> <i>Isolated (NOT connected)</i>
	<b>C B</b> <i>or less</i>

**LEVEL 10 DISMOUNT** not up to competitive level

↑0.1	Dismount Elements	
Expected NO Deduction	<b>D/E</b>	<b>D C</b> <i>Directly Connected</i>
0.05	<b>C C C</b> <i>Directly Connected</i>	<b>D C C</b> <i>Directly Connected</i>
0.10	<b>C C</b> <i>"C" or less connected to "C" or less dismount</i>	

**LEVEL 9 - 8 DISMOUNT** not up to competitive level

↑0.1	LEVEL 9	LEVEL 8
Expected NO Deduction	<b>C</b>	<b>B or B A</b>
0.05	<b>C B</b>	
0.10	<b>B B</b>	<b>A</b> <i>or No VP</i>

### LEVELS 9-10 CHOICE of elements ↑0.2

Failure to perform 2 elements (min of "B") that fulfill 2 of the 3 requirements (*excludes dismount*)

- 1) **Forward element, circle or release, min B**
- 2) **Group 3/6/7 element, min. B**
- 3) **Min 180° LA turn 'C' element, w/wo flight**

*includes cast handstand ½, giant ½, other elements to handstand ½, all pirouettes, Heals, overshoot ½ to or from handstand, Giengers, other C,D,E twisting releases.*

	Element choices performed
Expected NO Deduction	<b>2</b> <i>Two out of the three choices</i>
0.10	<b>1</b> <i>One out of the three choices</i>
0.20	<b>0</b> <i>None of the 3 choices performed</i>

### 0.10 Uncharacteristic Element (*each time*)

- Squat-on LB ½ turn
- Climbing onto LB within exercise
- Swing fwd from HB place feet on LB w/wo ½ turn

### 0.10 ¾ Giant Circle Fwd, w/wo grip change (*each time*)

- Not horizontal also ↑0.1
- Breaks connection

### 0.10 Facing same direction throughout exercise

- Not in Mount / Dismount
- 1/1 turn will NOT fulfill

(Levels 9 & 10 only)

### 0.10 More than 1 Squat / Stoop on LB (*Level 10 only*)

- W/wo Sole Circle, jump to HB
- After fall OK to squat on

### 0.20 Lack of two bar changes (*Level 10 only*)

### ↑ 0.20 Lack of Elements that Achieve Vertical

*or pass through vertical* (Level 8 only)

## BEAM LEVEL 8 COMPOSITION

**L8 ACRO** not up to competitive level  $\uparrow 0.2$

*Includes acro mount & elements on the beam (not Dmt)*

	Flight Series	Additional Acro	Additional Acro
<b>0.0</b>	<b>B B</b> <i>2 flight</i>	<b>B</b>	<b>A</b>
<b>0.05</b>	<b>B B</b> <i>2 flight</i>	<b>A</b>	<b>A</b>
	<b>B B</b> <i>2 flight</i>	<b>B</b>	
<b>0.10</b>	<b>B B</b> <i>2 flight</i>	<b>A</b>	
	<b>A B</b> <i>B flight</i>	<b>B</b>	
<b>0.15</b>	<b>A B</b> <i>B flight</i>	<b>A</b>	
	<b>B B</b> <i>2 flight</i>	<i>No other Acros</i>	
<b>0.20</b>	<b>A B</b> <i>or NO series</i>	<i>No other Acros</i>	

**L8 DANCE** not up to competitive level  $\uparrow 0.20$

Expected	
<b>0.0</b>	<b>B B A</b>
<b>0.05</b>	<b>B B</b>
<b>0.10</b>	<b>B A A</b>
<b>0.15</b>	<b>B A</b>
<b>0.20</b>	Only <b>A</b> elements

**L8 DISMOUNT** not up to competitive level  $\uparrow 0.1$

	Dismount	Acro Connect
Expected <b>0.0</b>	<b>B</b>	<b>B A</b> <i>Acro connect</i>
<b>0.05</b>		<b>A A</b> <i>Acro connect</i>
<b>0.10</b>	<b>A</b> <i>Isolated</i>	<i>Any non VP Dismount</i>
A non-VP acro used for 3rd time may be considered for dismount connection in composition.		

**0.10** Failure to perform Acros in 2 different directions: Backward & Forward/Sideward

**0.05** Dismount is the only Fwd/ Swd or Bwd

**0.10** Overuse of Dance elements with same shape

*More than 2 ea: Wolf / Tuck or Straddle*

**0.10** More than 1 pivot turn (*2-feet & straight legs*)

**0.20** Lack of a Dance Series (*Min of 2 dance elements*)

$\uparrow 0.10$  Insufficient level changes throughout exercise

$\uparrow 0.10$  Spatial use: Entire length of beam

**0.05** ea Must show 2 of 3 Directions: Fwd/Bwd/Swd Movements in Non-VP/Choreo

# BEAM LEVEL 9 COMPOSITION

## L9 ACRO not up to competitive level ↑0.2

Includes acro mount & elements on beam (not Dmt)

	Flight Series	Additional Acro
Expected 0.0	<b>B C</b> 2 flight	<b>C</b> Salto or Aerial
	<b>B C</b> 2 flight	<b>D</b> hand support
	Acro series with <b>salto or aerial</b>	<b>C</b> hand support
0.05	<b>B C</b> 2 flight	<b>C</b> hand support
0.10	<b>B C</b> 2 flight	<b>B</b> or more B flight
0.15	<b>B B</b> 1-2 B flights	<b>C</b> Salto or Aerial
0.20	<b>B B</b> 1-2 B flights	No other <b>B</b> Acros
	Broken series No series	No other <b>B</b> Acros

## L9 DANCE not up to competitive level ↑0.20

Expected 0.0	<b>C C</b>
0.05	<b>C B</b>
0.10	<b>C</b>
0.15	<b>B B</b>
0.20	<b>B</b>

## L9 DISMOUNT not up to competitive level ↑0.1

	Dismount	Acro Connect	Dance Connect
Expected 0.0	<b>C</b>	<b>B B</b> Acro connect	<b>C B</b> Dance connect
0.05		<b>A B</b> Acro connect	<b>B B</b> Dance connect
0.10	<b>B</b> Isolated	<b>A</b> Any A dmt	
A non-VP acro used for 3rd time may be considered for dismount connection in composition.			

**0.10** Failure to perform Acros in 2 different directions: Backward & Forward/Sideward

**0.05** Dismount is the only Fwd/ Swd or Bwd

**0.10** Overuse of Dance elements with same shape

More than 2 each: Wolf / Tuck or Straddle

**0.10** More than 1 pivot turn (2-feet & straight legs)

**0.20** Lack of a Dance Series (Min of 2 dance elements)

↑0.10 Insufficient level changes throughout exercise

↑0.10 Spatial use: Entire length of beam

**0.05** ea Must show 2 of 3 Directions: Fwd/Bwd/Swd Movements in Non-VP/Choreo

# BEAM LEVEL 10 COMPOSITION

## ACRO elements not up to competitive level ↑0.2

Includes acro mount & elements on the beam (not Dmt)

	Flight Series	Additional Acro	Additional C Salto
Expected = NO Deduction	<b>BC</b> <i>1 C-salto</i>	<b>D</b> <i>Aerial/salto/hand</i>	<b>C</b> <i>or D/E Acro flight</i>
	<b>BBC</b> <i>Salto or hand OK</i>	<b>D</b> <i>Aerial/salto/hand</i>	<b>C</b> <i>or D/E Acro flight</i>
	<b>CC</b> <i>2 C-saltos or BCC</i>	<b>D</b> <i>Aerial/salto/hand</i>	
	<b>BD</b> <i>Min of 1 D/E flight</i>	<b>D</b> <i>Aerial/salto/hand</i>	
0.05	<b>BC</b> <i>1 C-salto</i>	<b>D</b> <i>Aerial/salto/hand</i>	
	<b>BD</b> <i>D/E flight</i>		<b>C</b> <i>Salto</i>
0.10	<b>BC</b> <i>1 C-salto</i>		<b>C</b> <i>Salto</i>
	<b>BC</b> <i>Hands, NO salto</i>	<b>D</b> <i>Aerial/salto/hand</i>	<b>C</b> <i>Salto</i>
	<b>BD</b> <i>D/E flight</i>	<b>B or C</b> <i>Flight on Hands</i>	
0.15	<b>BC</b> <i>1 C-salto</i>		
	<b>BC</b> <i>Hands, NO salto</i>	<b>D</b> <i>Aerial/salto/hand</i>	
	<b>BD</b> <i>D/E flight</i>		
	<b>No Series</b>	<b>D</b> <i>Aerial/salto/hand</i>	
0.20	<b>No Series or Broken Series</b>		<b>C</b> <i>only 1 Salto</i>
	<b>BC</b> <i>Hands only or less</i>		

## DANCE elements not up to competitive level ↑0.20

Expected	CCC	or	DD	or	ED
0.0	<b>CCC</b>	or	<b>DD</b>	or	<b>ED</b>
0.05	<b>CCB</b>	or	<b>DC</b>	or	<b>EC</b>
0.10	<b>CC</b>	or	<b>DB</b>	or	<b>EB</b>
0.15	<b>CB</b>	or	<b>D</b>	or	<b>E</b>
0.20	<b>C</b>	or	<b>BB</b>	or less	

## DISMOUNT not up to competitive level ↑0.1

	Dismount	Acro Connect	Dance Connect
Expected	<b>D</b>	<b>BC</b>	<b>CC</b>
0.0		<i>B-Acro to C-Dmt</i>	<i>C-Dance to C-Dmt</i>
0.05		<b>AC</b> <i>A-Acro to C-Dmt</i>	<b>BC</b> <i>B-Dance to C-Dmt</i>
		<b>CBB</b> <i>C in Acro series to B-Dmt</i>	
		<b>DB or EB</b> <i>D/E-Acro flight to B-Dmt</i>	
0.10	<b>C</b>	<b>CB</b> <i>C-Acro to B-Dmt</i>	<b>CB</b> <i>C-Dance to B-Dmt</i>
A non-VP acro used for 3rd time may be considered for dismount connection in composition.			

**0.10** Failure to perform Acros in 2 different directions  
Backward & Forward/Sideward

**0.05** Dismount is the only Fwd/ Swd or Bwd

**0.10** Overuse of Dance elements with same shape  
More than 2 each: Wolf / Tuck or Straddle

**0.10** More than 1 pivot turn (2-feet & straight legs)

**0.20** Lack of a Dance Series (Min of 2 dance elements)  
Leaps / hops / jumps / turns

↑0.10 Insufficient level changes throughout exercise

↑0.10 Spatial use: Entire length of beam

**0.05** ea Must show 2 of 3 Directions:  
Fwd/Bwd/Swd Movements in Non-VP/Choreo

## FLOOR LEVEL 8 COMPOSITION

**SALTOS** not up to competitive level ↑ 0.2

Each missing salto in formula = additional 0.05

<b>0.0</b> <i>Expected</i>	<b>B B B A</b>
<b>0.05</b>	<b>B B A A</b>
<b>0.10</b>	<b>B A A A</b>
<b>0.15</b>	<b>B A A -</b>
<b>0.20</b>	<b>No B saltos</b>

Formulas based on 4 saltos within a routine regardless of direct/indirect connections or whether the saltos are isolated or within an acro pass

(see 7.101) A 1-foot take-off will NOT be considered a salto for SR or Composition. Will appear as an aerial or side salto.

**LAST SALTO** in connection or isolated ↑ 0.1

<b>0.0</b> <i>Expected</i>	<b>B</b>
<b>0.05</b>	<b>A A</b> <i>DIRECT</i> or <b>A--A</b> <i>INDIRECT</i>
<b>0.10</b>	<b>A</b> <i>Isolated</i>

**DANCE** not up to competitive level ↑ 0.20

<b>0.0</b> <i>Expected</i>	<b>B B A</b>
<b>0.05</b>	<b>B B</b>
<b>0.10</b>	<b>B A A</b>
<b>0.15</b>	<b>B A</b>
<b>0.20</b>	<b>ONLY A's</b>

<b>↑0.10</b>	Insufficient use of the Floor Exercise
<b><u>0.10</u></b>	Failure to perform Saltos in 2 different directions: BWD & FWD/SWD
<b><u>0.10</u></b>	Overuse of Dance elements of same shape More than 2 each: Wolf / Tuck or Straddle
<b><u>0.20</u></b>	Lack of a turn on one foot, minimum B
<b><u>0.30</u></b>	Lack of 3 A saltos (L8)

## FLOOR LEVEL 9 COMPOSITION

**SALTOS** not up to competitive level ↑ 0.2

Each missing salto in formula = additional 0.05

<b>0.0</b> <i>Expected</i>	<b>C C C A</b>
<b>0.05</b>	<b>C C B B</b>
<b>0.10</b>	<b>C C B A</b>
<b>0.15</b>	<b>C B B B</b>
<b>0.20</b>	<b>No C saltos</b>

Formulas based on 4 saltos within a routine regardless of direct/indirect connections or whether the saltos are isolated or within an acro pass

(see 7.101) A 1-foot take-off will NOT be considered a salto for SR or Composition. Will appear as an aerial or side salto.

**LAST SALTO** in connection or isolated ↑ 0.1

<b>0.0</b> <i>Expected</i>	<b>C</b> or <b>B B</b> <i>DIRECT</i>
<b>0.05</b>	<b>B A</b> or <b>B--B</b> <i>DIRECT</i> <i>INDIRECT</i>
<b>0.10</b>	<b>B</b> or <b>A</b> or <b>B--A</b> <i>or Less</i> <i>INDIRECT</i>

**DANCE** not up to competitive level ↑ 0.20

<b>0.0</b> <i>Expected</i>	<b>C C</b>
<b>0.05</b>	<b>C B</b>
<b>0.10</b>	<b>C</b>
<b>0.15</b>	<b>B B</b>
<b>0.20</b>	<b>B</b>

<b>↑0.10</b>	Insufficient use of the Floor Exercise
<b><u>0.10</u></b>	Failure to perform Saltos in 2 different directions: BWD & FWD/SWD
<b><u>0.10</u></b>	Overuse of Dance elements of same shape More than 2 each: Wolf / Tuck or Straddle
<b><u>0.20</u></b>	Lack of a turn on one foot, minimum B
<b><u>0.30</u></b>	Lack of a B-salto (L9) (in addition to lack of SR)

## FLOOR LEVEL 10 COMPOSITION

**SALTOS** not up to competitive level ↑ 0.2

Each missing salto in formula = additional 0.05

<b>0.0</b> <i>Expected</i>	<b>D</b>	<b>D</b>	<b>D</b>	<b>A</b>
	<i>or</i>			
	<b>D</b>	<b>D</b>	<b>C</b>	<b>B</b>
<b>0.05</b>	<b>D</b>	<b>D</b>	<b>C</b>	<b>A</b>
<b>0.10</b>	<b>D</b>	<b>C</b>	<b>C</b>	<b>B</b>
<b>0.15</b>	<b>D</b>	<b>C</b>	<b>C</b>	<b>A</b>
<b>0.20</b>	<b>No D or E saltos</b>			

Formulas based on 4 saltos within a routine regardless of direct/indirect connections or whether the saltos are isolated or within an acro pass

(see 7.101) A 1-foot take-off will NOT be considered a salto for SR or Composition. Will appear as an aerial or side salto.

**LAST SALTO** in connection or isolated ↑ 0.1

<b>0.0</b> <i>Expected</i>	<b>E</b> <i>or</i> <b>D</b> <i>or</i>	<b>C B</b> <i>or</i> <b>C--C</b>
		<small>DIRECT</small> <small>INDIRECT</small>
<b>0.05</b>		<b>C A</b> <i>or</i> <b>C--B</b>
		<small>DIRECT</small> <small>INDIRECT</small>
<b>0.10</b>	<b>C</b> <i>or less</i>	<i>or</i> <b>C--A</b>
		<small>INDIRECT</small>

**DANCE** not up to competitive level ↑ 0.20

<b>0.0</b> <i>Expected</i>	<b>C C C</b> <i>or</i>	<b>D D</b> <i>or</i> <b>ED</b>
<b>0.05</b>	<b>C C B</b> <i>or</i>	<b>D C</b> <i>or</i> <b>EC</b>
<b>0.10</b>	<b>C C</b> <i>or</i>	<b>D B</b> <i>or</i> <b>EB</b>
<b>0.15</b>	<b>C B</b> <i>or</i>	<b>D</b> <i>or</i> <b>E</b>
<b>0.20</b>	<b>C</b> <i>or</i>	<b>BB</b> <i>or less</i>

- ↑0.10** Insufficient use of the Floor Exercise (Spatially - Floor Pattern)
- 0.10** Failure to perform Saltos in 2 different directions: BWD & FWD/SWD
- 0.10** Overuse of Dance elements of same shape More than 2 each: Wolf / Tuck or Straddle
- 0.20** Lack of a turn on one foot, minimum B
- 0.30** Lack of a C-salto (L10) (in addition to lack of SR)