



JR. OLYMPIC VAULT VALUES FOR LEVEL 10

(Effective August 1, 2013 - July 31, 2017)

GROUP I HANDSPRINGS, YAMASHITAS	GROUP II HANDSPRINGS with or without 1/1 TURN - SALTO FORWARD OR BACKWARD	GROUP III TSUKAHARA or ½ on - SALTO FWD OR BWD with or without TURN	GROUP IV Round - off, Flic-flac on - SALTO FWD OR BWD with or without LA TURN	GROUP V Round - off, Flic-flac with ½ or 1/1 turn on - HNDSPG or SALTO FWD OR BWD with or without LA TURN	
1.101 Handspring 8.2		<i>Note for the J.O. Program:</i> All Group 3 vaults may be performed with a 90° to 180° LA turn in the first flight	4.101 RO,FF on - Repulsion off 7.0	All Group 5 vaults described as a flic-flac with a 1/1 (360°) turn on may be performed with a ¾ (270°) to 1/1 (360°) LA turn in the first flight	
1.102 Hndspring-½ off 8.3			4.102 RO,FF on - Repulsion ½ off 7.7		
1.103 Yamashita 8.2			4.201 RO,FF on - 1/1 twist off 8.9		
1.104 Yami - ½ 8.3			4.202 RO,FF on - 1½ twist off 9.1 (Allen)		
1.105 ½ on - ½ off OR ¼ on - ¾ off 8.3					
1.106 ¼ - ½ on - Repulsion off 7.0			3.201 Tsukahara Tuck 9.4		4.203 RO,FF on - Back Tuck 9.4
1.201 Hsp - 1/1 8.8					
1.202 Hsp - 1½ 9.2	2.301 Hsp - Front Tuck 9.7		3.302 Tsuk Tuck 1/1 9.8		4.301 RO,FF on - 2/1 twist off 9.7 (Allen)
1.203 Yami - 1/1 8.8	2.302 Hsp - Front Tuck ½ 9.9		3.303 Tsuk Pike 9.5		4.303 RO,FF on - B. Tuck 1/1 9.8
1.205 ½ on - ½ off or ¼ on - 1¼ off 9.1	2.303 Hsp - ½ off, Bk. Tuck (Cuervo tuck) 9.9		3.304 Tsuk layout 9.7		4.304 RO,FF on - B. Pike 9.5
1.206 ½ on - 1/1 off or ¼ on - 1¼ off 8.7	2.304 Hsp - Front Pike 9.8	3.306 ½ on - ½ off, Fr. Tuck or ¼ on - ¼ off, Fr. Tuck (land facing out) or Tsuk tuck ½ 9.7	4.305 RO,FF on - B. Layout 9.7		
1.207 1/1 on - H/Y 8.9	2.310 Fr. Hndsp onto board, Hsp. - Fr. Tuck (llg) 9.8	3.307 ½ on - ½ off, Fr. Pike or ¼ on - ¾ off, Fr. Pike (land facing out) or Tsuk pike ½ 9.8	4.306* RO,FF on - B. Layout 1/1 10.0		
1.208 1/1 on - ½ off 9.1	2.311 Fr. Hndsp onto board, Hsp. - Fr. Pike (Garbarino) 9.9	3.308 ½ on - ½ off, Fr. Tuck ½ (Shible) or ¼ on - ¾ off, Fr. Tuck ½ 9.8	4.307 RO,FF on - ½ off, Fr. Tuck or RO,FF on - B. Tuck ½ 9.7		
1.301 Hsp - 2/1 9.7			4.308 RO,FF on - ½ off, Fr. Pike or RO,FF on - B. Pike ½ 9.8		
1.306 ½ on - 2/1 off or ¼ on - 2¼ off 9.6	2.402 Hsp - Front Tuck 1/1 10.0	3.402 Tsuk Tuck 1½ 10.0	4.309* RO,FF on - ½ off, Fr. LO or RO,FF on - B. Layout ½ 10.0		
1.307 1/1 on - 1/1 9.6	2.403 Hsp - ½ off, Back Tuck w/ ½ (Cuervo Tk w/ ½) 10.0	3.404 Tsuk Layout 1/1 10.0			
1.308 1/1 on - 1½ 9.8	2.404 Hsp - Front Pike ½ 10.0	3.407* ½ on - ½ off, Fr. Layout or ¼ on - ¾ off, Fr. Layout (land facing out) or Tsuk layout ½ 10.0			
	2.405 Hsp - ½ off, Back pike (Cuervo Pike) 10.0				
1.402 Hsp - 2½ 10.0	2.406 Hsp - Front Layout 10.0	3.504 Tsuk Layout 1½ 10.0	4.403* RO,FF on - B. Tuck 1½ 10.0		
	2.407 Hsp - Fr. Layout ½ or Hsp - ½ off, Back layout (Cuervo Layout) 10.0	3.505 Tsuk Layout 2/1 10.0	4.406 RO,FF on - B. Layout w/ 1½ twist 10.0		
	2.408 Hsp - Front Pike 1/1 (Chusovitina) 10.0	3.507 ½ on - ½ off, Fr. Layout ½ (House) or ¼ on - ¾ off, Fr. Layout ½ 10.0	4.407 RO, FF on - ½ turn off, Fr. Tuck ½ (Beckman) 9.8		
	2.409 1/1 on - Front Tuck 10.0				
	2.410 Fr. Hndsp onto board, Hsp. - Fr. Tuck ½ (Mantle) 10.0	3.509 ½ on - ½ off, Fr. Tuck 1/1 (Shible) or ¼ on - ¾ off, Fr. Tuck 1/1 10.0			
1.504 Yami - 2½ (Kincaid) 10.0	2.501 Hsp - Double Fr. Tuck 10.0				
	2.502 Hsp - Fr. Tuck 1½ 10.0				
	2.507 Hsp - Fr. Layout 1/1 10.0				
	2.508 Hsp - Fr. Layout 1½ (Chusovitina) 10.0				
	2.509 1/1 on - Front pike 10.0				
	2.607 Hsp - Fr. Layout 2/1 10.0				
	2.609 1/1 on - Fr. Layout 10.0	3.605 Tsuk Layout 2½ 10.0	4.503 RO,FF on - B. Tuck w/ 2/1 twist 10.0		
			4.506 RO,FF on - B. Layout with 2/1 twist 10.0		
			4.508 RO, FF on - ½ turn off, Fr. Pike ½ (Beckman) 10.0		
			4.606 RO,FF on - B. Layout w/ 2½ twist 10.0		
			5.401 RO,FF ½ on - Fr. Tuck ½ 10.0		
			5.402 RO,FF ½ on - ½, Bk Tuck 10.0		
			5.403 RO,FF ½ on - Fr. Pike 10.0		
			5.404 RO,FF ½ on - Fr. Pike ½ 10.0		
			5.405 RO,FF ½ on - ½, Bk. Pike 10.0		
			5.406 RO,FF ½ on - Fr. Layout 10.0		
			5.408* RO,FF 1/1 on - Bk. Tuck 10.0		
			5.409* RO,FF 1/1 on - Bk. Pike 10.0		
			5.410 RO,FF 1/1 on - ½, Fr. Tuck 10.0		
			5.501 RO,FF ½ on - Fr. Tuck 1½ 10.0		
			5.505 RO,FF ½ on - ½ off, Bk LO or RO,FF ½ on - Fr. Layout ½ 10.0		
			5.509 RO,FF 1/1 on - Bk. Layout 10.0		
			5.510 RO,FF 1/1 on - Bk. Tuck 1/1 10.0		
			5.511 RO,FF 1/1 on - Bk. Layout 1/110.0 (Tankousheva)		

All shaded 10.0 Start Value Vaults that are performed successfully (no fall or spot) are eligible for a bonus of +0.10.

No bonus for the following 10.0 Vaults listed with an asterisk: 3.407, 4.306, 4.403, 4.309, 5.408, 5.409



JR. OLYMPIC VAULT VALUES FOR LEVEL 9

(Effective August 1, 2013 - July 31, 2017)

GROUP I HANDSPRINGS, YAMASHITAS	GROUP II HANDSPRINGS with or without 1/1 TURN - SALTO FORWARD OR BACKWARD	GROUP III TSUKAHARA or ½ on - SALTO FWD OR BWD with or without TURN	GROUP IV Round - off, Flic-flac on - SALTO FWD OR BWD with or without LA TURN	GROUP V Round - off, Flic-flac with ½ or 1/1 turn on - HNDSPG or SALTO FWD OR BWD with or without LA TURN
1.101 Handspring 8.6 1.102 Hndspring- ½ 8.7 1.103 Yamashita 8.6 1.104 Yami - ½ 8.7 1.105 ½ on - ½ off 8.7 OR ¼ on - ¾ off 1.106 ¼ - ½ on - Repulsion off 7.0		<i>Note for the J.O. Program:</i> All Group 3 vaults may be performed with a 90° to 180° LA turn in the first flight	4.101 RO,FF on - Repulsion off 7.0 4.102 RO,FF on - Repulsion ½ off 7.7 4.201 RO,FF on - 1/1 twist off 9.1 4.202 RO,FF on - 1½ twist off 9.3 (Allen)	All Group 5 vaults described as a flic-flac with a 1/1 (360°) turn on may be performed with a ¾ (270°) to 1/1 (360°) LA turn in the first flight 5.101 RO,FF ½ on - Hndspg off 8.9
1.201 Hsp - 1/1 9.0 1.202 Hsp - 1½ 9.4 1.203 Yami - 1/1 9.0 1.205 ½ on - 1½ off 9.3 or ¼ on - 1¼ off 1.206 ½ on - 1/1 off 8.9 or ¼ on - 1¼ off 1.207 1/1 on - H/Y 9.0 1.208 1/1 on - ½ off 9.3		3.201 Tsukahara Tuck 9.6	4.201 RO,FF on - Back Tuck 9.6	5.201 RO,FF ½ on - 1/1 twist off 9.2 5.202 RO,FF ½ on - 1½ twist off 9.4 5.207 RO,FF 1/1 on - 1/1 twist off 9.3
1.301 Hsp - 2/1 9.9 1.306 ½ on - 2/1 off 9.8 or ¼ on - 2¼ off 1.307 1/1 on - 1/1 9.7	2.301 Hsp - Front Tuck 10.0 2.302 Hsp - Front Tuck ½ 10.0 2.304 Hsp - Front Pike 10.0 2.310 Fr. Hndsp onto board, Hsp. - Fr. Tuck (llg) 10.0 2.311 Fr. Hndsp onto board, Hsp. - Fr. Pike (Garbarino) 10.0	3.302 Tsuk Tuck 1/1 10.0 3.303 Tsuk Pike 9.7 3.304 Tsuk layout 10.0 3.306 ½ on - ½ off, Fr. Tuck 9.9 or ¼ on - ¼ off, Fr. Tuck (land facing out) or Tsuk tuck ½ 3.308 ½ on - ½ off, Fr. Tuck ½ 10.0 (Shible) or ¼ on - ¾ off, Fr. Tuck ½	4.301 RO,FF on - 2/1 twist off 9.8 (Allen) 4.302 RO,FF on - B. Tuck 1/1 10.0 4.304 RO,FF on - B. Pike 9.7 4.305 RO,FF on - B. Layout 10.0 4.307 RO,FF on - ½ off, Fr. Tuck 9.9 or RO,FF on - B. Tuck ½	5.312 RO,FF ½ on - 2/1 twist off 9.9
			4.407 RO, FF on - ½ turn off, Fr. Tuck ½ (Beckman) 10.0	



WOMEN'S JR. OLYMPIC VAULT VALUES FOR LEVELS 6/7 & 8



Effective August 1, 2013– July 31, 2017

LEVEL 6 & 7: GROUP 1 VAULTS THAT HAVE NO MORE THAN 360° TURN IN ONE FLIGHT AND NO MORE THAN 540° TURN IN TOTAL.

THE FOLLOWING VAULTS ARE ALLOWED AND ARE ALL VALUED AT 10.0 FOR LEVEL 6 & 7:

1.101	Handspring
1.102	Handspring – ½ twist off
1.103	Yamashita
1.104	Yamashita – ½ twist off
1.105	½ twist on – ½ twist off OR ¼ twist on – ¾ twist off
1.106	¼ to ½ twist on – repulsion (with flight to feet) off
1.201	Handspring – 1/1 twist
1.203	Yamashita – 1/1 twist
1.206	½ on – 1/1 twist off OR ¼ on – 1¼ twist off
1.207	1/1 twist on – Handspring or Yamashita off
1.208	1/1 twist on – ½ twist off

LEVEL 8

ALLOWABLE VAULTS: The following Group 1, 3, 4 & 5 Vaults are allowed at Level 8:

listed in JO-COP as #	Name of specific Allowable Vault	Value
1.101	Handspring	9.0
1.102	Handspring – ½ twist off	9.1
1.103	Yamashita	9.0
1.104	Yamashita – ½ twist off	9.1
1.105	½ twist on – ½ twist off OR ¼ twist on – ¾ twist off	9.2
1.106	¼ - ½ twist on – repulsion (with flight to feet) off	7.0
1.201	Handspring – 1/1 twist	9.5
1.202	Handspring – 1½ twist	9.7
1.203	Yamashita – 1/1 twist	9.5
1.205	½ twist on – 1½ twist off OR ¼ twist on – 1¾ twist off	9.6
1.206	½ on – 1/1 twist off OR ¼ on – 1¼ twist off	9.4
1.207	1/1 twist on – HSP/Yami off	9.5
1.208	1/1 twist on – ½ twist off	9.7
1.301	Handspring – 2/1 twist off	10.0
1.306	½ twist on – 2/1 twist off ¼ twist on – 2¼ twist off	10.0
3.201	Tsukahara Tuck	9.8
3.303	Tsukahara Pike	10.0
4.101	RO, FF on – Repulsion (with flight to feet) off	7.0
4.102	RO, FF on – Repulsion ½ off	9.1
4.201	RO, FF on – 1/1 twist off	9.4
4.202	RO, FF on – 1½ twist off (Allen)	9.6
4.203	RO, FF on – Back Tuck	9.8
4.304	RO, FF on – Back Pike	10.0
5.101	RO, FF ½ on – Handspring	9.2
5.201	RO, FF ½ on – 1/1 twist off	9.6
5.202	RO, FF ½ on – 1½ twist off	9.8
5.312	RO, FF ½ on – 2/1 twist off	10.0

V		A - 100	B - 200	C - 300	D - 400	E - 500
1.	01	L L L L	L L L L	L L L L		
	02	U	U U U U	U U U		
	03			U U		
	04	L L L L	L L L L	L L L L	L L L L	
	05		L L L L			
	06	L L L L	L L L L	L L L L		
	07	L L L L		L L L L		
	08	L L L L	L L L L	L L L L		
	09		L L L L			
	10			L L L L	L L L L	
	11		L L L L	L L L L	L L L L	
	12				L L L L	L L L L
	13				L L L L	L L L L
	14		L L L L	L L L L	L L L L	
	15		L L L L	L L L L	L L L L	
2.	01	L L L L	L L L L	L L L L	L L L L	L L L L
	02	L L L L	L L L L	L L L L	L L L L	L L L L
	03	L L L L	L L L L	L L L L	L L L L	L L L L
	04	L L L L	L L L L	L L L L	L L L L	L L L L
	05	L L L L	L L L L	L L L L	L L L L	L L L L
	06	L L L L	L L L L	L L L L	L L L L	L L L L
	07	L L L L	L L L L	L L L L	L L L L	L L L L
3.	01	L L L L	L L L L	L L L L	L L L L	L L L L
	02	L L L L	L L L L	L L L L	L L L L	L L L L
	03	L L L L	L L L L	L L L L	L L L L	L L L L
	04	L L L L	L L L L	L L L L	L L L L	L L L L
	05	L L L L	L L L L	L L L L	L L L L	L L L L
	06	L L L L	L L L L	L L L L	L L L L	L L L L
	07	L L L L	L L L L	L L L L	L L L L	L L L L
	08	L L L L	L L L L	L L L L	L L L L	L L L L
4.	01	L L L L	L L L L	L L L L	L L L L	L L L L
	02	L L L L	L L L L	L L L L	L L L L	L L L L
	03	L L L L	L L L L	L L L L	L L L L	L L L L
	04	L L L L	L L L L	L L L L	L L L L	L L L L
	05	L L L L	L L L L	L L L L	L L L L	L L L L
	06	L L L L	L L L L	L L L L	L L L L	L L L L
	07	L L L L	L L L L	L L L L	L L L L	L L L L
	07	L L L L	L L L L	L L L L	L L L L	L L L L

V		A - 100	B - 200	C - 300	D - 400	E - 500
5.	01		L L L L			
	02		L L L L	L L L L	L L L L	L L L L
	03			L L L L	L L L L	L L L L
	04			L L L L	L L L L	L L L L
	05			L L L L	L L L L	L L L L
	06			L L L L	L L L L	L L L L
	07			L L L L	L L L L	L L L L
6.	01	(X)	X	X X X X	X X X X	
	02		(X) (X)	X	X X X X	X X X X
	03			X	X X X X	X X X X
	04	(X)	X	X X X X	X X X X	X X X X
	05			X X X X	X X X X	X X X X
7.	01	O O			O O	
	02	O L	O			
	03	(O) (O)	(O)			
	04	(O) (O)	(O) (O) (O) (O)		(O) (O)	(O) (O)
	05		(O)	(O) (O) (O)		
	06	(O) (O)	(O) (O) (O)	(O)	(O) (O) (O) (O)	(O) (O) (O)
	07				(O) (O) (O)	
	08			(O) (O) (O) (O)	(O) (O) (O)	(O) (O) (O)
	09			(O) (O) (O) (O)	(O) (O) (O)	(O) (O) (O)
	10			(O) (O) (O)	(O) (O) (O)	(O) (O) (O)
8.	01	P P E	P E - E	P P E P P E	P P E P P E	P P E P P E
	02			P P E P P E	P P E P P E	P P E P P E
	03	P P E	P P E	P P E	P P E	P P E
	04			P P E P P E	P P E P P E	P P E P P E
	05				P P E P P E	P P E P P E
	06				P P E P P E	P P E P P E
	07	P P E	P P E P P E	P P E - E	P P E P P E	P P E P P E
	08				P P E P P E	P P E P P E
	09				P P E P P E	P P E P P E
	10			P P E P P E	P P E P P E	P P E P P E

JUNIOR OLYMPIC

		A-100	B-200	C-300	D-400	E-500
1.	01					
	02					
	03					
	04					
	05					
	06					
	07					
	08					
	09					
	10					
	11					
	12					
	13					
	14					
	15					
	16					
2.	01					
	02					
	03					
	04					
	05					
	06					
	07					
	08					
	09					
	10					
	11					

		A-100	B-200	C-300	D-400	E-500
3.	01					
	02					
	03					
	04					
	05					
	06					
	07					
	08					
	09					
	10					
4.	01					
	02					
	03					
	04					
5.	01					
	02					
	03					
	04					
	05					
	06					
	07					
	08					
6.	01					
	02					
	03					
	04					
	05					

		A-100	B-200	C-300	D-400	E-500
7.	01					
	02					
	03					
	04					
	05					
	06					
	07					
	08					
	09					
	10					
	11					
	12					
8.	01					
	02					
	03					
	04					
	05					
9.	01					
	02					
	03					
	04					
	05					
	06					
	07					
	08					
	09					
	10					

* #7.402 & 8.402-All considered different elements

		A - .100	B - .200	C - .300	D - .400	E - .500
1.	01					
	02					
	03					
	04					
	05					
	06					
	07					
	08					
	09					
	10					
	11					
	12					
	13					
	14					
	15					
	16					
2.	01					
	02					
	03					
	04					
	05					
	06					
	07					
	08					

		A - .100	B - .200	C - .300	D - .400	E - .500	
3.	01						
	02						
	4.	01					
		02					
	5.	01					
		02					
		03					
04							
05							
06							
07							
6.	01						
	02						
7.	01						
	02						
8.	01						
	02						
	03						
	04						
	05						
	06						

2013 – 2017 JUNIOR OLYMPIC LEVEL 9 & 10

August 1, 2013

Conn. Val.	0.1	0.2	SR	∟	Connection Value	0.1	0.2	SR	∟	Connection Value	0.1	0.2	SR	□	Content		
Level 10			Level 10			Level 10			Level 10			Level 10			10 9		
*Turn/flight C+C			Min. of 1 C-Flight			Acro Flight			Acro Series- 2 flight			Acro Indirect			1 Acro series w/ 2		
*For a connection of 2			2 nd diff. flight, min.B			(2 elements, excluding dmt.)			elements, min. of 1 C;			A/B+ A/B +C			salto OR 2 directly		
- turn/flight is NOT			Min. of "C" element			B + C*			also E (flight) +A (non-			A/B + A/B +D			connected saltos		
req'd (elements must			w/ LA turn (not in			* (excluding mt/dmt- C must be salto at L10			flight)			C+C			(same or diff.)		
be different)			mt/dmt)			At Lev 9- C must be salto or aerial)			Leap or jump w/ 180°			A/B+D			3 Diff. Saltos (No aerials)		
C no turn/ C+D D+D			Dmt- Min. of "C"			Acro flight			cross or side split			B+B			Dance Pass w/ 2 diff.		
flight req.)			Level 9			(3+ elements)			360° Turn on one foot			A+C			Gr. 1 elements		
(If no turn/ C+C			2 Bar Changes			2 Dance/Mix			Aerial/Salto Dmt. - Min.			A+A+C			(direct or indirect		
flight – must be different)			Min. of 1 B-Flight			(excluding dmt)			"C" or "B" w/ "C" conn.			A+A+D			connection)		
Turn/flight C+C			2 nd diff. flight-min			Turns			Level 9			C+C			- one w/ 180° split		
			"C" OR min. "C"			A+C			Acro Series- 2 flight			C+D			Dmt. – Min. of C salto		
			element w/ LA turn			(or reverse)			elements			D-salto+A-jump			Level 9		
			(not in mt/dmt)			All acro elements used for CV must have flight			Leap or jump w/ 180°			(This order only)			Same as L10 except		
			Salto/Hecht Dmt –						cross or side split			*No CV for a turn followed by a jump			Dmt.- Min. of B salto		
			Min. of "B"						360° Turn on one foot						Award CV & DV		
									Aerial/Salto Dmt. –						unless a fall or spot		
									Min. of "B"						occurs		
															Missing Spec. Req.		
															= 0.50		

Composition – Execution Deductions

Landing – Execution – General

Uneven Bars		Balance Beam		Floor Exercise		Landing	
Composition		Composition		Composition		Execution	
Insufficient distribution of elements		Missing Acro bwd & fwd or swd		Insufficient distribution of elements		Slight hop, adjustment of feet	
↑.10		each .10		↑.10		↑.10	
Insufficient change of direction		- If only in dismount		Space (use of entire floor area) & direction		Deviation from straight direction	
↑.10		↑.05		each ↑.10		↑.10	
Uncharacteristic elements		Spatially - insuff. use of entire beam		Failure to perform saltos or aerials in 2 diff.		Extra arm swings	
each .10		↑.10		directions (bwd & fwd or swd)		↑.10	
More than one Squat on LB w/ or w/out		Insufficient distribution of elements		More than 2 dance elements of the same shape		Steps (each .10) max .40	
sole circle to jump to grasp HB (Lev. 10 only)		↑.10		each type .10		Large step or jump	
each .10		↑.10		each type .10		↑.20	
Choice of elements		Insufficient level changes		More than 1 leap/jump to prone position		Incorrect body posture	
Max. .20		↑.10		each .10		↑.20	
- Failure to perform both fwd. & bwd.		Failure to show movement/choreography		Lack of balance between acro & dance elements		Brush/touch of landing surface w/	
circles &/or releases		in diff. dir. (fwd/swd/bwd)		↑.20		1 or 2 hands (no support)	
↑.05		↑.10		↑.20		↑.30	
- Imbalance between pirouettes & flight elem.		More than 2 pivot (str. leg ½ turns) throughout exercise		Acro elements not up to competitive level		Squat upon landing	
↑.10		↑.10		↑.20		↑.30	
- Lack of variety of elements & connections		More than 2 dance elements of the same shape		Lack of turn on 1 foot, min. "B"		Trunk movements for balance	
↑.10		each type .10		↑.20		Spotting assist upon landing	
Choice of release elements not up to		(tuck/wolf or straddle)		Lack of min. of "B" salto (Level 9)		Award VP + .50	
competitive level (Lev. 10 only)		↑.10		↑.30			
↑.20		↑.10		Lack of min. of "C" salto (Level 10)			
Lack of two bar changes (Lev. 10 only)		More than one element before mount		↑.30			
↑.20		↑.20					
More than one element before mount							
↑.20							
Execution		Execution		Execution		General	
Swing fwd. or bwd. under horizontal		Feet apart on side pos. landing of leap/jump		Feet apart on landing of leap/jump/hops		Fail to Present before/after (CJ)	
each ↑.10		↑.10		↑.10		each time .10	
Under-rotation of release/flight elements		Hesitation in jump, press, swing to HS		Incorr. Rhythm during execution of direct conn.		Exceeds Floor Ex. Boundary (CJ)	
↑.10		↑.10		each ↑.10		each .10	
Precision of handstand positions throughout		Incorr. body pos./alignment on dance elem.		Incorrect body pos./alignment on dance elem.		Overtime-BB/FX (CJ)	
↑.10		each ↑.10		each ↑.10		.10	
Insuff. extension of glides/swing into kips		Lack of precision in dance elements		Lack of precision in dance elements		Coach stands between bars or next to BB	
↑.10		each ↑.10		each ↑.10		throughout exercise (CJ)	
Poor rhythm in elements/connections		Turn elements not performed in high relevé		Turn VPs not performed in high relevé		Excessive use of magnesia (chalk) (CJ)	
↑.10		each ↑.10		each ↑.10		↑.20	
Hesitation in jump or swing to HS		Landing too close to beam on dismount		Concentration pause (more than 2 sec.)		Incorrect attire/jewelry (after 1 warning) (CJ)	
↑.10		↑.10		each .10		↑.20	
Touch, brush of foot/feet on apparatus/mat		Concentration pause (more than 2 sec.)		Rhythm of conn.- dance/mixed/acro (not bwd flight)		Verbal cues by coach/team (after warning) (CJ)	
↑.10		each .10		each ↑.20		↑.20	
Landing too close to bars on dismount		Insufficient split when required (dance/acro elements)		Insufficient split when required (dance/acro elements)		Coach instructs gymnast during routine (CJ)	
↑.10		↑.20		↑.20		↑.20	
Insuff. amplitude of elements		Legs not parallel to beam in split or straddle pike		Insufficient dynamics		Failure to begin exercise within 30 sec. of signal (CJ)	
each ↑.20		↑.20		↑.20		↑.20	
Insufficient dynamics		Insufficient dynamics		Insuff. variation in rhythm/tempo throughout		Exceeds warm-up time (after warning) (CJ)	
↑.20		↑.20		↑.20		↑.20	
Hit of foot/feet on apparatus		Insuff. height of leaps/jumps/hops		Relaxed/incorr. footwork in non-VPs throughout		Incorrect apparatus specs. (CJ)	
↑.20		each ↑.20		↑.20		↑.30	
Insufficient height of salto dismount		Insuff. height of acro flights, aerials & saltos		Poor relationship of music & movement		Board on unpermitted surface (CJ)	
↑.30		each ↑.20		throughout		↑.30	
Hit of foot/feet on mat		Insuff. sureness of performance - throughout		Insuff. height of saltos		Failure to remove board after mount (CJ)	
↑.30		↑.20		each ↑.30		↑.30	
Grasp on apparatus to avoid a fall		Insuff. variation in rhythm/tempo - throughout		Relaxed/incorr./insuff. leg pos./body posture, &		Use of Supplementary mats (CJ)	
↑.30		↑.20		flexibility in non-VPs throughout		↑.30	
Intermediate (extra) swing		Support of 1 leg against side of BB		Insuff. height of saltos		No Dismount	
↑.30		↑.30		↑.20		from Start Value	
Insuff. amplitude of "B" Clear hip circles		Insuff. height of salto dismount		Relaxed/incorr./insuff. leg pos./body posture, &		Spotting Assist on element	
↑.40		↑.30		flexibility in non-VPs throughout		No VP awarded + .50	
Full support on foot/feet on mat during routine		Additional movements to maintain balance		Grasp of beam to avoid a fall		Start exercise before signal (repetition) (CJ)	
↑.50		↑.30		↑.30		↑.50	
		Direction on gainer dmt. off end of beam		Artistry/Presentation		3 rd Run approach (UB/BB mounts)	
		Relaxed/incorr./insuff. leg pos./body posture, &		- Originality/creativity of choreography		Coach on FX mat (CJ)	
		flexibility in non-VPs throughout		↑.10		↑.50	
		↑.30		- Quality of movement reflects personal style		Short Exercise: BB/FX-less than 30 sec. (CJ)	
		↑.30		↑.10		UB- (less than 5 Value Parts)	
		↑.30		- Quality of expression			
		↑.10		↑.10			
		↑.10					
		↑.10					

Score Range: 9.5-10: 0.2 9.0-9.475: 0.5 8.0 – 8.975: 0.7 Below 8.0: 1.00

Courtesy score: Minimum of 1.00

2013 – 2017 JUNIOR OLYMPIC LEVEL 6, 7 & 8

August 1, 2013

SR	SR	SR	SR	SR	SR	Content
<p>Level 6</p> <p>1. 1 Cast – min. of horizontal</p> <p>2. Min. of 1 bar change</p> <p>3. One element from Grp. 3, 6 or 7</p> <p>4. Dismount, min. of “A”</p> <p>Level 7</p> <p>1. 1 Cast–min. of 45° from vertical</p> <p>2. & 3.</p> <p>Two 360° clear circling elements, same or different (no hips on bar)</p> <p>- One must be a “B”</p> <p>- One from Grp. 3, 6 or 7</p> <p>4. Salto/Hecht Dmt–Min. of “A”</p>	<p>Level 8</p> <p>1. Min. of 1 bar change</p> <p>2. & 3.</p> <p>Two “B” elements, same or different</p> <p>- One with turn or flight (excluding mnt. or dmt.)</p> <p>-One 360° circle elem.from Grp. 3, 6 or 7 (not in dmt)</p> <p>4. Salto or Hecht Dmt.</p> <p>- Min. of “A”</p>	<p>Level 6</p> <p>1. One acro element from Group 5, 6 or 7 (Both must start & finish on beam)</p> <p>2. One leap/jump requiring 180° cross or side split (Isolated or in a series)</p> <p>3. Min. of 360° turn on one foot (Isolated or in a series)</p> <p>4. Min. of “A” dismount, with or w/out hand support</p>	<p>Level 7</p> <p>1a. Acro Series with a min. of 2 “A’s” or “B’s” with or without flight,</p> <p>AND</p> <p>1.b One acro flight element (may be included in series or isolated) (Both must start & finish on beam)</p> <p>2. One leap/jump requiring 180° cross or side split (Isolated or in a series)</p> <p>3. Min. of 360° turn on one foot (Isolated or in a series)</p> <p>4. Aerial or salto dmt.- Min. of “A”</p> <p>Level 8</p> <p>Same as Level 7 except #1.</p> <p>1. Series –min. of 2 elements, 1 with flight. (Both must start & finish on beam)</p>	<p>Level 6</p> <p>1. One Acro series (min.3 directly connected flight elements, with or without hand support)</p> <p>2. One salto or aerial acro element (bwd, fwd or swd) (Isolated or in 2nd series)</p> <p>3. Dance passage w/ min. of 2 different Group 1 elements (direct or indirect connection)</p> <p>- one a LEAP w/ 180° cross or side split</p> <p>4. Min. of 360° turn on one foot (Isolated or in a series)</p>	<p>Level 7</p> <p>1. One Acro series (min.3 directly connected flight elem -one a back layout to 2 feet</p> <p>2. A direct connection of 2 or more forward acro elements with flight – one must be a salto or aerial</p> <p>3. Dance Passage w/ min. of 2 diff. Grp. 1 elements (direct or indirect connection) - one a LEAP w/ 180° cross or side split</p> <p>4. Min. of 360° turn on one foot (Isolated or in a series)</p> <p>Level 8</p> <p>1. One Acro series w/ 2 saltos OR</p> <p>2 directly connected saltos (same or diff.)</p> <p>2. 3 Diff. Saltos (not aerials) within exercise</p> <p>3. Dance Passage w/ min. of 2 diff. Grp. 1 elements (direct or indirect connection)</p> <p>- one a LEAP w/ 180° cross or side split</p> <p>4. Dmt. – Min. of “A” salto</p>	<p>8 7 6</p> <p>A 4 5 5</p> <p>B 4 2 1</p> <p>C 0 0 0</p> <p>SV 10 10 10</p> <p>Level 8: Allowed C’s = B</p> <p>All levels: Restricted elements = no Value-Part credit +0.50 deduction from SV</p> <p>Missing Spec. Req. = 0.50</p>

Composition – Execution Deductions


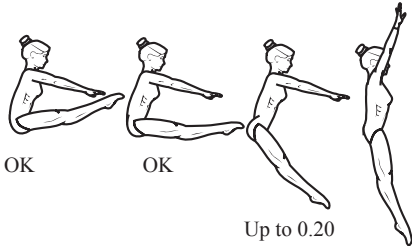
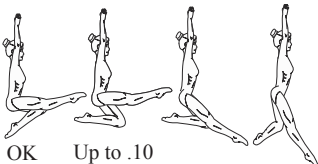

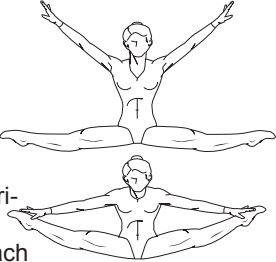
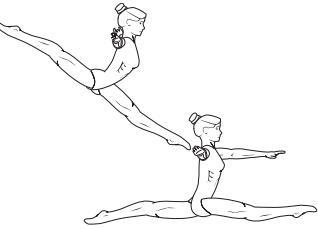
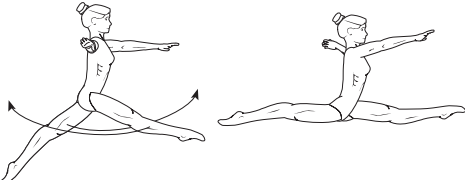
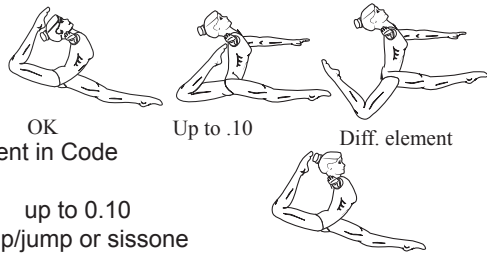
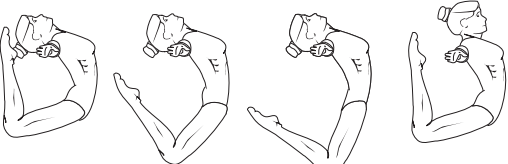
Uneven Bars	Balance Beam	Floor Exercise	Landing – Execution – General
<p>Composition (LEVEL 8 ONLY)</p> <p>Insufficient distribution of elements $\uparrow .10$</p> <p>Uncharacteristic elements each $\downarrow .10$</p> <p>3/4 fwd. Giant circle (w/ or w/o grip change) each $\downarrow .10$</p> <p>Lack of variety of elements & connections $\uparrow .10$</p> <p>Lack of elements that achieve (or pass thru) vertical $\uparrow .20$</p> <p>Execution</p> <p>Swing fwd. or bwd. under horizontal each $\uparrow .10$</p> <p>Under- rotation of release/flight elements $\uparrow .10$</p> <p>Precision of handstand positions throughout $\uparrow .10$</p> <p>Insuff. extension of glides/swing into kips $\uparrow .10$</p> <p>Poor rhythm in elements/connections $\uparrow .10$</p> <p>Hesitation in jump or swing to HS $\uparrow .10$</p> <p>Touch, brush of foot/feet on apparatus/mat $\uparrow .10$</p> <p>Landing too close to bars on dismount $\downarrow .10$</p> <p>Insuff. amplitude of elements each $\uparrow .20$</p> <p>Insufficient dynamics $\uparrow .20$</p> <p>- Insufficient swingful execution throughout</p> <p>- Energy maintained throughout exercise</p> <p>- Makes difficult look effortless</p> <p>Hit of foot/feet on apparatus $\downarrow .20$</p> <p>Insufficient height of salto dismount $\uparrow .30$</p> <p>Hit of foot/feet on mat $\downarrow .30$</p> <p>Grasp on apparatus to avoid a fall $\downarrow .30$</p> <p>Intermediate (extra) swing/cast $\downarrow .30$</p> <p>Insuff. amplitude of “B” Clear hip circles $\uparrow .40$</p> <p>Full support on foot/feet on mat during routine $\downarrow .50$</p>	<p>Composition (LEVEL 8 ONLY)</p> <p>Missing Acro elements bwd & fwd or swd each $\downarrow .10$</p> <p>- If only in dismount $\downarrow .05$</p> <p>Spatially - insuff. use of entire beam $\uparrow .10$</p> <p>Insufficient distribution of elements $\uparrow .10$</p> <p>Insufficient level changes $\uparrow .10$</p> <p>Failure to show movement/choreography in diff. directions (fwd/swd/bwd) $\uparrow .10$</p> <p>More than 2 pivot (str. leg 1/2 turns) throughout exercise $\downarrow .10$</p> <p>More than 2 dance elements of the same shape (tuck/wolf or straddle) each type $\downarrow .10$</p> <p>More than 1 leap/jump to front support each $\downarrow .10$</p> <p>Acro elements not up to competitive level $\downarrow .20$</p> <p>Lack of balance between acro & dance elements $\downarrow .20$</p> <p>Lack of dance series (min. of 2 elements from Gr. 1, 2, or 3) $\downarrow .20$</p> <p>More than one element before mount $\downarrow .20$</p> <p>Execution</p> <p>Feet apart on side pos. landing of leap/jumps $\uparrow .10$</p> <p>Hesitation in jump, press, swing to HS $\uparrow .10$</p> <p>Incorrect body pos./alignment in dance elem. each $\uparrow .10$</p> <p>Lack of precision in dance elements each $\uparrow .10$</p> <p>Turn elements not performed in high relevé each $\uparrow .10$</p> <p>Landing too close to beam on dismount $\downarrow .10$</p> <p>Concentration pause (more than 2 sec.) each $\downarrow .10$</p> <p>Rhythm of conn.- dance/mixed/acro (not bwd. flight) each $\uparrow .20$</p> <p>Insufficient split when required (dance/acro elements) $\uparrow .20$</p> <p>Legs not parallel to beam in split or straddle pike $\uparrow .20$</p> <p>Insufficient dynamics $\uparrow .20$</p> <p>Insuff. height of leaps/jumps/hops each $\uparrow .20$</p> <p>Insuff. height of acro flights, aerials & saltos each $\uparrow .20$</p> <p>Insuff. sureness of performance - throughout $\uparrow .20$</p> <p>Insuff. variation in rhythm/tempo - throughout $\uparrow .20$</p> <p>Relaxed/incorr. footwork in non-VPs throughout $\uparrow .20$</p> <p>Support of 1 leg against side of BB $\downarrow .20$</p> <p>Insuff. height of salto dismount $\uparrow .30$</p> <p>Additional movements to maintain balance $\uparrow .30$</p> <p>Direction of gainer dmt. off end of beam $\uparrow .30$</p> <p>Relaxed/incorr./insuff. leg pos./body posture, & flexibility in non-VPs throughout $\uparrow .30$</p> <p>Grasp of beam to avoid a fall $\downarrow .30$</p> <p>Artistry/Presentation $\uparrow .30$</p> <p>- Originality/creativity of choreography $\uparrow .10$</p> <p>- Quality of movement reflects personal style $\uparrow .10$</p> <p>- Quality of expression $\uparrow .10$</p>	<p>Composition (LEVEL 8 ONLY)</p> <p>Insufficient distribution of elements $\uparrow .10$</p> <p>Space (use of entire floor area) & direction each $\uparrow .10$</p> <p>Failure to perform saltos or aerials in 2 diff. directions (bwd & fwd or swd) $\downarrow .10$</p> <p>More than 2 dance elements of the same shape (tuck/wolf or straddle) each type $\downarrow .10$</p> <p>More than 1 leap/jump to prone position each $\downarrow .10$</p> <p>Lack of balance between acro & dance elements $\uparrow .20$</p> <p>Acro elements not up to competitive level $\uparrow .20$</p> <p>Lack of turn on 1 foot, min. B $\downarrow .20$</p> <p>Lack of min. of “B” salto (Level 8) $\downarrow .30$</p> <p>Execution</p> <p>Feet apart on landing of leap/jumps $\uparrow .10$</p> <p>Incorr. rhythm during execution of direct conn. each $\uparrow .10$</p> <p>Incorrect body pos./alignment in dance elem. each $\uparrow .10$</p> <p>Lack of precision in dance elements each $\uparrow .10$</p> <p>Turn VPs not performed in high relevé each $\uparrow .10$</p> <p>Concentration pause (more than 2 sec.) each $\downarrow .10$</p> <p>Legs not parallel to floor in split or straddle pike $\uparrow .20$</p> <p>Insuff. height of leaps/jumps/hops each $\uparrow .20$</p> <p>Insuff. height of acro flights & aerials each $\uparrow .20$</p> <p>Insufficient split on elements $\uparrow .20$</p> <p>Insufficient dynamics $\uparrow .20$</p> <p>Insuff. variation in rhythm/tempo throughout $\uparrow .20$</p> <p>Relaxed/incorr. footwork in non-VPs throughout $\uparrow .20$</p> <p>Poor relationship of music & movement throughout $\uparrow .20$</p> <p>Insuff. height of saltos each $\uparrow .30$</p> <p>Relaxed/incorr./insuff leg pos./body posture, & flexibility in non-VPs throughout $\uparrow .30$</p> <p>Missing synchronization of movement & musical beat $\uparrow .30$</p> <p>- Each time $\downarrow .05$</p> <p>- Exercise not ended with music $\downarrow .10$</p> <p>Music with words (CJ) $\downarrow .10$</p> <p>Absence of music (CJ) $\downarrow .10$</p> <p>Artistry/Presentation $\uparrow .30$</p> <p>- Originality/creativity of choreography $\uparrow .10$</p> <p>- Quality of movement reflects personal style $\uparrow .10$</p> <p>- Quality of expression $\uparrow .10$</p>	<p>Landing</p> <p>Slight hop, adjustment of feet $\uparrow .10$</p> <p>Deviation from straight direction $\uparrow .10$</p> <p>Extra arm swings $\uparrow .10$</p> <p>Steps (each $\downarrow .10$) max $\downarrow .40$</p> <p>Large step or jump $\downarrow .20$</p> <p>Incorrect body posture $\uparrow .20$</p> <p>Brush/touch of landing surface w/ 1 or 2 hands (no support) $\uparrow .30$</p> <p>Squat upon landing $\uparrow .30$</p> <p>Trunk movements for balance $\uparrow .30$</p> <p>Spotting assist upon landing Award VP + $\downarrow .50$</p> <p>Execution</p> <p>Flexed/sickled feet during Value Parts each time $\downarrow .05$</p> <p>Legs: crossed $\uparrow .10$ separated $\uparrow .20$</p> <p>Insufficient exactness of body shape - N or V $\uparrow .20$</p> <p>Stretched - Arch or Hip angle (136-179°) $\uparrow .30$</p> <p>Failure to maintain stretched body pos. $\uparrow .20$</p> <p>- Pikes down (UB, BB, FX)</p> <p>Incomplete turn/twist $\uparrow .20$</p> <p>Bent arms in support or bent legs $\uparrow .30$</p> <p>Fall or support on hand(s) on apparatus or mat $\downarrow .50$</p> <p>Fail to land on bottom of feet first in saltos & dismounts Fall ($\downarrow .50$) + No VP</p> <p>General</p> <p>Fail to present before/after (CJ) each time $\downarrow .10$</p> <p>Exceeds Floor Ex. boundary (CJ) each $\downarrow .10$</p> <p>Overtime-BB/FX (CJ) $\downarrow .10$</p> <p>Coach stands between bars or next to BB throughout exercise (CJ) $\downarrow .10$</p> <p>Excessive use of magnesium (chalk) (CJ) $\downarrow .20$</p> <p>Incorrect attire/jewelry (after 1 warning) (CJ) $\downarrow .20$</p> <p>Verbal cues by coach/team (after warning) (CJ) $\downarrow .20$</p> <p>Coach instructs gymnast during routine (CJ) $\downarrow .20$</p> <p>Failure to begin exer. within 30 sec. of CJ signal (CJ) $\downarrow .20$</p> <p>Exceeds warm-up time (after warning) (CJ) $\downarrow .20$</p> <p>Incorrect apparatus specs (CJ) $\downarrow .30$</p> <p>Board on unpermitted surface (CJ) $\downarrow .30$</p> <p>Failure to remove board after mount (CJ) $\downarrow .30$</p> <p>Use of Supplementary mats (CJ) $\downarrow .30$</p> <p>No Dismount from Start Value $\downarrow .30$</p> <p>Spotting Assist on element No VP awarded + $\downarrow .50$</p> <p>Starts exercise before signal (repetition) (CJ) $\downarrow .50$</p> <p>3rd run approach (UB/BB mounts) $\downarrow .50$</p> <p>Coach on FX mat (CJ) $\downarrow .50$</p> <p>Short Exercise: BB/FX-less than 30 sec. (CJ) $\downarrow .20$</p> <p>UB- (less than 5 Value Parts)</p>

Score Range: 9.5-10: 0.2 9.0-9.475: 0.5 8.0 – 8.975: 0.7 Below 8.0: 1.00

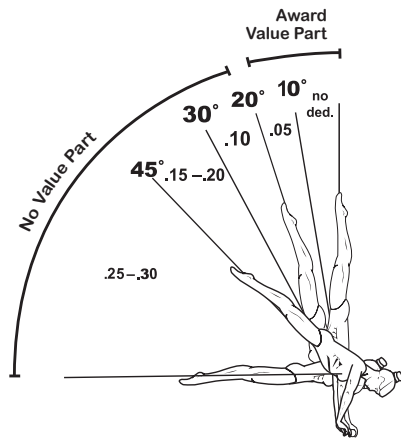
Courtesy Score = Minimum of 1.00

USA GYMNASTICS JR. OLYMPIC DANCE TECHNIQUE

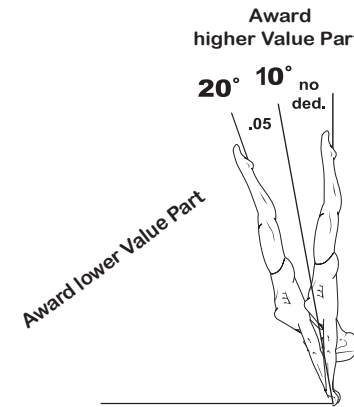
August 1, 2013

<p>TUCK JUMP</p>  <p>Evaluation: 90° Hip and knee angle required</p> <ul style="list-style-type: none"> - Insufficient tuck position up to 0.20 - Greater than 135° angle at the hips - credit as stretched jump with abstract leg position <p>OK Up to .20 Diff. element</p>	<p>PIKE JUMP</p>  <p>Evaluation: Minimum of 90° hip angle required.</p> <ul style="list-style-type: none"> - Insufficient pike up to 0.20 - Greater than 135° hip angle - credit as stretched jump <p style="text-align: right;">Up to 0.20 Stretched jump</p>
<p>WOLF HOP/JUMP</p>  <p>Evaluation: Both extended leg and thigh of bent leg at horizontal or above</p> <ul style="list-style-type: none"> - below horizontal with either leg up to 0.10 each - Greater than 135° angle - credit as stretched jump <p>OK Up to .10 Up to .10 each leg Credit as straight jump</p>	<p>CAT LEAP</p>  <p>Evaluation:</p> <p>Thighs at horizontal with 90° hip angle and knees bent</p> <ul style="list-style-type: none"> - Failure to reach horizontal with both legs up to 0.10 each - Incorrect leg position (lack of knee bend) up to 0.20 - Lack of alternated leg lift - credit as tuck jump
<p>SIDE SPLIT JUMP/STRADDLE PIKE JUMP</p> <p>Evaluation-Side split jump: Legs required to be parallel to beam/floor with 180° split</p> <ul style="list-style-type: none"> - Insufficient split up to 0.20 - Legs not parallel to beam/floor up to 0.20 - Less than 135° split - recognize as different element  <p>Evaluation-Straddle pike jump: Legs required to be at horizontal and slightly forward with hips piked</p> <ul style="list-style-type: none"> - Failure to reach horizontal with both legs up to 0.10 each 	<p>SISSONNE/SPLIT JUMP</p> <p>Evaluation:</p> <p>Sissonne - Take-off from 2 feet/land on 1 foot - legs in a diagonal position with 180° split - Front leg should be a minimum of 45°</p> <p>Split Jump - Take-off and land on 2 feet - legs parallel to beam/floor with 180° split</p> <ul style="list-style-type: none"> - Insufficient split up to 0.20 - Legs not parallel to beam/floor in split jump up to 0.20 - Less than 135° split - recognize as different element 
<p>SWITCH-LEG LEAP</p>  <p>Evaluation:</p> <ul style="list-style-type: none"> -If the swing leg is bent (never extends) or is less than 45° before the switch * credit as Split leap (provided at least 135° split achieved after leg change) - Insufficient split after leg change up to 0.20 - Less than 135° split after leg change - recognize as different element 	<p>RING LEAP/JUMP</p> <p>Evaluation:</p> <ul style="list-style-type: none"> - Head release backward past the vertical line is required. If no head release - credit as another element in Code - Rear foot at head height is required <ul style="list-style-type: none"> Rear foot at shoulder or upper back up to 0.10 Rear foot at hip height - credit as a split leap/jump or sissone with bent back leg - Front leg should be a minimum of 45° up to 0.10 - Insufficient arch up to 0.10  <p style="text-align: right;">Diff. element - due to no Head Release = Split leap or jump with bent back leg</p>
<p>SHEEP JUMP</p> <p>Evaluation:</p> <ul style="list-style-type: none"> - Head release backward past the vertical line is required. - Feet expected to be at head height <ul style="list-style-type: none"> Feet at shoulder or upper back up to 0.10 Feet at hip height or no backward head release (regardless of leg height), credit as a jump with bent leg = A - Insufficient arch up to 0.10  <p style="text-align: right;">Diff. element - due to no Head Release</p>	

AMPLITUDE OF CASTS/SWINGS-LEVEL 6 -10



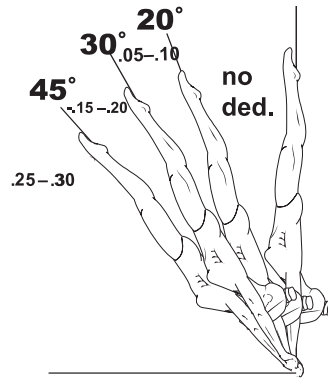
AMPLITUDE OF FLIGHTS TO HANDSTAND ON LOW BAR



AMPLITUDE OF BODY AT TURN COMPLETION

For TURNS IN HANDSTAND

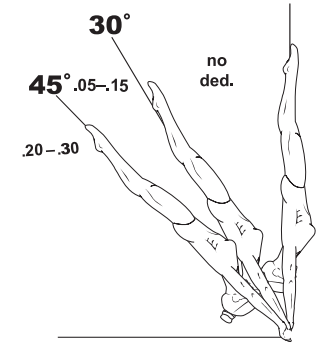
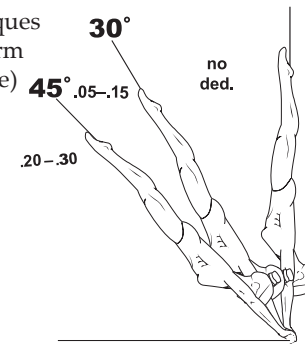
180° pirouettes-all techniques
360° or more pirouettes turning on both arms
in handstand phase.



AMPLITUDE OF BODY AT TURN COMPLETION

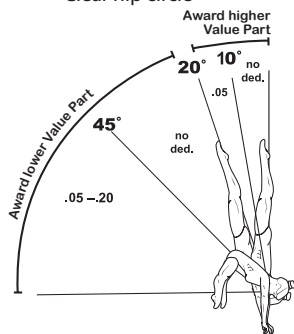
For TURNS IN & AFTER HANDSTAND

540° & more pirouettes-all techniques
360° pirouettes turning on one arm
after handstand (Healy technique)

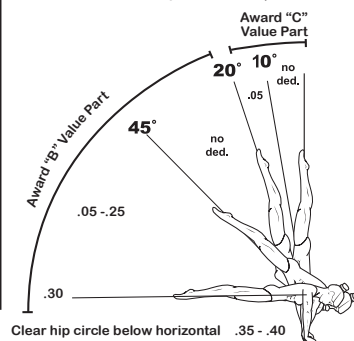


AMPLITUDE OF CIRCLING ELEMENTS

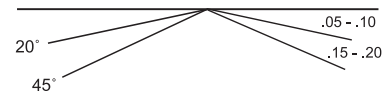
All circle elements except
Clear hip circle



Clear hip circle only

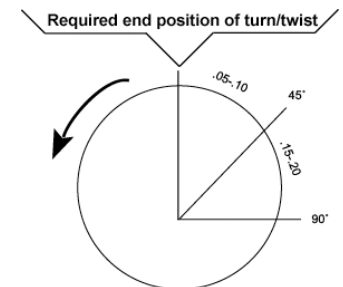


INSUFFICIENT SPLIT



1° - 20° missing deduct 0.05 - 0.10
21° - 45° missing deduct 0.15 - 0.20
46° or more missing award lesser Value Part

INCOMPLETE TURNS



2013-2017 JUNIOR OLYMPIC LEVEL 9 & 10

Effective August 1, 2013

Conn. Val.	0.1	0.2	SR	VA	Connection Value	0.1	0.2	SR	VA	Connection Value	0.1	0.2	SR	VA	Content										
<u>Level 10</u> *Turn/flight C+C *For a connection of 2 elem. from Gr. 3/6/7 - turn/flight NOT req'd (elements must be diff.) C no turn/ C+D D+D flight req.)			<u>Level 10</u> Min of 1 C-Flight 2 nd diff. flight, min. B Min. C ele. w/ LA turn (not in mt/dmt) Dmt- Minimum C		Acro Flight (2 elem. excluding dmt.) *B + C * (excluding mt/dmt- C must be salto at L10 At Lev 9- C must be salto or aerial)	B+D, B+E C+C, C/D+D		<u>Level 10</u> Acro Series- 2 flight, min. of 1 C; Also E (flight) +A (non-flight) Leap or jump w/ 180° cross or side split 360° Turn Dmt. - min. C or B with C-ele. connection		Acro. Indirect A/B+ A/B +C C+D A/B + A/B +D C+C A/B+D Acro Direct B+B B+C A +C A/B+D A+A+C A+A+D C+C 2 *Dance/Mix B+D C+C C+D D-salto+A-jump (This order only)				<u>Level 10</u> 1 Acro Series w/ 2 saltos OR 2 directly connected saltos (same or diff.) 3 Diff. Saltos Dance Pass w/ 2 diff. Gr. 1 elements (direct or indirect connection) - one a leap w/ 180° cross or side split Dmt. - min. C salto <u>Level 9</u> Same as L10 except Dmt. - min. B salto	<table border="1"> <tr> <td><u>10</u></td> <td><u>9</u></td> </tr> <tr> <td>A 3</td> <td>3</td> </tr> <tr> <td>B 3</td> <td>4</td> </tr> <tr> <td>C 2</td> <td>1</td> </tr> <tr> <td>SV 9.5</td> <td>9.7</td> </tr> </table> <p>L9:DE's (max.1) = C Restricted elements = no Value+0.5 deduction from Start Value Award CV & DV unless a fall occurs Missing Spec. Req. = 0.50</p>	<u>10</u>	<u>9</u>	A 3	3	B 3	4	C 2	1	SV 9.5	9.7
<u>10</u>	<u>9</u>																								
A 3	3																								
B 3	4																								
C 2	1																								
SV 9.5	9.7																								
<u>Level 9</u> (If no turn/ C+C flight - must be different)			<u>Level 9</u> Min. of 1 B-Flight 2 nd diff. flight, min. C OR min. C-ele. w/ LA turn (not in mt/dmt) Salto/Hecht Dmt - B		Acro flight (3+ ele.) 2 Dance/Mix (excluding dmt) Turns All acro elements used for CV must have flight	B+ B+C B+C+C B+B+D A+D B+D B+C C+C C+D A+C (or reverse)		<u>Level 9</u> Acro Series- 2 flight Leap or jump w/ 180° cross or side split 360° Turn Dmt. - min. B																	

													A	CV	VP
													B	D/E	SR
													C	SV	
													D		FIN
													E		
													A	CV	VP
													B	D/E	SR
													C	SV	
													D		
													E		FIN
													A	CV	VP
													B	D/E	SR
													C	SV	
													D		
													E		FIN

2013 – 2017 JUNIOR OLYMPIC LEVEL 6, 7 & 8



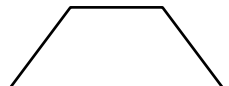
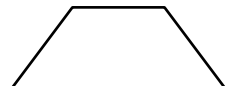
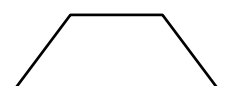
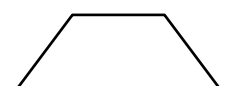
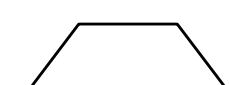
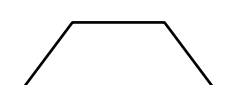
August 1, 2013

SR	SR	SR	SR	SR	SR	Content
<p>Level 6</p> <p>1. 1 Cast – min. of horizontal 2. Min. of 1 bar change 3. One element from Grp. 3, 6 or 7 4. Dismount, min. of “A”</p> <p>Level 7</p> <p>1. 1 Cast–min. of 45° from vertical & 3. Two 360° clear circling elements, same or different (no hips on bar) - One must be a “B” - One from Grp. 3, 6 or 7 4. Salto/Hecht Dmt–Min. of “A”</p>	<p>Level 8</p> <p>1. Min. of 1 bar change 2. & 3. Two “B” elements, same or different - One with turn or flight (excluding mt. or dmt. -One 360° circle elem.from Grp. 3, 6 or 7 (not in dmt) 4. Salto or Hecht Dmt. - Min. of “A”</p>	<p>Level 6</p> <p>1. One acro element from Group 5, 6 or 7 (Both must start & finish on beam) 2. One leap/jump requiring 180° cross or side split (Isolated or in a series) 3. Min. of 360° turn on one foot (Isolated or in a series) 4. Min. of “A” dismount, with or w/out hand support</p>	<p>Level 7</p> <p>1a. Acro Series with a min. of 2 “A’s” or “B’s” with or without flight, AND 1.b One acro flight element (may be included in series or isolated) (Both must start & finish on beam) 2. One leap/jump requiring 180° cross or side split (Isolated or in a series) 3. Min. of 360° turn on one foot (Isolated or in a series) 4. Aerial or salto dmt.- Min. of “A”</p> <p>Level 8</p> <p>Same as Level 7 except #1. 1. Series – min. of 2 elements, 1 with flight. (Both must start & finish on beam)</p>	<p>Level 6</p> <p>1. One Acro series (min.3 directly connected flight elements, with or without hand support) 2. One salto or aerial acro element (bwd, fwd or swd) (Isolated or in 2nd series) 3. Dance passage w/ min. of 2 different Group 1 elements (direct or indirect connection) - one a LEAP w/ 180° cross or side split 4. Min. of 360° turn on one foot (Isolated or in a series)</p>	<p>Level 7</p> <p>1. One Acro series (min.3 directly connected flight elem -one a back layout to 2 feet 2. A direct connection of 2 or more forward acro elements with flight – one must be a salto or aerial 3. Dance Passage w/ min. of 2 diff. Grp. 1 elements (direct or indirect connection) - one a LEAP w/ 180° cross or side split 4. Min. of 360° turn on one foot (Isolated or in a series)</p> <p>Level 8</p> <p>1. One Acro seriesw/ 2 saltos OR 2 directly connected saltos (same or diff.) 2. 3 Diff. Saltos (not aerials) within exercise 3. Dance Passage w/ min. of 2 diff. Grp. 1 elements (direct or indirect connection) - one a LEAP w/ 180° cross or side split 4. Dmt. – Min. of “A” salto</p>	<p>A 4 5 5 B 4 2 1 C 0 0 0 SV 10 10 10</p> <p>Level 8: Allowed C's = B All levels: Restricted elements = no Value-Part credit + 0.50 deduction from SV Missing Spec. Req. = 0.50</p>
					A	VP
					B	SR
						SV
						FIN
					A	VP
					B	SR
						SV
						FIN
					A	VP
					B	SR
						SV
						FIN

2013-2017 Junior Olympic OPTIONAL VAULT SCORESHEET

(effective August 1, 2013)

1st FLIGHT	SUPPORT/REPULSION	2nd FLIGHT	LANDING/GENERAL
Incorr. foot form (flexed/sickled) ↑.10	Poor technique: Staggered/alternate hands-on for all vaults* ↑.10	Incorr. foot form ↑.10	Slight hop/ adj. feet ↑.10
Inorr. Leg form: Crossed ↑.10	Shoulder Angle ↑.20	LA Turn begun too Late ↑.50	Extra arm swings ↑.10
Separated ↑.20	Arch ↑.20	Insuff. exactness of LA turn ↑.10	Steps each .10 max .40
Bent ↑.30	Alternate Rep.-all vaults* ↑.20	Under-rotation of salto vaults ↑.10	Large step/Jump (approx. 3 ft) .20
Poor Technique	Steps/hops on hands ↑.30	Insuff. Height ↑.50	Incorrect Body Posture ↑.20
Hip Angle ↑.20	LA turn begun too early ↑.30	Insuff. Length ↑.30	Trunk movement for balance ↑.20
Arch ↑.20	Arms bent ↑.50 (slight bend of lead arm allowed for Gr. 3 vaults)	Inorr. Leg form: Crossed ↑.10	LA turn incomplete ↑.30
Incomplete LA turn. ↑.30	Touch with only 1 hand <u>1.00 CJ</u>	Separated ↑.20	Squat on landing ↑.30
	Head touching table in support (includes 0.5 for bent arms) <u>2.00</u>	Bent ↑.30	Brush/touch w/ hand(s) (no support) ↑.30
	No hand contact on table <u>VOID</u>	Insufficient exactness of Body Pos. • Insufficient N, V ↑.30	Deviation in Direction ↑.30
	<i>*Except all Gr. 3 vaults & Gr. 5 vaults with 3/4-1/1 turn on + salto off Lev. 6 & 7 only:</i>	• Insufficient stretched pos. * arch ↑.30	Insufficient Dynamics ↑.30
	Too long in support ↑.50	* hip angle (136°-179°) ↑.30	Fall or support on 1 or both hands <u>.50</u>
	Angle of repulsion	Fails to maintain stretch (pikes down) ↑.30	Fall against vault table <u>.50</u>
	By vertical no ded	Insuff./Late extension of N or V ↑.25	Spotting assistance upon landing <u>.50</u>
	1° - 45° ↑.50	Total absence of extension of N or V <u>.30</u>	Landing in a sitting, lying or standing position on top of the table VOID
	46° - Horizontal .55 -1.00	Late completion of twist (Gr. 1 & Gr. 4/5 w/out saltos) ↑.30	Coach between board & table (except Gr. 4/5 vaults-no penalty) <u>.50</u>
		Brush/hit of body/head on table ↑.20	Vaults without signal from CJ <u>0.50</u>
			Failure to land on bottom of feet 1 st VOID
			No safety zone mat (Gr. 4/5) VOID
			Spotting assistance during the vault VOID

# vault: 	SV Ex Score	# vault: 	SV Ex Score
# vault: 	SV Ex Score	# vault: 	SV Ex Score
# vault: 	SV Ex Score	# vault: 	SV Ex Score
# vault: 	SV Ex Score	# vault: 	SV Ex Score



JR. OLYMPIC OPTIONAL REQUIREMENTS FOR LEVELS 6, 7, 8, 9 & 10

(Effective August 1, 2013 - July 31, 2017)

REQUIREMENTS	LEVEL 6	LEVEL 7	LEVEL 8	LEVEL 9	LEVEL 10
VALUE PARTS A=.10, B=.30, C=.50	5 A's, 1 B, 0 C's	5 A's, 2 B's, 0 C's	4 A's, 4 B's, 0 C's	3 A's, 4 B's, 1 C	3 A's, 3 B's, 2 C's
START VALUE BONUS	10.0 Not eligible for Bonus	10.0 Not eligible for Bonus	10.0 Not eligible for Bonus	9.70 Maximum of 0.30 Bonus for Connections only	9.50 Maximum of 0.50 Bonus (min. of +.10 Difficulty Value & min. of +.10 Connection Value)
DIFFICULTY RESTRICTIONS FOR BARS, BEAM & FLOOR - 0.5 for each unallowable element	Allowed: All "A" & "B" elements <i>plus the following one "C" on UB:</i> <i>Clear hip circle to HS, which receives "B" VP credit.</i> <i>No flight elements from bar to bar are allowed.</i> <i>No other "C's", "D's" or "E's" are allowed.</i>	Allowed: All "A" & "B" elements <i>plus any number of the following "C's" on UB:</i> <i>Cast Handstand 1/2 turn, Clear hip circle, Back stalder & Pike sole circle bwd. to HS, all also with 1/2 turn</i> All allowable "C's" receive "B" VP credit <i>No other "C's", "D's" or "E's" are allowed.</i>	Allowed: All "A" & "B" elements plus all "C" dance on BB/FX & any number of the following "C's" on UB: <i>Cast Handstand 1/2 turn, Clear hip circle/Back stalder/Pike sole circle bwd. to HS, all also with 1/2 turn.</i> A maximum of one "C" other than those indicated above may also be performed. All allowable "C's" receive "B" VP credit. <i>No other "C's", "D's" or "E's" are allowed.</i>	Allowed: "A's", "B's", and "C's" & any number of the following D/E's: Dance on BB/FX & any "B" or "C" "root" element with a 1/1 pirouette on UB. A max. of one "D or E" other than those indicated above may also be performed. All allowable D/E's are considered as "C" for VP & CV credit.	No restrictions
VAULTS ALLOWED	Group 1 Handspring/Yamashita vaults with maximum of 360° in one flight phase & no more than 540° turn in total. Refer to Level 6/7 Vault chart. All allowable vaults are worth 10.0	Group 1 Handspring/Yamashita vaults with maximum of 360° in one flight phase & no more than 540° turn in total. Refer to Level 6/7 Vault chart. All allowable vaults are worth 10.0	Group 1, 3, 4 & 5 Vaults indicated on the Lev.8 chart (Handsprings, Tsukaharas & RO entry) All other vaults are not permitted & if performed, VOID the event.	Selected vaults from all Groups Refer to Level 9 Vault Chart All other vaults are not permitted & if performed, VOID the event.	All vaults from Groups 1-5 Certain 10 SV vaults will receive +0.1 bonus if performed successfully
SPECIAL REQUIREMENTS Deduct 0.50 for each missing SR for all Levels	<u>BARS</u> 1. 1 cast – min. of horizontal 2. One bar change 3. One element from Group 3, 6, or 7 4. Dismount, min. A <u>BEAM (Max. time: 1:15)</u> 1. One acro elem. from Gr. 5, 6 or 7 (Both must start & finish on beam) 2. One leap/jump requiring 180° cross or side split (Isolated or in a series) 3. Min. of 360° turn on one foot (Isolated or in a series) 4. Min. of A dismount, with or without hand support	<u>BARS</u> 1. 1 cast–min. of 45° from vert. 2. & 3. Two 360° clear circling elem., Same or different - one must be a B - one from Group 3, 6, or 7 4. Salto or hecht dismt, min A <u>BEAM (Max. time: 1:20)</u> 1a. Acro series with a min. of two A's or B's with or without flight, AND 1b. One acro flight element - may be included in series (Both must start & finish on beam) 2. One leap/jump requiring 180° cross or side split (Isolated or in a series) 3. Min. of 360° turn on one foot (Isolated or in a series) 4. Aerial or salto dismt, min. A	<u>BARS</u> 1. Min. of 1 bar change 2. & 3. Two B elem., same or diff. - One with flight (not dismt) or turn (not mt/dismt) - One from Groups 3, 6, or 7 4. Salto or hecht dismt, min. A <u>BEAM (Max. time: 1:30)</u> 1. Acro series- min. of 2 elements, 1 with flight. (Both must start & finish on beam.) 2. One leap/jump requiring 180° cross or side split (Isolated or in a series) 3. Min. of 360° turn on one foot (Isolated or in a series) 4. Aerial or salto dismt, min. A	<u>BARS</u> 1. Min. of 2 bar changes 2. One flight element, min. B (not disnt) 3. A second (different) flight element (min. C) OR one element with LA turn (min. C) (not mnt/disnt) 4. Salto or hecht dismt, min. B <u>BEAM (Max. time: 1:30)</u> 1. Acro series: min. of 2 flight elements. (Both must start & finish on beam) 2. One leap/jump requiring 180° cross or side split (Isolated or in a series) 3. Min. of 360° turn on one foot (Isolated or in series) 4. Aerial or salto dismt, min. B	<u>BARS</u> 1. Flight element, min. C (not dismnt) 2. A 2 nd (different) flight elements, min. B 3. Element with LA turn, min. C (not mnt/dmt) 4. Salto or hecht dismt, min. C <u>BEAM (Max. time: 1:30)</u> 1. Acro series: Min. of 2 flight elem., one a min. of C with or without hand support. (Both must start & finish on beam) 2. One leap/jump requiring 180° cross or side split (Isolated or in a series) 3. Min. of 360° turn on one foot (Isolated or in a series) 4. Aerial or salto dismt, min. of C, OR a B dismt. that is directly connected to: - an acro series that includes a C acro, OR - a C acro or dance

REQUIREMENTS	LEVEL 6	LEVEL 7	LEVEL 8	LEVEL 9	LEVEL 10
<p>SPECIAL REQUIREMENTS</p> <p>Deduct 0.50 for each missing SR for all Levels</p>	<p><u>FLOOR (Max. time: 1:15)</u></p> <ol style="list-style-type: none"> One acro series, with a min. of 3 directly connected acro flight elements, with or without hand support One salto or aerial acro element (bwd, fwd, swd) (Isolated or in a 2nd series) Dance Passage w/ min. of 2 different Group 1 elements (directly or indirectly connected) - one a LEAP w/ 150° cross or side split Minimum of 360° turn on one foot (May be isolated or in a series) 	<p><u>FLOOR (Max. time: 1:30)</u></p> <ol style="list-style-type: none"> One acro series (min. 3 directly connected flight elements) including a Back layout to 2 feet A direct connection of two or more forward acro elements with flight - One must be a salto or an Aerial Dance Passage w/ min. of 2 different Group 1 elements (directly or indirectly connected) -one a LEAP w/ 180° cross or side split Min. of 360° turn on one foot (May be isolated or in a series) 	<p><u>FLOOR (Max. time: 1:30)</u></p> <ol style="list-style-type: none"> One Acro series w/ 2 saltos, OR 2 directly connected saltos (same or different) Three different saltos (not aerials) within the exercise Dance Passage w/ min. of 2 different Group 1 elements (directly or indirectly connected) - one a LEAP w/ 180° cross or side split Min. of "A" salto as last salto or in last connection of saltos 	<p><u>FLOOR (Max. time: 1:30)</u></p> <ol style="list-style-type: none"> One Acro series w/ 2 saltos, OR 2 directly connected saltos (same or different) Three different saltos (not aerials) within the exercise Dance Passage w/ min. of 2 different Group 1 elements (directly or indirectly connected) - one a LEAP w/ 180° cross or side split Min. of B salto as last salto or in last connection of saltos 	<p><u>FLOOR (Max. time: 1:30)</u></p> <ol style="list-style-type: none"> One Acro series w/ 2 saltos, OR 2 directly connected saltos (same or different) Three different saltos (not aerials) within the exercise Dance Passage w/ min. of 2 different Group 1 elements (directly or indirectly connected) - one a LEAP w/ 180° cross or side Split Min. of C salto as last salto or in last connection of saltos

Please refer to the 2013-17 *Jr. Olympic Code of Points* for a complete understanding of the Jr. Olympic rules. This is an overview only.