

JUNIOR OLYMPIC 2009 – 2013

effective August 1, 2009 - July 31, 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 *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/ flight req.) C+D D+D Level 9 (If no turn/ flight – must be different) Turn/flight			Level 10 Min of 1 C-Flight 2 nd diff. flight, min. B Min. of C element w/ LA turn (not in mnt/dmt) Dmt- Minimum C Level 9 2 Bar Changes Min. of 1 B-Flight 2 nd diff. flight, min. C OR min. C-ele. w/ LA turn (not in mnt/dmt) Salto/Hecht Dmt - B		Acro Flight (2 elem. excluding dmt.) *B + C (excluding mnt/dmt- C must be salto) Acro flight (3+ ele.) B+ B +C B+C+C B+B+D 2 Dance/Mix (excluding dmt) A+D B+D B+C C+C C +C (diff. dance) (same dance elem.) C+D Turns A+C (or reverse) All acro elements used for CV must have flight			Level 10 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 Level 9 Acro Series- 2 flight Leap or jump w/ 180° cross or side split 360° Turn Dmt. - min. B				Level 10 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 (diff. dance) D-salto+A-jump (This order only) *No CV for a turn followed by a jump			Level 10 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 w/ 180° split Dmt. - min. C salto Level 9 Same as L10 except Dmt. – min. B salto	<table border="1"> <tr> <td>10</td> <td>9</td> <td>8</td> <td>7</td> </tr> <tr> <td>A 3</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>B 3</td> <td>4</td> <td>4</td> <td>2</td> </tr> <tr> <td>C 2</td> <td>1</td> <td>0</td> <td>0</td> </tr> <tr> <td>SV 9.5</td> <td>9.7</td> <td>10</td> <td>10</td> </tr> </table> <p>L9:DE's (max.1)=C Unallowable elements = no Value + 0.5 deduction from Start Value Award CV & DV unless a fall occurs Missing Spec. Req. = 0.50</p>	10	9	8	7	A 3	3	4	5	B 3	4	4	2	C 2	1	0	0	SV 9.5	9.7	10	10
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Composition – Execution Deductions

Landing – Execution – General

Uneven Bars		Balance Beam		Floor Exercise		Landing	
Composition		Composition		Composition		Execution	
Insufficient distribution of value parts	↑.10	Missing Acro bwd & fwd or swd - If only in dismt	each .10	Failure to perform saltos in 2 diff. directions (bwd & fwd or swd)	.10	Flexed/sickled feet during value parts	each time .05
Insufficient change of direction (Lev. 9/10)	↑.10	Spatially - insuff. use of entire beam	↑.10	Insufficient distribution of value parts	↑.10	Legs: crossed	.10
Uncharacteristic elements	each .10	Insufficient distribution of value parts	↑.10	Space (use of entire floor area) & direction	each ↑.10	separated	↑.20
More than one Squat on LB w/ or w/out sole circle to grasp HB (Lev. 10 only)	each .10	Insufficient level changes	↑.10	More than 2 dance elements of the same shape (tuck/wolf or straddle)	each type .10	Insufficient exactness of N, V, /	↑.20
3/4 fwd Giant circle (w/ or w/o grip change)	each .10	Failure to show movement/choreography in diff. dir. (fwd/sidewd/bckwd)	↑.10	More than 1 leap/jump to prone position	each .10	Failure to maintain stretched body pos. - Pikes down early (UB, BB,FX)	↑.20
Choice of elements	Max. ↑.20	More than 2 pivot (str. leg 1/2 turns) throughout exercise	.10	Lack of balance between acro & dance VP	↑.20	Bent arms in support or bent legs	↑.30
* Failure to perform both forw. & backwd. circles & releases (Lev. 9/10)	.05	More than 2 dance elements of the same shape (tuck/wolf or straddle)	each type .10	Acro not up to competitive level	↑.20	Fall, or support on hands	.50
* Balance between pirouettes & flight elem. (L9/10)	↑.10	More than 1 leap/jump to front support	each .10	Lack of turn on 1 foot, min. B	.020	Fail to land feet first in saltos & dmts	No VP
* Lack of variety of elements & connections	↑.10	More than 1 elem. before mount	.20	Lack of min. of B salto (Level 8 & 9)	.30	General	
Choice of release elements not up to competitive level (Lev. 10)	↑.20	Lack of dance series (min. 2 dance ele. from Gr. 1, 2, 3)	0.20	Lack of min. of C salto (Level 10)	.30	Fail to Present before/after (CJ)	each time .10
Lack of elements that achieve (or pass thru) vertical (Lev. 8)	↑.20	Acro elements not up to competitive level	↑.20			Exceeds Floor Ex. Boundary (CJ)	each .10
More than 1 elem. before mount	.20	Lack of balance between acro & dance VP	↑.20			Overtime (CJ)	.10
Lack of two bar changes (Lev. 10 only)	.20					Coach stands between bars or next to BB throughout exercise (CJ)	.10
Execution		Execution		Execution		Excessive use of magnesia (chalk) (CJ)	.20
Landing too close to bars on dismount	.10	Landing too close to beam on dismount	.10	Incor. Rhythm during exec. of direct conn.	each ↑.10	Incorrect attire/jewelry (after 1 warning) (CJ)	.20
Concentration pause (more than 2 sec.)	each .10	Incor. Rhythm during exec. of acro connections	each ↑.10	Incorrect body pos. in dance elem.	each ↑.10	Signals/verbal cues by coach/team (after warning) (CJ)	.20
Swing fwd. or bwd. under horiz.	each .10	Hesitation in jump, press, swing to HS	↑.10	Concentration pause (more than 2 sec.)	each .10	Coach instructs gymnast during routine (CJ)	.20
Touch/brush of foot on apparatus/mat	↑.10	Incorrect body pos. in dance elem.	each ↑.10	Legs not parallel to floor in split or straddle pike	↑.20	Failure to begin exer. within 30 sec. of CJ signal (CJ)	.20
Under- rotation of release/flight elem.	↑.10	Support of 1 leg against side of BB	.20	Insuff. height of leaps/jumps/hops	each ↑.20	Exceeds warm-up time (after warning) (CJ)	.20
Precision of handstand positions throughout	↑.10	Insufficient split when required (dance/acro ele.)	↑.20	Insuff. height of acro flights & aerials	each ↑.20	Incorrect apparatus specs. (CJ)	.30
Insuff. ext. of glides/swing into kips	↑.10	Legs not parallel to beam in split or straddle pike	↑.20	Insuff. variation in rhythm/tempo throughout	↑.20	Board on unpermitted surface (CJ)	.30
Poor rhythm in elements	↑.10	Insufficient dynamics	↑.20	Relaxed/incorr. footwork in non-value parts throughout	↑.20	Failure to remove board after mnt. (CJ)	.30
Hesitation in jump or swing to HS	↑.10	Insuff. height of leaps/jumps/hops	each ↑.20	Relaxed/incorr./insuff. leg pos./body posture & flexibility in non-value parts throughout	↑.30	Use of Supplementary mats (CJ)	.30
Insuff. amplitude of elements	each ↑.20	Insuff. height of acro flights, aerials & saltos	each ↑.20	Artistry/Presentation	↑.30	No Dismount from Start Value	.30
Insufficient dynamics	↑.20	Grasp of beam to avoid a fall	.30	*Originality/creativity of choreography	↑.10	Spotting Assistance	.50
*Insufficient swingful execution throughout		Rhythm during exec. of acro connections	each ↑.30	*Quality of movement reflects personal style	↑.10	Start exer. before signal (repetition) (CJ)	.50
*Energy maintained throughout exercise		Insuff. height of salto dismount	↑.30	*Quality of expression	↑.10	3 rd Run approach	.50
*Makes difficult look effortless		Additional movements to maintain balance	↑.30	Missing synchronization of movement & musical beat	↑.30	Coach on FX mat (CJ)	1.00
Hit foot on apparatus	.20	Direction on gainer dsmnt. off end of beam	↑.30	• Each time	.05	Short Exercise: BB/FX-less than 30 sec. (CJ)	2.00
Insuff. height of salto dismount	↑.30	Insuff. sureness of performance - throughout	↑.20	• Exercise not ended with music	.10	UB- (less than 5 Value Parts)	
Grasp on apparatus to avoid a fall	.30	Insuff. variation in rhythm/tempo - throughout	↑.20	Poor relationship of music & movement throughout	↑.20		
Intermediate (extra) swing	.30	Relaxed/incorr. footwork in non-value parts throughout	↑.20	Music with voice/no music (CJ)	1.00		
Failure to remove board/spotting block after release element (CJ)	.30	Relaxed/incorr./insuff. Leg pos./body posture & flexibility in non-value parts throughout	↑.30				
		Artistry/Presentation	↑.30				
		*Originality/creativity of choreography	↑.10				
		*Quality of movement reflects personal style	↑.10				
		*Quality of expression	↑.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

Revised 7/2/09