

GENERAL			
BRONZE	SILVER	GOLD	PLATINUM
Levels 1, 2 & 3 (closed to L 4 & up) Must have reached 4th b/day 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.) Must have reached 5th b/day 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) Must have reached 7th b/day L 5 & 6 elements/"A" VPs/"B" dance VPs	Levels 5 & up - Must have attained a 31.00 AA at Level 5 Must have reached 7th b/day "A" or "B" VPs
<p>☛ All levels must do four SR's on all events - 0.50 each SV = 10.0 BB/FX - S/G/P 4 of 6 SR required An element/VP or series/connection can only be used to fulfill one SR</p> <p>☛ From SV deduct</p> <p>0.50 missing SR</p> <p>0.30 no dismount/unallowable dismount</p> <p>0.50 + no SR for unallowable VP</p> <p>☛ NO compositional deductions</p> <p>☛ Warm-ups: Bronze - 30 seconds Silver, Gold, & Platinum - 1 minute</p> <p>☛ No short routine-Bronze & Silver Gold & Platinum BB & FX must be 30 sec or ↑</p>		<p>☛ Follow execution, technique, & 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 & 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 & FX)</p> <p>☛ Dynamics: ↑0.20 (UB, BB & FX)</p> <p>☛ Continuity of movement/swingfulness: ↑0.30 (UB)</p> <p>☛ Rhythm: ↑0.20 (UB, BB & FX)</p>	
RANGE:			
		<p>9.50 - 10.00 = .20</p> <p>9.00 - 9.475 = .50</p> <p>8.00 - 8.975 = .70</p> <p>7.975 & below = 1.00</p>	
VAULT			
Levels 4 vault - SV 10.00 L 3 or 4 mat height may be used Air-o-board OK No mini tramp Compulsory deductions	Handspring to Flatback over the vault table SV 10.00. Air-o-board Ok No mini tramp Deductions as written for Silver. Landing mat +/- 8" of vault table 4" or sting on table ok Hands on extra mats(on table) = No deduction	Front handspring - SV 10.00 Level 7 deductions apply NO Air-o-board	Level 7 Vault chart - SV 10.00 Level 7 deductions apply NO Air-o-board
UNEVEN BARS			
1. One backward circling (360°) element or VP 2. Cast (hips must leave front support position) No degree requirement 3. One additional element and/or "A" VP 4. L 1-4 compulsory dismount	1. Mount - Pullover or Kip 2. Two circling (360°) element and/or VP (same or different) 3. Cast to 30°↓ horizontal 4. L 2-5 compulsory dismount	1. Mount - Kip 2. Two circling (360°) element and VP's - Same or different 3. Cast to horizontal 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 2. Cast to 60°↓ vertical (=30°↑ horizontal) 3. Long Hang Kip 4. Minimum "A" VP salto dismount from HB "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 & "C" or higher 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 If performed -0.50 and no VP & SR. 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>	

BRONZE	SILVER	GOLD	PLATINUM
BALANCE BEAM			
<ol style="list-style-type: none"> One acro elem or "A" VP (non-flight) must start & finish on the beam One leap or jump (30° if cross split jump) 180° turn (one or two feet) Levels 1-4 compulsory dismount 	<ol style="list-style-type: none"> One acro element or "A" VP (non-flight) must start & finish on the beam Inverted element or "A" VP attaining or passing through vertical - must start & finish on the beam One leap or jump 60° min cross split in a series or isolated 180° turn or more (one foot) One dance series min two element or "A" VP L 3-6 comp dismount or "A" VP dismount 	<ol style="list-style-type: none"> Two acro element and/or "A" VPs (non-flight, same or different, attaining or passing through vertical) must start & finish on the beam - in a series or isolated. If same must be in different connection Leap or jump 90° min cross or side split in a series or isolated 360° turn or more (one foot) One dance series min 2 element or VPs One "B" dance (in series or isolated) Level 5, Level 6, aerial or salto dismount 	<ol style="list-style-type: none"> 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 One "B" flight acro VP in s series or isolated Leap or jump 120° min cross or side split in a series or isolated 360° turn or more (one foot) One dance series min two VPs Aerial or salto dismount "B" VP required or -0.30
<ul style="list-style-type: none"> ❖ Handstands - 45° from vertical - no ded 46° - 65° from vertical 0.20 ↑ 66° or more from vertical - No SR No hold required at any angle ❖ Unallowable VP = "B" or higher. If performed -0.50 and no SR. Exc - Beam: Split Jump ❖ 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 	<ul style="list-style-type: none"> ❖ Handstands/vertical to 20° from vert- no ded 21° - 40° from vertical - 0.20 41° or more from vertical - NO SR No hold required at any angle ❖ Unallowable VP = "B" or higher If performed -0.50 and no SR. Exc - Beam: Split Jump ❖ 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 	<ul style="list-style-type: none"> ❖ Handstands - vertical - no deduction 1° - 20° from vertical - 0.20 21° or more from vertical - NO SR No hold required at any angle ❖ Unallowable VP = "B" or higher ACRO and "C" or higher dance or acro If performed -0.50 and no SR. Exc - Split Jump < 135° = "A" ❖ 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 	<ul style="list-style-type: none"> ❖ Handstands - vertical - no deduction Absolute, less than vertical, no SR & up to 0.20 failure to attain vertical Failure to hold HS 2 sec . ↑ .20 ❖ If missing a "B" VP deduct .30 ❖ Unallowable VP = "C" or higher If performed -0.50 and no VP & SR. ❖ 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
⇒ 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)	
Beam & Floor: All Leaps or jumps within 20° of requirement = ↑ 0.20 ded 21° or more from requirement = no SR credit OT - 0.10 Time: Bronze/Silver - 1:00 BEAM & 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 & Platinum BEAM & FLOOR			
2011-2012 FLOOR EX			
<ol style="list-style-type: none"> One acro elem or "A" VP A forward acro elem or "A" VP with or without flight 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) Min. 180° turn on one foot 	<ol style="list-style-type: none"> One acro series of at least two elem and/or "A" VPs (one must have flight) One acro series (flight or non-flight, min two elem and/or "A" VP) One forward acro elem or "A" VP with or without flight Round-off, BHS, BHS 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 360° turn on 1 foot 	<ol style="list-style-type: none"> One flight acro series of at least three elem and/or "A" VPs (all with flight) One forward flight acro element and/or "A" VP <u>OR</u> 2nd fit acro series min. two elem and/or "A" VP (all with flight) One "A" VP salto or aerial Min 360° turn on 1 foot 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 One "B" dance 	<ol style="list-style-type: none"> One flight acro series of at least two VPs including an "A" salto VP (all with flight) One flight acro series of two or more VPs containing a forward acro VP (all with flight) One forward salto VP 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 One "B" dance Min 360° turn on 1 foot "B" VP required or -0.30
<ul style="list-style-type: none"> ❖ Unallowable VP = "B" or higher If performed -0.50 and no SR. Exception - Floor: Straddle Jump & Side Leap = A ❖ No deduction for coach on floor 	<ul style="list-style-type: none"> ❖ Unallowable VP = "B" or higher If performed -0.50 and no SR. Exceptions - Straddle Jump & Side Leap = "A" ❖ No deduction for coach on floor 	<ul style="list-style-type: none"> ❖ Unallowable VP = "B" or higher acro or "C", "D" or higher dance or acro If performed -0.50 and no SR. Exc. Flyspring = "A" Straddle Jump < 135° = "A" ❖ No deduction for coach on floor 	<ul style="list-style-type: none"> ❖ If missing a "B" VP deduct 0.30 ❖ Unallowable VP = "C", "D" or higher dance or acro If performed -0.50 and no VP & SR. ❖ 0.50 deduction for coach on floor
⇒ Minimum one SR from acro category		⇒ Minimum one SR from dance category	