



GUIDELINES FOR APPLICATION OF SPECIFIC COMPOSITIONAL DEDUCTIONS- LEVEL 9 & 10
Revised September 8, 2017




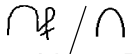


LEVEL 10 BEAM: Choice of ACRO elements not up to the Competitive Level Up to 0.20

<p>NO DEDUCTION (if all criteria met)</p> <p>FORMULA 1: Routines with a maximum of a "C" element in the Acro flight series</p>	<p>1a. 2-element Acro flight series with a "C" salto, OR 1a. 3-element Acro flight series with a "C" element (with or without hand support) Plus 1b. Additional "D/E" acro flight (with or without hand support) Plus 1c. Minimum of "C" salto * Plus 1d: Dismount Choice: 1d. Minimum "B" Acro flight element directly connected to "C" dismount element, OR 1d. "D/E" Acro flight element connected to "B" dismount element, OR 1d. Any "D/E" dismount element (isolated or in connection)</p>
Sample Routine #1	<p>2 Flic-flacs to 1-arm FF (B+B+C) Side aerial (D) Back salto tucked (C) Round-off, Back salto 1 1/2 twist (B+C)</p>
Sample Routine #2	<p>FF, 2 Back layout step-outs (B+C+C) Front Aerial (D) Round-off, Back salto 2/1 twist (B+C)</p> <p><i>*If the Acro flight series includes two (2) "C" saltos, one of them may count for the additional "C"- salto.</i></p>
Sample Routine #3	<p>FF, Back layout step-out (B+C) Kickover Fr. Salto (D) Back salto tucked (C) Round-off, 2/1 Back salto (B+E)</p>
Sample Routine #4	<p>FF, Back layout step-out (B+C) Fr. Salto tucked (D) Back salto tucked (C) Side aerial, Back salto 1/1 twist (D+B)</p>

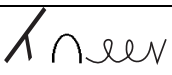
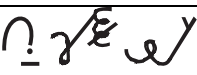
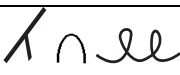
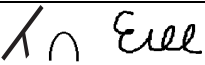


<p>NO DEDUCTION (if all criteria met)</p> <p>FORMULA 2: Routines with a "D or E" element in the Acro flight series</p>	<p>2a. 2-element Acro flight series with minimum of a "D" flight element Plus 2b. Additional "D/E" Acro flight element Plus 2c. Dismount Choice: 2c. Minimum of "B" Acro flight element directly connected to a "C" dismount element, OR 2c. "D/E" Acro flight element connected to a "B" dismount element, OR 2c. any "D/E" dismount element (isolated or in connection)</p>
Sample Routine #5	<p>Side aerial, FF (D+B) Fr. Salto piked (E) Round-off, Back salto 1 1/2 twist dismount (B+C)</p>
Sample Routine #6	<p>Front Aerial, FF (D+B) Side aerial (D) Round-off, FF, Back salto 2/1 twist dismount (B+B+C)</p>
Sample Routine #7	<p>FF, Onodi (B+E) Gainer Layout step-out (D) Front layout 2/1 twist dismount (D)</p>

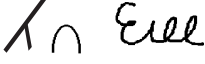



LEVEL 10 BEAM: Choice of ACRO elements not up to the Competitive Level

Up to 0.20

<p>MAXIMUM DEDUCTION of 0.20 (if all apply)</p>	<p>1a. No Acro flight series, OR 1b. Acro flight series without a Salto or Aerial Plus 2. No additional "C" or more difficult Salto/Aerial in exercise Plus 3. Dismount is single "C" or less difficult element</p>
<p>Sample Routine #1</p>	<p style="text-align: center;">    <i>FF - 1-arm FF (B+C) Front Handspring (B) Front salto with 1/1 twist (C)</i> </p>
<p>Sample Routine #2</p>	<p style="text-align: center;">    <i>Front aerial, stop, FF (D/B) (broken series) Back Walkover (A) Gainer Back Pike off end of beam</i> </p>

Level 10 FLOOR EXERCISE: Choice of ACRO elements not up to the Competitive Level Up to 0.20

<p>NO DEDUCTION (if all criteria met) FORMULA 1: Routine with three Acro flight passes</p>	<p>a. "D or E" Acro element in each Acro pass OR b. Two Acro passes with "D/E" element plus 3rd pass with minimum of B+C Bonus Acro connection (direct or indirect)</p>
<p>Sample 3-pass Routine #1</p>	<p style="text-align: center;">    <i>RO, FF, Double Pike (D) FHS, Front layout 1/2 twist, Back layout step-out (D+A) RO, FF, Double back tuck (D)</i> </p>
<p>Sample 3-pass Routine #2</p>	<p style="text-align: center;">    <i>RO, FF, 1/1 twisting double back (E) FHS, Front layout 1/1 twist, Front layout (C+B) RO, FF, Double Pike (D)</i> </p>

<p>NO DEDUCTION (if all criteria met) FORMULA 2: Routine with only two Acro passes</p>	<p>a. "D or E" Acro element in both passes b. One pass must have 2 saltos (direct or indirect connection)</p>
<p>Sample 2-pass Routine #1</p>	<p style="text-align: center;">   <i>RO, FF, 1/1 twisting double back (E) Front tuck, RO, FF, Double Pike (A+D)</i> </p>
<p>Sample 2-pass Routine #2</p>	<p style="text-align: center;">   <i>RO, FF, Double Pike (D) FHS, Front Layout 1/2 twist, Back layout step-out (D+A)</i> </p>

<p>MAXIMUM DEDUCTION of 0.20</p>	<p>No "D or E" salto in exercise</p>
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LEVEL 10 UNEVEN BAR COMPOSITION


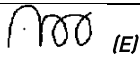
1. Choice of Release Elements not up to the competitive level Up to 0.20


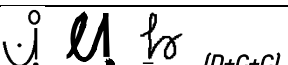
- NO DEDUCTION: Minimum of 2 different "D or E" release elements
- 0.20 MAXIMUM DEDUCTION: One "B" and one "C" release element or less

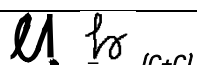

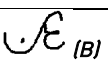
When applying this deduction, consider not only the value of the element, but also:

- Type of release element
- Direct connection to other release elements and/or other high value elements
- Total number of release elements in exercise










2. Insufficient Distribution in relation to dismount Up to 0.10







CRITERIA FOR NO DEDUCTION	a. "D or E" element connected to "C" dismount element OR b. "D or E" dismount element
Sample No Deduction Dismount #1	 B. Giant 1/1 (D) + Double Tuck flyaway dmt. (C)
Sample No Deduction Dismount #2	 Double front tuck dmt (E)

CRITERIA FOR 0.05 DEDUCTION	a. Connection of two "C" elements to a "C" dismount element OR b. "D" to "C" connection to a "C" dismount element
Sample 0.05 Deduction Dismount #1	 B. Giant 1/2 (C) + Fr. Giant 1/2 (C) + Double tuck flyaway (C)
Sample 0.05 Deduction Dismount #2	 B. Giant 1/1 (D) + Clear hip HS (C) + Toe-on Fr. Salto tucked (C)

CRITERIA FOR 0.10 DEDUCTION	One "C" element (or less difficult) element connected to "C" or less difficult dismount element
Sample 0.10 Deduction Dismount #1	 Clear hip HS (C) + Toe-on Fr. Salto tucked (C)
Sample 0.10 Deduction Dismount #2	 Back Giant (B) + Double tuck flyaway (C)
Sample 0.10 Deduction Dismount #3	 Flyaway 1/1 twist (B) Plus -0.50 missing dmt. SR



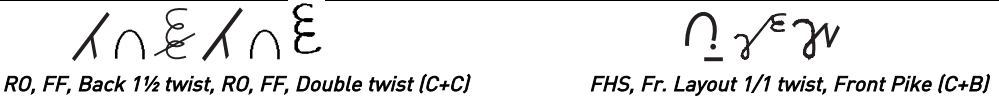

Level 9 BALANCE BEAM: Choice of ACRO elements not up to the Competitive Level Up to 0.20

<p>NO DEDUCTION (if all criteria met)</p>	<p>1. Acro series with 2 flight elements, one must be a "C" (D/E's receive C credit) Plus 2. Additional Acro element: a Salto/ Aerial or a "D/E" Acro flight element w/ hand support * * If the Acro series includes a Salto or Aerial, then the additional Acro flight element can be a minimum of "C" with or without hand support Plus 3a. "B" Acro flight element directly connected to "B" dismount element, OR 3b. Any "C" dismount element (isolated or in connection)</p>		
<p>Sample No Deduction Routine #1</p>	 <i>FF, Back layout step-out (B+C)</i>	 <i>One-arm Front Handspring (C)</i>	 <i>RO, Back layout 2/1 twist dismount (B+ C)</i>
<p>Sample No Deduction Routine #2</p>	 <i>FF, 1-arm FF (B+C)</i>	 <i>Back salto tucked (C)</i>	 <i>Front layout 1/1 twist (C)</i>
<p>Sample No Deduction Routine #3</p>	 <i>FF, Back salto tucked (B+C)</i>	 <i>Front Aerial (D C)</i>	 <i>RO, FF, Back layout 1/1 twist dismount (B+B+B)</i>

<p>MAXIMUM DEDUCTION of 0.20 (if all apply)</p>	<p>1a. Acro series with one or two "B" flight elements OR 1b. No Acro flight series 2. No other "B" or more difficult Acro element on the beam (excluding the element directly connected to the dismount element) 3a. Isolated "B" dismount element OR 3b. Any "A" dismount element (in series or isolated)</p>		
<p>Sample Max. Deduction Routine #1</p>	 <i>FF, FF (B+B)</i>	 <i>Back Walkover (A)</i>	 <i>Gainer back salto tucked off end of beam (B)</i>
<p>Sample Max. Deduction Routine #2</p>	 <i>RO, stop, FF (B/B)</i> <i>(broken series)</i> <i>Plus -0.50 missing Acro series SR</i>	 <i>Cartwheel (A)</i>	 <i>RO, Back Layout dismount (B+A)</i> <i>Plus -0.50 missing dmt. SR</i>

Level 9 FLOOR EXERCISE: Choice of ACRO not up to the Competitive Level

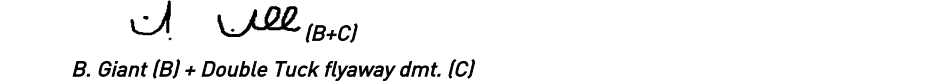
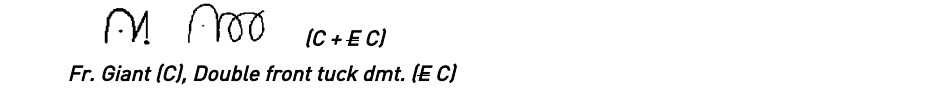

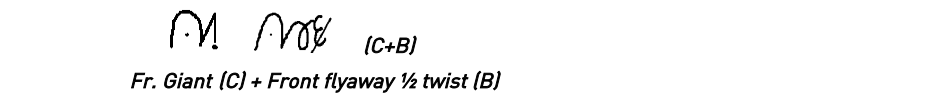


Up to 0.20

<p>NO DEDUCTION (if all criteria met) FORMULA 1: Routine with 3 Acro flight passes</p>	<p>a. "C" Acro element in each Acro pass OR b. Two passes with a "C" Acro element; one with Connection Bonus, plus another pass with a "B + B" Acro Connection Bonus</p>
<p>Sample 3-pass Routine #1</p>	<p> RO, FF, Double twist (C) Fr. Layout 1/1 twist (C) Fr. Tuck, RO, FF, Back 1/2 twist (A+C)</p>
<p>Sample 3-pass Routine #2</p>	<p> RO, FF, Double back tuck (D C) FHS, Fr. Layout, Front layout (B+B) RO, FF, Double twist (C)</p>
<p>NO DEDUCTION (if all criteria met) FORMULA 2: Routine with only 2 Acro passes</p>	<p>Both passes must have a "C" Acro element in a Bonus Connection</p>
<p>Sample 2-pass Routine #1</p>	<p> RO, FF, Back 1/2 twist, RO, FF, Double twist (C+C) FHS, Fr. Layout 1/1 twist, Front Pike (C+B)</p>
<p>Sample 2-pass Routine #2</p>	<p> RO, FF, Back 1/2 twist, Front pike (C+B) FHS, Fr. Layout 1/2 twist, Back layout step-out (D C+A)</p>
<p>MAXIMUM DEDUCTION of 0.20 if all apply</p>	<p>No "C" Acro elements in exercise</p>

LEVEL 9 UNEVEN BAR COMPOSITION:

Insufficient Distribution in relation to dismount

Up to 0.10

<p>CRITERIA FOR NO DEDUCTION</p>	<p>Any "C" (or D/E awarded "C") dismount element</p>
<p>Sample No Deduction Dismount #1</p>	<p> B. Giant (B) + Double Tuck flyaway dmt. (C)</p>
<p>Sample No Deduction Dismount #2</p>	<p> Fr. Giant (C), Double front tuck dmt. (E C)</p>
<p>CRITERIA FOR 0.05 DEDUCTION</p>	<p>Connection of a "C or more difficult" element to a "B" dismount element</p>
<p>Sample 0.05 Deduction Dismount #1</p>	<p> Clear hip HS (C) + Flyaway 1/1 twist (B)</p>
<p>Sample 0.05 Deduction Dismount #2</p>	<p> Fr. Giant (C) + Front flyaway 1/2 twist (B)</p>
<p>CRITERIA FOR 0.10 DEDUCTION</p>	<p>One "B" element (or less difficult) connected to a "B" (or less difficult) dismount element</p>
<p>Sample 0.10 Deduction Dismount #1</p>	<p> Bk. Giant (B) + Flyaway 1/1 twist (B)</p>
<p>Sample 0.10 Deduction Dismount #2</p>	<p> (B + A) plus 0.50 for missing dmt. SR Cast HS (B) + Tuck flyaway (A)</p>