



GYMnastics
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CANADA

**WOMEN'S ARTISTIC GYMNASTICS
2017-2018 CANADIAN JO MANUAL**

September 13, 2017
FINAL

INTRODUCTION

As of July 1, 2015 Canada has adopted the JO Program developed in the USA for use in the Provinces and Territories. The Junior Olympic program was developed with the belief that all athletes, regardless of their potential, must have a solid foundation of basic skills in order to advance safely. The program allows the gymnast to advance at her own pace, competing in more than one level in a year, if she so chooses.

The Canadian JO Program (CJO) has some modifications that are not in use in the USA or in other countries who have similarly adopted this program. These modifications are to assist our coaches and athletes in making the transition to JO from the previous national stream and provincial programs that have been in place in Canada, and will be identified in this manual. When you see *, it is an indication that the rule is DIFFERENT than the USAG JO rule. The rules of the JO program are otherwise being implemented in their entirety. In the case of discrepancies between the USA JO Code of Points and the Canadian JO document, the USA JO Code of Points will be definitive.

This document is a supplement to the USA JO Code of Points and is specific to the Optional Routines for Levels 6-10.

The Women's Program Committee (WPC) of Gymnastics Canada is responsible for the modifications of the CJO Program.

Questions on the Canadian JO Program?

A committee for the Canadian JO Program has been established to review questions and provide clarifications related to the JO program in Canada. This committee will work with the GCG technical staff and the Women's Program Committee.

If coaches and judges have questions regarding the program, they should send these to Gymnastics Canada c/o Kristen Lawson, Artistic Gymnastics Program Assistant who will then forward to the Committee.

The Chair of the Committee will do the appropriate consultation and send clarifications to PSOs, Provincial Judging Chairs and program members. It will be recommended to each PSO to further distribute the information to its members.

Canadian JO Committee:

Chair: Shelley Lefler
Members: Melissa Hawrylyshyn
 Andrée Montreuil
 Sheri Wilson
GCG Staff: Karl Balisch
 Dave Brubaker

Please send questions to klawson@gymcan.org.

GENERAL REGULATIONS

1. MODIFICATIONS AND COMMITTEE RESPONSIBILITIES

- a) The WAG PC of Gymnastics Canada reserves the right to make changes and/or clarifications to these regulations. Gymnastics Canada has entered into an agreement with USA Gymnastics and will abide by the terms of use for the Compulsory and Optional programs of JO. Modifications to the rules of the JO Program must be reviewed and approved by Gymnastics Canada.
- b) The CJO Committee will provide clarifications and assist in the ongoing maintenance of the CJO document.
- c) The CJO is based on the USA program, and will follow this as closely as possible. USA Gymnastics will circulate changes to the JO program from time to time. These changes and clarifications will be posted to the USA Gymnastics website and will be further circulated by Gymnastics Canada. Such changes will be in effect in Canada as of the time they are circulated unless otherwise determined by GCG.

2. CJO PARTICIPATION AT CANADIAN CHAMPIONSHIPS

There will be three team competitions at Canadian Championships within the CJO Stream:

- CJO 10 (12-15): Team format = 6-6-3
- CJO 10 (16+): Team format = 6-6-3
- CJO 9 (11-13): Team format = 6-6-3

Athletes in all CJO Stream categories will compete over two days as follows:

- Day 1: Team competition
- Day 2: AA and Apparatus finals as per current format set out in Section 5

3. AGE ELIGIBILITY

Age of the athlete is based on their age as of December 31 in the year in which they are competing. For CJO Categories at Canadian Championships the following ages are eligible:

	2017-18 season
JO 9 (11-13)	2005, 2006, 2007
JO 10 (12-15)	2003, 2004, 2005, 2006
JO 10 (16+)	2002 and older

4. WARM UP & COMPETITION FORMAT

The following is the proposed warm up for all JO levels. For competitions other than Canadian Championships and Canada Games, the Province / Competition Host will determine the Warm Up and Competition format which best fit their schedule. It is recommended that these standards be used for all competitions in which participants from multiple provinces are involved.

Canadian Warm-up Format	General Warm-up	20 minutes: L 9-10 15 minutes: L 1-8 Athletes may not start the general warm-up on the warm-up or competition floor before the set time. Once the general warm-up starts, athletes may warm-up on the WAG floor, mats and runway only. They may not use the boards and/or get on the table, bars or beam for any reason during the general warm-up. If it is part of the team choreography warm-up, athletes may perform on the floor a) basic floor acro tumbling b) beam acro on a line. The use of diagonals is prohibited.			
		V	UB	BB	FX
	Time / per athlete	Level 1-2: 30 sec Level 3: 45 sec Level 4-5: 1 min Level 6-8: 90 sec Level 9-10: 2 min	Level 1-2: 30 sec Level 3: 45 sec Level 4-5: 1 min Level 6-8: 90 sec Level 9-10: 2 min	Level 1-2: 30 sec Level 3: 45 sec Level 4-5: 1 min Level 6-8: 90 sec Level 9-10: 2 min (may split 1min30+30sec)	Levels 1-2: 30 sec Level 3: 45 sec Level 4-5: 1 min Level 6-8: 90 sec Level 9-10: 2min (Min 8min/Max 10min)
	Team Competition	Team and Individual Athletes: If a group is composed of Team and individual athletes, the warm-up groups is split as follows: Team + 1 individual: all warm up together. Team + 2 or more individuals: the team warms up and competes first; the individual athletes always warm up as a second sub-group.			
	Individual Competition	Group warm-up	Group warm-up	Individual warm-up: time stopped between athletes for max 5 sec * includes time to set-up the mats and board	Group warm-up
	UB (chalk, raising)	If there are athletes with and without grips/chalk or needing to raise the bars, the athletes are divided into 2 sub-groups: grips/chalk and no grips/chalk. 90 seconds are granted for each different bar preparation/raise. As a general guideline, the coaches will agree on the most efficient way to warm up and compete prior to warm up on UB. The warm up and competition order may be changed for efficiency. If the coaches do not agree, the Apparatus Chief judge will decide.			
	Group size	7 or less warm up in one group; 8+ athletes warm up in 2 groups: ex. 4+4. 5+4			

5. EQUIPMENT

The following are the recommended equipment standards to be used in competition. The standards set out below for CJO 9 and 10 are the standards which will be used at Canadian Championships. It is recommended that these standards be used for all competitions in which participants from multiple provinces are involved.

	Equipment	CJO 10	CJO 9 *	JO 6-9	JO 4-5	JO 1-3
Vault	Height	125 cm	125 cm	All ages: any height min 100 cm to max 135 cm 01/08/2016	Any height allowed by manufacturer 01/08/2016	As set out in JO manual
	Springboards	Up to 4 boards No spring changes allowed at Elite Canada and Canadian Championships				
	Supplementary mat (sting)	Mandatory 10 cm, up to 20 cm allowed. A 20 cm safety mat is allowed in place of the 10 cm mandatory supplementary landing mat.				
	Yurchenko Collar & Hand mat	An approved Yurchenko collar must be used for all round off entry vaults. An approved hand placement mat may be used for all round off entry vaults only.				
Uneven Bars	Uneven Bars	HB: 250 cm LB: 170 cm Diagonal: no maximum width (within equipment manufacturer's safety limitations)	HB: 250 cm LB: 170 cm Diagonal: 130 to 180 cm For age groups attending CC	HB: 250 cm LB: 170 cm Diagonal: no maximum width (within the equipment manufacturer's safety limitations)		
		Taller gymnasts may raise both bars by 10 cm upon submission of request to raise bar form in appendix. However, a gymnast cannot ask to raise the UB in order to use supplementary matting under the rails.				
	Springboards	1 – Soft. The springboard must be removed from underneath or the end of the apparatus after the mount. An approved mounting block (simulating a springboard) may be used.	The springboard or 30cm block/panel mat must be removed from underneath or the end of the apparatus after the mount.			
		The springboard may be placed on the landing mat or on the 10 supplementary mat if the mount and dismount are performed on the same side. The springboard may be placed on the safety mat. A wooden plank may be placed under the springboard. If the board is placed on the landing mat, the safety mat (up to 20 cm) must be slid in as soon as the springboard is removed.				
	Supplementary mat (sting)	Mandatory 10 cm, up to 20 cm allowed. A 20 cm safety mat is allowed in place of the 10 cm mandatory supplementary landing mat. The supplementary or safety mat MAY extend beyond the LB.				
Safety Mat (20 cm)	For C+ release element, a 20 cm may be slid in and out according to the rules (2 moves preceding and following the element). If Gymnova equipment is used, a 10 cm mat can be slid in, instead of the 20 cm.			A spotting block or folded mat that is used for spotting purposes between the bars may remain in place as long as the coach continues to utilize it during the routine. 01/08/2016		

CJO 9 rules: in effect for Canadian Championships. At the discretion of the LOC for invitational competitions

	Equipment	CJO 10	CJO 9	JO 6-9	JO 4-5	JO 1-3
Beam	Beam	All Ages: 125 cm		2005 and older: 125 cm		All ages: 100, 110 or 125 cm
				2006 and younger: 110 or 125 cm		
	Springboards	1 – Soft – The springboard must be removed from underneath or the end of the apparatus after the mount. An approved mounting block (simulating a springboard) may be used.		The springboard or 30cm block/panel mat must be removed from underneath or the end of the apparatus after the mount.		
		The springboard may be placed on the landing mat or on the 10 supplementary mat if the mount and dismount are performed on the same end. A wooden plank may be placed under the springboard. If the board is placed on the landing mat, the safety mat (up to 20 cm) must be slid in as soon as the springboard is removed.				
	Suppl. mat (sting)	10 cm supplementary mat mandatory for landing, up to 20 cm allowed. A 20 cm safety mat is allowed in place of the 10 cm mandatory supplementary landing mat. Supplementary mats are available on one end of the beam only. All gymnasts are expected to dismount on the same end of the beam (end with shortest landing mat, traditionally to the left of the apparatus chief judge)			Level 1-5 dismounts are performed off the side of the beam. Coach may use a large 10 or 20 cm mat under the beam provided the entire area under the beam is covered and even (no chance of rolling an ankle on an uneven surface if falling)	
Floor	Floor Area	12 m x 12 m				
	Supplementary mat (sting)	5 or 10 cm allowed: suppl. mat must be placed at beginning of routine, and can be removed, moved or left in place (intent is to have the least amount of movement of mats/coach around the floor during the routine).				No additional mats permitted
	Safety Mat (20 cm)	Not allowed				

6. USE OF MAGNESIA AND TAPE

- Gymnasts may use chalk on Uneven Bars and to make small markings on the Balance Beam (tape markings are not allowed)
- The spreading of magnesia on the Floor Exercise mat is not allowed; small marks are allowed for the purpose of marking the placement of a supplementary mat. No Velcro® or tape markings are allowed within the Floor Exercise area. Gymnasts are permitted to apply chalk to feet or hands.
- Use of tape or excessive chalk is not permitted on the vault table.
- On the Vault Runway, athletic tape or Velcro strips may be used in front of the vault board or hand mat and to mark a gymnast's starting point.
- The judge must issue a warning before taking a deduction if the measurement is exceeded or if the markings are not removed.

7. USAG UPDATES

- USA Gymnastics provides updates on their website. These can be found at: <https://usagym.org/pages/women/updates/jo.html>
- Please also check for new elements added to JO Code of Points.
- **New Composition Guidelines may be found at - https://usagym.org/PDFs/Women/Rules/J.O.%20Code%20of%20Points/appndx15_level910compguidelines_0917.pdf

Changes and Clarifications to the JO COP, August 1, 2017

Optional Levels 6-10

Vault:

1. Confirmation of vault added Oct. 2016: #3.508, ¼ on, ¼ off, front salto tucked with 1 and 1/2 twist (540°) = 10.0 SV
2. New vault added: #3.305, front handspring onto board, ¼ - ½ on, back salto pike = 9.6 SV for Level 10, 9.8 SV for Level 9

Uneven Bars:

1. Reminder: deduction of up to 0.3 applies to casts prior to sole circle dismounts
2. New element: #7.510, pike sole circle backward through handstand with 1/1 (360°) turn in flight to hang on high bar = E
3. Please see new composition clarification sheet.
https://usagym.org/PDFs/Women/Rules/J.O.%20Code%20of%20Points/appndx15_level910compguidelines_0917.pdf

Balance Beam:

1. Please see new composition clarification sheet.
https://usagym.org/PDFs/Women/Rules/J.O.%20Code%20of%20Points/appndx15_level910compguidelines_0917.pdf
2. New element: #2.401, from a side stand, split jump with ½ turn to end in side position = D

3. Clarification: a kick above 45° will break a connection of two acro elements, such as cartwheel – cartwheel, as stated on JO COP p.162, III B. When evaluating the continuity of a dance connection or a mixed connection of dance to acro, the height of the free leg at the finish of the first element (such as a cat leap or hitch kick) will not be the sole cause for breaking the dance or mixed series; however, if the free leg position drops and lifts again or if the trunk stops forward movement, the series would be considered broken.

Floor:

1. Please see new composition clarification sheet.
https://usagym.org/PDFs/Women/Rules/J.O.%20Code%20of%20Points/appndx15_level910compguidelines_0917.pdf
2. New: additional mats on floor – “For levels 6-10, no deduction is applied if a coach steps onto the Floor Exercise mat when placing, adjusting the placement of, or removing a mat.”

Compulsory Levels 1-5

Balance Beam:

1. Change Level 5: p.126, eliminate the word “stops” in gray box under deduction “Failure to show continuous leg lift into the walkover”. Also on p.176, faults and penalties. Gymnast will be allowed an up to one second pause/stop with the leg lifted on the entrance of the Back Walkover for no deduction.

CJO OPTIONAL REQUIREMENTS FOR LEVELS 6, 7, 8, 9 & 10

(Effective August 1, 2017) *Canadian modifications Level 9

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	9.7. *Maximum of 0.20 Bonus for Connections only and 0.1 for a D/E element	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 plus ONE of the following "C's" on UB: Choice of Clear hip, back stalder or back pike circle to HS which receives "B" VP credit. No flight elements from bar to bar are allowed. No other "C's", "D's" or "E's" are allowed.	Allowed: All "A" & "B" elements plus any number of the following "C's" on UB: Cast Handstand ½ turn, Clear hip circle, Back stalder & Pike sole circle bwd. to HS, all also with ½ turn A max. of one "C" Dance element on BB/FX may also be performed. All allowable "C's" receive "B" VP credit. No other "C's", "D's" or "E's" are allowed.	Allowed: All "A" & "B" elements plus all "C" dance on BB/FX & any number of the following "C's" on UB: Cast Handstand ½ turn, Clear hip circle/Back stalder/Pike sole circle bwd. to HS, all also with ½ turn. A maximum of one "C" other than those indicated above may also be performed. All allowable "C's" receive "B" VP credit. No other "C's", "D's" or "E's" are allowed.	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 and would gain a 0.1 for bonus. All allowable D/E's are considered as "C" for VP.	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. See JO chart.
SPECIAL REQUIREMENTS Deduct 0.50 for each missing SR for all Levels	<u>BARS</u> 1. 1 cast – min. of horizontal 2. Min. one bar change 3. One 360° Clear Circling element from Groups 3, 6, 7 4. Dismount, min. A	<u>BARS</u> 1. 1 cast–min. of 45° from vert. 2. & 3. Two 360° clear circling elements, same or different - one must be <i>min.</i> B - one from Group 3, 6, or 7 4. Salto or hecht dismount, min A	<u>BARS</u> 1. Min. of 1 bar change 2. & 3. Two B elements, same or diff. -One with flight (not in dismount) <i>OR</i> one with turn (not in mount/dismount) -One <i>B</i> 360° circling element from Groups 3, 6, or 7 (not dismt) 4. Salto or hecht dismount, min. A	<u>BARS</u> 1. *Two bar changes OR One bar change plus one 360° clear circling element min C from Gr. 3-6-7 2. One flight element, min. B (not dismount) 3. A second (different) flight element (min. C, no dismt) <i>OR</i> one element with LA <i>turn 180° or more (min. B)</i> (not mount/dismount) 01/08/2016 4. Salto or hecht dismount, min. B	<u>BARS</u> 1. Flight element, min. C (not dismount) 2. A 2nd (different) flight <i>element</i> , min. B (not dismount) 3. Element with LA turn, min. C (not mount/dismount) 4. Salto or hecht dismount, min. C

CJO OPTIONAL REQUIREMENTS FOR LEVELS 6, 7, 8, 9 & 10 (Effective August 1, 2017) *Canadian modifications Level 9

REQUIREMENTS	LEVEL 6	LEVEL 7	LEVEL 8	LEVEL 9*	LEVEL 10
	<p><u>BEAM (Max. time: 1:15)</u></p> <ol style="list-style-type: none"> One acro element from Gr. 5, 6 or 7 (Must start & finish on beam) One leap/jump requiring 180° cross or side split (Isolated or in a series) Min. of 360° turn on one foot (Isolated or in a series) Min. of A dismount, with or without hand support 	<p><u>BEAM (Max. time: 1:20)</u></p> <ol style="list-style-type: none"> Acro series with a min. of two A's or B's with or without flight AND One acro flight element - may be included in series (All Acro SRs must start & finish on the beam) One leap/jump requiring 180° cross or side split (Isolated or in a series) Min. of 360° turn on one foot (Isolated or in a series) Aerial or salto dismount, min. A 	<p><u>BEAM (Max. time: 1:30)</u></p> <ol style="list-style-type: none"> Acro series- min. of 2 elements, 1 with flight. (Both must start & finish on beam) One leap/jump requiring 180° cross or side split (Isolated or in a series) Min. of 360° turn on one foot (Isolated or in a series) Aerial or salto dismount, min. A 	<p><u>BEAM (Max. time: 1:30)</u></p> <ol style="list-style-type: none"> Acro series: min. of 2 flight elements. (Both must start & finish on beam) One leap/jump requiring 180° cross or side split (Isolated or in a series) Min. of 360° turn on one foot (Isolated or in a series) Aerial or salto dismount, min. B 	<p><u>BEAM (Max. time: 1:30)</u></p> <ol style="list-style-type: none"> Acro series: Min. of 2 flight elements, one a min. of C with or without hand support. (Both must start & finish on beam) OR an A non-flight acro element from gp.7 directly connected to an E acro flight element (both must start and finish on beam) One leap/jump requiring 180° cross or side split (Isolated or in a series) Min. of 360° turn on one foot (Isolated or in a series) Aerial or salto dismount, min. of C, OR a B dismount element that is directly connected to: <ul style="list-style-type: none"> - an acro series that includes: a C acro, OR - a min. C acro or dance element
	<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 flight or non-flight acro 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/ 180° 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 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 Grp 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 aeriels) 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 Acro connection 	<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 aeriels) 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 aeriels) within the exercise Dance Passage w/ min. of 2 different Grp. 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

CANADIAN JUNIOR OLYMPIC PROGRAM – UNEVEN BARS – AUGUST 2017

	LEVEL 6	LEVEL 7	Specific Apparatus Deductions
DV and Restrictions	5A – 1B A and B elements One circle to HS No flight HB-LB or LB-HB Allowed C skills credited as B	5A - 2B A and B elements Circle to HS, also with ½ turn Cast to HS with ½ turn Allowed C skills credited as B	Specific Apparatus Deductions <ul style="list-style-type: none"> • Poor rhythm in elements/connections – ↑0.1 • Insufficient extension in kips – ↑0.1 • Under rotation of flight elements – ↑0.1 • Insufficient amplitude of skills – ↑0.2 • Intermediate swing/cast – 0.3 (max 0.6 per element) • Swing fwd or bwd under horizontal – ↑0.1 ea • Insufficient amplitude of “B” Clear hip circles – ↑0.4 • Hesitation in jump or swing to HS – ↑0.1 • Touch, brush of foot/feet on apparatus/mat – ↑0.1 • Hit of foot/feet on apparatus – 0.2 • Hit of foot/feet on mat – 0.3 • Full support on foot/feet on mat during routine – 0.5 • Grasp on apparatus to avoid a fall – 0.3 Dismount: <ul style="list-style-type: none"> • Height of salto dmt – ↑0.3 • Landing too close to UB on dmt – 0.1 • Insufficient extension (open) of tuck/pike before landing dmt – ↑0.3 Throughout the exercise <ul style="list-style-type: none"> • Dynamics – ↑0.2 • Precision of HS positions – ↑0.1 Generalities – UB <ul style="list-style-type: none"> • 3rd run approach for the mount – 0.5 • Short exercise (less than 5 VP)(CJ) – 2.0 <i>from Final Score</i> • Exceeds fall time: exercise terminated (fall time: 45 sec) • Incorrect padding (CJ)– 0.2 • Failure to remove board after mount (CJ) – 0.3
	A: 0.1 / B: 0.3 Restricted elements: No VP + 0.5 for each restricted element - from SV Short exercise: Less than 5 VP – Minus 2.0 from final score		
Special Requirements 0.5 ea	<u>SR – 0.5 each</u> 1. One cast - min horizontal 2. Min. one bar change 3. One 360° clear circle element from Gr. 3-6-7 4. Dismount, min A	<u>SR – 0.5 each</u> 1. One cast - min 45° 2./3. Two 360° clear circling elements <ul style="list-style-type: none"> • Same or different • One min B, One from Gr. 3-6-7 4. Dismount salto or hecht, min A	
Coach	*Coach may stand under the rails for the entire exercise without penalty (Same as FIG, different than US JO)		

CANADIAN JUNIOR OLYMPIC PROGRAM – UNEVEN BARS – AUGUST 2017

	LEVEL 8	LEVEL 9	LEVEL 10
DV and Restrictions	<p align="center">4A, 4B A and B elements Circles to HS, also with ½ turn Cast to HS with ½ turn Max 1 restricted C, credited as B No shoot from HS or to HS, No straddle back to HS</p>	<p align="center">3A, 4B, 1C A, B and C elements B or C root elements with 1/1 turn Max 1 restricted D or E, credited as C (for VP) 9.7 + (0.3 bonus) = 10.0</p>	<p align="center">3A, 3B, 2C A, B, C and D elements No restrictions D+, credited as C (for VP) 9.5 + (0.5 bonus) = 10.0</p>
SR	<p align="center"><u>SR – 0.5 each</u></p> <ol style="list-style-type: none"> Min one bar change 2/3. Two B elements, same or different <ul style="list-style-type: none"> One with flight (not dismount) OR min 180° turn (not mount/dismount) One 360° circling element from Gr. 3-6-7 (not dmt) Dismount salto or hecht, min A 	<p align="center"><u>SR – 0.5 each</u></p> <ol style="list-style-type: none"> Two bar changes OR One bar change plus one 360° clear circling element min C from Gr. 3-6-7 One flight element min B (excluding dmt) 2nd different flight min C (excluding dmt) OR Element with LA turn 180°(or more) min B (excl. mt/dmt) 01/08/2016 Dismount salto or hecht, min B 	<p align="center"><u>SR – 0.5 each</u></p> <ol style="list-style-type: none"> Flight element min C (excluding dmt) 2nd different flight element min B (excl. dmt) Element with LA turn, min C (excl. mt/dmt) Dismount salto or hecht, min C
Bonus	n/a	<p align="center"><u>Bonus (not awarded if fall)</u> <u>Max 0.2 for CV, must have 1 D to get full bonus</u></p> <ul style="list-style-type: none"> C+C +0.1 No flt/turn, must be different C+C +0.2 Both elements with flt/turn Any D/E +0.1 (awarded once) 	<p align="center"><u>Bonus (not awarded if fall)</u> <u>Max 0.4 for CV or D+ skills</u></p> <ul style="list-style-type: none"> C+C* +0.1 *For connection of 2 elements from Gr.3-6-7, turn/flt is not required, but elements must be different C+D +0.1 D+D +0.2 Any D +0.1 Any E +0.2
Composition	<p align="center"><u>Composition (Level 8 only)</u></p> <ul style="list-style-type: none"> Distribution of elements – ↑0.1 No elements to or through HS – ↑0.2 Variety of elements & connections – ↑0.1 Uncharacteristic elements – 0.1 ea ¼ fwd. giant (w/w-out grip change) – <u>0.1</u> 	<p align="center"><u>Composition (Level 9 only)</u></p> <ul style="list-style-type: none"> Distribution of elements – ↑0.1 Insufficient change of direction – ↑0.1 Elements in 2 different grips - <u>0.2</u> Balance between turn & flt elmts – ↑0.1 Variety of elements & connections – ↑0.1 Uncharacteristic elements – 0.1 ea ¼ fwd. Giant (w/w-out grip change) – <u>0.1</u> 	<p align="center"><u>Composition (Level 10 only)</u></p> <ul style="list-style-type: none"> Distribution of elements – ↑0.1 Insufficient change of direction – ↑0.1 Elements in 2 different grips - <u>0.2</u> Balance between turn & flt elmts – ↑0.1 Variety of elements & connections – ↑0.1 Choice of release not up to comp level – ↑0.2 More than 1 squat on bar change – <u>0.1</u> Lack of 2 bar changes - <u>0.2</u> Uncharacteristic elements – 0.1 ea ¼ fwd. Giant (w/w-out grip change) – <u>0.1</u>
Coach	<ul style="list-style-type: none"> Failure to remove board after the mount: 0.3 from FS *Coach may stand under the rails for the entire exercise without penalty (Same as FIG, different than US JO) 		

LEVELS 8-10 COMPOSITION CRITERIA – UNEVEN BARS – AUGUST 2017

Category	UB – COMPOSITION (August, 2017)
JO 8	<ul style="list-style-type: none"> • Lack of HS, cast only = <u>0.1</u>, none = <u>0.2</u> • Distribution: Maintain the level of difficulty throughout - \uparrow 0.1
JO 9	<ul style="list-style-type: none"> • Elmts fwd/bwd with 2 grips – <u>0.2</u> • Min 2 changes of direction: 1= <u>0.05</u>, none = <u>0.1</u> • Variety of elements (root skills, transition, connections) – \uparrow 0.1 • Balance between pirouette and flight elements – missing one = <u>0.1</u> • Distribution in relation to the dismount - \uparrow 0.1 <ul style="list-style-type: none"> ○ C dismount – 0.0 ○ C+B dismount – 0.05 ○ B+B dismount – 0.1
JO 10	<ul style="list-style-type: none"> • Content : Choice and difficulty of FLT elements <ul style="list-style-type: none"> ○ 2 different D ft – 0.0 ○ 1D + 1C ft – \uparrow 0.05 ○ 1D + 1B ft – \uparrow 0.1 ○ 2C ft – \uparrow 0.15 ○ 1C + 1B – <u>0.2</u> • Elmts fwd/bwd with 2 grips – <u>0.2</u> • Min 2 changes of direction: 1= <u>0.05</u>, none = <u>0.1</u> • Lack of 2 bar changes – <u>0.2</u> • Variety of elements (root skills, transition, connections) – \uparrow 0.1 • Balance between pirouette and flight elements – missing one = <u>0.1</u> • Distribution: Maintain the level of difficulty throughout - \uparrow 0.1 <ul style="list-style-type: none"> ○ D/E dismount OR D/E + C dismount (or more difficult) – 0.0 ○ C+C+C dismount or D+C+C dismount – 0.05 ○ C (or less) + C (or less) dismount – 0.1 • More than one squat on w/wout sole circle to HB – <u>0.1</u> ea

CANADIAN JUNIOR OLYMPIC PROGRAM – BALANCE BEAM – AUGUST 2017

	LEVEL 6	LEVEL 7	Specific Apparatus Deductions
DV, Restrictions	5A – 1B A and B elements	5A - 2B A and B elements Max 1 Dance C, credited as B	Dance Elements <ul style="list-style-type: none"> • Turn (VP) not performed in high relevé – ↑0.1 • Height of leaps/jumps/hops each – ↑0.2 • Feet apart on side pos. landing of leap/jumps – ↑0.1 • Incorrect body position / alignment in dance element – ↑0.1 • Precision in dance VP – ↑0.1 • Legs not parallel to BB in split or straddle pike – ↑0.2 • Insufficient split – ↑0.2
	A: 0.1 / B: 0.3 Restricted elements: No VP + 0.5 for each restricted element - from SV Short routine: less than 30 seconds: minus -2.0 from Final Score		
Special Requirements 0.5 ea	<u>SR – 0.5 each</u> 1. One acro elmt Grp 5,6,7(not mt or dismt) – one must achieve or pass through vertical 2. One leap/jump with 180° cross/side split 3. Min 360° turn on one foot (Grp3) 4. Dismount, min. A	<u>SR – 0.5 each</u> 1a. Acro series, min 2 elmts with/without flt (not mt or dismt) 1b. One acro with flight (in series or isolated) 2. One leap/jump with 180° cross/side split 3. Min 360° turn on one foot (Grp3) 4. Aerial or salto dismount, min. A	Acro and Dismount <ul style="list-style-type: none"> • Hesitation in jump, press, swing to HS – ↑0.1 • Height of acro flights, aerials & saltos – ↑0.2 • Height of salto dismount – ↑0.3 • Extension (open) of tuck/pike prior to landing – ↑0.3 • Landing too close to the beam on dismount – 0.1 • Direction in gainer dismount off end of the beam - ↑0.3
Time	Max : 1:15 minutes Warning: 1:05	Max: 1:20 minutes Warning: 1:10	
	Generalities – BB <ul style="list-style-type: none"> • Coach remains next to BB throughout exercise(CJ) – 0.1 • 3rd run approach for the mount – 0.5 • Short exercise (less than 30 sec) (CJ) – 2.0 from Final Score <i>**Exception: a Level 6 BB routine with all SR and VP, with a SV of 10.0, if less than 30sec. will have a deduction of 0.5 NOT 2.0 01/08/2016</i> • Overtime BB/FX (CJ) – 0.1 • Exceeds fall time: exercise terminated (fall time: 30 sec) • Failure to remove board after mount (CJ) – 0.3 		Lack of balance (BB) <ul style="list-style-type: none"> • Support of 1 leg against side of BB – 0.2 • Additional mvt to maintain balance – ↑0.3 • Grasp of beam to avoid a fall – 0.3 Rhythm / Connections <ul style="list-style-type: none"> • Concentration pause (more than 2 sec.) – 0.1 • Rhythm dance/mixed/acro series (no bwd flight) – ↑0.2 Throughout the exercise <ul style="list-style-type: none"> • Dynamics – ↑0.2 • Variation in rhythm/tempo – ↑0.2 • Relaxed/incorr. footwork in non-VP – ↑0.2 • Relax/incorr./Insuff leg pos./body posture, & flexibility in non-VP – ↑0.3 • Sureness of performance – ↑0.2 Artistry/Presentation <ul style="list-style-type: none"> • Originality/creativity of choreography – ↑0.1 • Quality of movement reflects personal style – ↑0.1 • Quality of expression – ↑0.1

CANADIAN JUNIOR OLYMPIC PROGRAM – BALANCE BEAM – AUGUST 2017

	LEVEL 8	LEVEL 9	LEVEL 10
DV, Restrictions	4A, 4B A and B elements, C Dance elements Max 1 restricted C, credited as B	3A, 4B, 1C A, B and C elements Max 1 restricted D or E, credited as C (for VP) 9.7 + (0.3 bonus) = 10.0	3A, 3B, 2C A, B, C and D elements - No restrictions D+, credited as C (for VP) 9.5 + (0.5 bonus) = 10.0
	A: 0.1 / B: 0.3 / C: 0.5 Restricted elements: No VP + 0.5 for each restricted element - from SV		
Special Requirements 0.5 ea	<u>SR – 0.5 each</u> 1. Acro Series min 2 elmts, 1 with flight 2. One leap/jump with 180° cross/side split 3. Turn min 360° 4. Dismount, Salto or Aerial min. A	<u>SR – 0.5 each</u> 1. Acro Series, min 2 elmts with flight 2. One leap/jump with 180° cross/side split 3. Turn min 360° 4. Dismount, Salto or Aerial min. B D/E Bonus not given if Fall	<u>SR – 0.5 each</u> 1. Acro Series min 2 flight elmts, 1 must be C (with/without hand support) or A (non-flight Gp.7) +E (flight) 2. One leap/jump with 180° cross/side split 3. Turn min 360° 4. Dismount, Salto or Aerial min. C OR B dismount element directly connected to an acro series that includes a min C acro elmt or a min C acro OR dance element
Time:	Max: 1:30 minutes, Warning: 1:20	Max: 1:30 minutes, Warning: 1:20	Max: 1:30 minutes, Warning: 1:20
Bonus	n/a	<u>Bonus L9 (not awarded if fall)</u> Max 0.2 for CV, must have 1 D to get full bonus <i>All acro with flight only</i> 0.1 0.2 Acro – Flight B+C** B+D, B+E (excl dmt) C+C, C/D+D **C = salto or aerial, no mt or dmt Acro – Flt B+B+C B+C+C B+B+D/E Dance/Mix A+D B+D B+C C+C C+D Turn A+C (or reverse) Any D/E +0.1 (awarded once)	<u>Bonus L10 (not awarded if fall)</u> Max 0.4 for CV or D+ skills – All acro with flight only 0.1 0.2 Acro – Flight B+C** B+D, B+E (excl dmt) C+C, C/D+D **C = salto, excl. mt/dmt Acro – Flt B+B+C B+C+C B+B+D/E Dance/Mix A+D B+D B+C C+C C+D Turn A+C (or reverse) Any D +0.1 Any E +0.2
Composition (see detailed table)	<u>Composition L8</u> • Distribution of elements – ↑0.1 • Acro in 2 direct (bwd+fwd/sdw) – 0.1 • Balance between acro/dance– ↑0.2 • Acro VP not up to competitive level – ↑0.2 • Lack of dance series with 2 elmts – 0.2 • Level changes, including low to beam – ↑0.1 • Use of entire length of beam – ↑0.1 • Direction in choreography, incl side – ↑0.1 • More than 2 pivot turns, straight legs – 0.1 • More than 2 dance in same shape – 0.1	<u>Composition L9</u> • Distribution of elements – ↑0.1 • Acro in 2 direct (bwd+fwd/sdw) – 0.1 • Balance between acro/dance– ↑0.2 • Acro VP not up to competitive level – ↑0.2 • Lack of dance series with 2 elmts – 0.2 • Level changes, including low to beam – ↑0.1 • Use of entire length of beam – ↑0.1 • Direction in choreography, incl side – ↑0.1 • More than 2 pivot turns, straight legs – 0.1 • More than 2 dance in same shape – 0.1	<u>Composition L10</u> • Distribution of elements – ↑0.1 • Acro in 2 direct (bwd+fwd/sdw) – 0.1 • Balance between acro/dance– ↑0.2 • Acro VP not up to competitive level – ↑0.2 • Lack of dance series with 2 elmts – 0.2 • Level changes, including low to beam – ↑0.1 • Use of entire length of beam – ↑0.1 • Direction in choreography, incl side – ↑0.1 • More than 2 pivot turns, straight legs – 0.1 • More than 2 dance in same shape – 0.1

LEVELS 8-10 COMPOSITION CRITERIA BEAM – AUGUST 2017

Category	BEAM – COMPOSITION (AUGUST 2017)
<p>JO 8</p>	<ul style="list-style-type: none"> • Content not up to level: Consider: SV ≠ 10.0 – ↑ 0.2 Expectation: Acro Series with 2 flt, Additional acro B, one acro C • Lack of acro in 2 direct (bwd + fwd/sdw) – 0.1 ea If DMT is only other direction – 0.05 • Lack of Dance Series – <u>0.2</u> • Distribution: Maintain the level of difficulty throughout - ↑ 0.1 Dmt is a single element of min required value – 0.05 • All acro “high points” are the same el. or variations of same el. - ↑ 0.1 • Significant imbalance in number/value of Acro/Dance - ↑ 0.2 <p>Use of beam</p> <ul style="list-style-type: none"> • Low – ↑ 0.1 / Side movements – ↑ 0.1 • Use of entire length of the beam – ↑ 0.1 • More than 2 pivot turns straight legs – 0.1
<p>JO 9</p>	<ul style="list-style-type: none"> • Choice of acro element not up to competitive level – ↑ 0.2 <p>No deduction</p> <ul style="list-style-type: none"> - Acro series with 2 flight elements, one must be C+ - Additional acro elements: salto, Aerial or D/E acro flight with hand support* ** if the acro series includes a salto or aerial, the additional acro elements can be a C with or without hand support - A “B” acro with flight connected to B dismount, or C dismount (isolated or in connection) <p>Max deduction – 0.2</p> <ul style="list-style-type: none"> - Acro series with 2B flight elements OR no acro flight series - No other B+ acro element on BB (excluding elements directly connected to the dismount) - Isolated B dismount or any A dismount (isolated or in connection) <ul style="list-style-type: none"> • Lack of acro in 2 direct (bwd + fwd/sdw) – 0.1 ea If DMT is only other direction – 0.05 • Lack of Dance Series – <u>0.2</u> • Distribution: Maintain the level of difficulty throughout - ↑ 0.1 Dmt is a single element of min required value – 0.05 • All acro “high points” are the same el. or variations of same el. - ↑ 0.1 • Significant imbalance in number/value of Acro/Dance - ↑ 0.2 <p>Use of beam</p> <ul style="list-style-type: none"> • Low – ↑ 0.1 / Side movements – ↑ 0.1 • Use of entire length of the beam – ↑ 0.1 • More than 2 pivot turns straight legs – 0.1

Category	BEAM – COMPOSITION (AUGUST 2017)
JO 10	<ul style="list-style-type: none"> • Choice of acro elements not up to the competitive level – ↑ 0.2 <p>No deduction (Option 1)</p> <ul style="list-style-type: none"> - Acro Series with 2 elements, one C salto OR 3-element Acro flight series with or w/o hand support - Additional D/E acro with flight, with or without hand support - Minimum one additional C salto (if acro series with 2 C saltos, requirement is met) - Dismount: B acro with flight connected to C dismount, or D/E acro with flight connected to B dismount or any D/E dismount <p>No deduction (Option 2)</p> <ul style="list-style-type: none"> - Acro series with 2 elements, one D with flight - Additional D/E acro elements with flight - Dismount: B acro with flight connected to C dismount, or D/E acro with flight connected to B dismount or any D/E dismount <p>Max deduction – 0.2</p> <ul style="list-style-type: none"> - No acro flight series OR and acro flight series without salto/aerial - No additional C+, salto or aerials in the routine - Dismount: single C element or less difficult <ul style="list-style-type: none"> • Lack of acro in 2 direct (bwd + fwd/sdw) – 0.1 ea If DMT is only other direction – 0.05 • Lack of Dance Series – <u>0.2</u> • Distribution: Maintain the level of difficulty throughout - ↑ 0.1 Dmt is a single element of min required value – 0.05 • All acro “high points” are the same el. or variations of same el. - ↑ 0.1 • Significant imbalance in number/value of Acro/Dance - ↑ 0.2 <p>Use of beam</p> <ul style="list-style-type: none"> • Low – ↑ 0.1 / Side movements – ↑ 0.1 • Use of entire length of the beam – ↑ 0.1 • More than 2 pivot turns straight legs – 0.1

CANADIAN JUNIOR OLYMPIC PROGRAM – FLOOR EXERCISE – AUGUST 2017

	LEVEL 6	LEVEL 7	Specific Apparatus Deductions
DV, Restrictions	5A – 1B A and B elements	5A - 2B A and B elements Max 1 Dance C, credited as B	Dance Elements <ul style="list-style-type: none"> • Turn (VP) not performed in high relevé – ↑0.1 • Height of leaps/jumps/hops each – ↑0.2 • Feet apart on landing of leap/jumps – ↑0.1 • Incorrect body posture/alignment in dance VP – ↑0.1 • Precision in dance VP – ↑0.1 • Legs not parallel to floor in split or straddle pike – ↑0.2 • Insufficient split– ↑0.2
	A: 0.1 / B: 0.3 Restricted elements: No VP + 0.5 for each restricted element - from SV Short routine: less than 30 seconds: minus -2.0 from Final Score		
Special Requirements 0.5 ea	<u>SR – 0.5 each</u> 1. 1 acro line of 3 el., with/without flt 2. One salto or aerial. 3. Dance pass, 2 diff elmts (Gp.1), one a LEAP with 180° cross or side 4. Turn on 1 foot min 360°	<u>SR – 0.5 each</u> 1. 1 acro line of 3 el., one must be layout bwd to 2 feet (no twist) 2. 1 acro line, 2+ fwd flt.elmts with one salto/aerial 3. Dance pass, 2 diff elmts (Gp. 1), one a LEAP with 180° cross or side 4. Turn on 1 foot min 360°	Acro <ul style="list-style-type: none"> • Incorr. rhythm during direct conn (excluding acro bwd) – ↑0.1 • Height of acro flights & aerials – ↑0.2 • Height of saltos – ↑0.3 • Extension (open) of tuck/pike prior to landing acro – elements ↑0.3
Time	Max : 1:15 minutes	Max: 1:30 minutes	Rhythm / Connections <ul style="list-style-type: none"> • Concentration pause (more than 2 sec.) – 0.1
	Generalities – FX <ul style="list-style-type: none"> • Coach on FX mat (CJ) – 0.5 • Short exercise (less than 30 sec) (CJ) – 2.0 from Final Score • Exceeds Floor borders (CJ) each time – 0.1 • Overtime-BB/FX (CJ) – 0.1 • Music with words (CJ) – 1.00 • Absence of music (CJ) – 1.00 		Throughout the exercise <ul style="list-style-type: none"> • Dynamics – ↑0.2 • Variation in rhythm/tempo – ↑0.2 • Relaxed/incorr. footwork in non-VP – ↑0.2 • Relaxed/incorr./Insufficient leg pos./body posture, & flexibility in non-VP – ↑0.3 Music <ul style="list-style-type: none"> • Poor relationship of music / mvt – ↑0.2 • Missing synchro of mvt & musical beat – ↑0.3 <ul style="list-style-type: none"> - Each time 0.05 -Exercise not ended with music – 0.1 Artistry/Presentation <ul style="list-style-type: none"> • Originality/creativity of choreography – ↑0.1 • Quality of movement reflects personal style – ↑0.1 • Quality of expression – ↑0.1
Equipment Coach	5 or 10 cm additional mat allowed for acro lines with salto (not mandatory). The additional mat may be left in place, moved or removed. *It is not mandatory to mark the borders (lines) on the sting mat with chalk or tape. (This is different than JO) Coach is not authorized on the floor exercise mat.		

CANADIAN JUNIOR OLYMPIC PROGRAM – FLOOR EXERCISE – AUGUST 2017

	LEVEL 8	LEVEL 9	LEVEL 10																																	
DV, Restrictions	4A, 4B A and B elements C Dance elements, credited as B Max 1 restricted C, credited as B	3A, 4B, 1C A, B and C elements Max 1 restricted D or E, credited as C (for VP) 9.7 + (0.3 bonus) = 10.0	3A, 3B, 2C No restrictions D+, credited as C (for VP) 9.5 + (0.5 bonus) = 10.0																																	
	A: 0.1 / B: 0.3 / C: 0.5																																			
Special Requirements 0.5 ea	<u>SR – 0.5 each</u> 1. 1 acro line with 2 saltos or direct connection of 2 salto (same or diff) 2. 3 different saltos 3. Dance pass, 2 diff. Gp.1 elements , one a LEAP with 180° cross or side 4. Dismount: Salto min A	<u>SR – 0.5 each</u> 1. 1 acro line with 2 saltos or direct connection of 2 salto (same or diff) 2. 3 different saltos 3. Dance pass, 2 diff. Gp.1 elements , one a LEAP with 180° cross or side 4. Dismount: Salto min B	<u>SR – 0.5 each</u> 1. 1 acro line with 2 saltos or direct connection of 2 salto (same or diff) 2. 3 different saltos 3. Dance pass, 2 diff. Gp.1 elements , one a LEAP with 180° cross or side 4. Dismount: Salto min C																																	
Time	Max: 1:30 minutes	Max: 1:30 minutes	Max: 1:30 minutes																																	
Bonus	n/a	<u>Bonus (Level 9) (not awarded if fall)</u> Max 0.2 for CV, must have 1 D to get full bonus <table border="0"> <tr> <td></td> <td align="center">0.1</td> <td align="center">0.2</td> </tr> <tr> <td>Acro Indirect</td> <td>A/B+A/B +C A/B+A/B +D/E C+C A/B+D/E</td> <td>C+D/E</td> </tr> <tr> <td>Acro Direct</td> <td>B+B A+C A+A+C</td> <td>B+C A/B+D/E A+A+D/E C+C</td> </tr> <tr> <td>Dance/Mix (must be direct)</td> <td>B+D/E C+C D(salto)+A jump (this order)</td> <td>C+D</td> </tr> <tr> <td>Any D/E</td> <td>+0.1 (awarded once)</td> <td></td> </tr> </table>		0.1	0.2	Acro Indirect	A/B+A/B +C A/B+A/B +D/E C+C A/B+D/E	C+D/E	Acro Direct	B+B A+C A+A+C	B+C A/B+D/E A+A+D/E C+C	Dance/Mix (must be direct)	B+D/E C+C D(salto)+A jump (this order)	C+D	Any D/E	+0.1 (awarded once)		<u>Bonus (Level 10) (not awarded if fall)</u> Max 0.4 for CV or D+ skills <table border="0"> <tr> <td></td> <td align="center">0.1</td> <td align="center">0.2</td> </tr> <tr> <td>Acro Indirect</td> <td>A/B+A/B +C A/B+A/B +D/E C+C A/B+D/E</td> <td>C+D/E</td> </tr> <tr> <td>Acro Direct</td> <td>B+B A+C A+A+C</td> <td>B+C A/B+D/E A+A+D/E C+C</td> </tr> <tr> <td>Dance/Mix (must be direct)</td> <td>B+D/E C+C D(salto)+A jump (this order)</td> <td>C+D</td> </tr> <tr> <td>Any D</td> <td>+0.1</td> <td></td> </tr> <tr> <td>Any E</td> <td>+0.2</td> <td></td> </tr> </table>		0.1	0.2	Acro Indirect	A/B+A/B +C A/B+A/B +D/E C+C A/B+D/E	C+D/E	Acro Direct	B+B A+C A+A+C	B+C A/B+D/E A+A+D/E C+C	Dance/Mix (must be direct)	B+D/E C+C D(salto)+A jump (this order)	C+D	Any D	+0.1		Any E	+0.2	
	0.1	0.2																																		
Acro Indirect	A/B+A/B +C A/B+A/B +D/E C+C A/B+D/E	C+D/E																																		
Acro Direct	B+B A+C A+A+C	B+C A/B+D/E A+A+D/E C+C																																		
Dance/Mix (must be direct)	B+D/E C+C D(salto)+A jump (this order)	C+D																																		
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	0.1	0.2																																		
Acro Indirect	A/B+A/B +C A/B+A/B +D/E C+C A/B+D/E	C+D/E																																		
Acro Direct	B+B A+C A+A+C	B+C A/B+D/E A+A+D/E C+C																																		
Dance/Mix (must be direct)	B+D/E C+C D(salto)+A jump (this order)	C+D																																		
Any D	+0.1																																			
Any E	+0.2																																			
Composition (see detailed table)	<u>Composition L8</u> <ul style="list-style-type: none"> Distribution of elements – ↑0.1 Saltos/Aerials in 2 directions (bwd + fwd or sdw) – 0.1 Balance between acro/dance – ↑0.2 Acro elements not up to comp level - ↑0.2 Lack of B turn – <u>0.2</u> Lack of B salto – <u>0.3</u> Use of entire floor/spatially – ↑0.1 Use of entire floor/direction – ↑0.1 Variety of dance elmts (same shape) - 0.1 ea 	<u>Composition L9</u> <ul style="list-style-type: none"> Distribution of elements – ↑0.1 Saltos/Aerials in 2 directions (bwd + fwd or sdw) – 0.1 Balance between acro/dance – ↑0.2 Acro elements not up to comp level - ↑0.2 Lack of B turn – <u>0.2</u> Lack of B salto – <u>0.3</u> Use of entire floor/spatially – ↑0.1 Use of entire floor/direction – ↑0.1 Variety of dance elmts (same shape) - 0.1 ea 	<u>Composition L10</u> <ul style="list-style-type: none"> Distribution of elements – ↑0.1 Saltos/Aerials in 2 directions (bwd + fwd or sdw) – 0.1 Balance between acro/dance – ↑0.2 Acro elements not up to comp level - ↑0.2 Lack of B turn – <u>0.2</u> Lack of C salto – <u>0.3</u> Use of entire floor/spatially – ↑0.1 Use of entire floor/direction – ↑0.1 Variety of dance elmts (same shape) - 0.1 ea 																																	

LEVELS 8-10 COMPOSITION CRITERIA – FLOOR – AUGUST 2017

Category	FLOOR – COMPOSITION (August 2017)
JO 8	<ul style="list-style-type: none"> • Choice of acro elements not up to the competitive level – ↑ 0.2 Consider SV ≠ 10.0 Expectation: One C salto, Additional acro B • Lack of B salto – <u>0.3</u> • Lack of turn on one foot Min B – <u>0.2</u> • Salto/Aerial in 2 direct (bwd + fwd/sdw) – <u>0.1</u> • Distribution: Maintain the level of difficulty throughout – ↑ 0.1 • Significant imbalance in number/value of Acro/Dance – ↑ 0.2 • Use of space (floor pattern) – ↑ 0.1 • Direction of movements/choreography (Bwd, Sdw, Fwd) – ↑ 0.1 <p>Also apply artistry and specific apparatus deductions</p>
JO 9	<ul style="list-style-type: none"> • Choice of acro elements not up to the competitive level – ↑ 0.2 No deduction (Option 1) - Routine with 3 acro lines, C acro in each line OR - 2 lines with C acro element; one with connection bonus plus one with B+B acro connection bonus • No deduction (Option 2) - Routine with 2 acro lines - C acro in bonus connection in both lines • Max deduction – 0.2 - No C acro in routine • Lack of B salto – <u>0.3</u> • Lack of D salto – <u>0.2</u> • Lack of turn on one foot Min B – <u>0.2</u> • Salto/Aerial in 2 direct (bwd + fwd/sdw) – <u>0.1</u> • Distribution: Maintain the level of difficulty throughout – ↑ 0.1 • Significant imbalance in number/value of Acro/Dance – ↑ 0.2 • Use of space (floor pattern) – ↑ 0.1 • Direction of movements/choreography (Bwd, Sdw, Fwd) – ↑ 0.1 <p>Also apply artistry and specific apparatus deductions</p>

Category	FLOOR – COMPOSITION (August 2017)
JO 10	<ul style="list-style-type: none"> • Choice of acro elements not up to the competitive level – \uparrow 0.2 <p>No deduction (Option 1)</p> <ul style="list-style-type: none"> - Routine with 3 acro lines, - D/E acro elements in every line OR - 2 acro lines with D/E acro, plus 3rd line with minimum B+C bonus acro connection <p>No deduction (Option 2)</p> <ul style="list-style-type: none"> - Routine with 2 acro lines, both containing D/E - One must have 2 saltos in direct or indirect connection <p>Max deduction – 0.2</p> <ul style="list-style-type: none"> - No D salto <ul style="list-style-type: none"> • Lack of C salto – <u>0.3</u> • Lack of turn on one foot Min B – <u>0.2</u> • Salto/Aerial in 2 direct (bwd + fwd/sdw) – <u>0.1</u> • Distribution: Maintain the level of difficulty throughout – \uparrow 0.11 • Significant imbalance in number/value of Acro/Dance – \uparrow 0.2 • Use of space (floor pattern) – \uparrow 0.1 • Direction of movements/choreography (Bwd, Sdw, Fwd) – \uparrow 0.1 <p>Also apply artistry and specific apparatus deductions</p>