



GYMnastics
nastique

CANADA

**WOMEN'S ARTISTIC GYMNASTICS
2015-2016 CANADIAN JO MANUAL**

December 2015

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. Members of the WAG PC are: Alex Bard, Dave Brubaker, Debbie Calvin, Katerine Dussault, David Kenwright, Matt McCann, Andrée Montreuil and Karl Balisch.

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: Shawn Healy
Melissa Hawrylyshyn
Andrée Montreuil
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 = 5-5-3 plus up to two independents (max delegation of 7 athletes)
- CJO 10 (16+): Team format = 5-5-3 plus up to two independents (max delegation of 7 athletes)
- CJO 9 (11-13): Team format = 5-5-3 plus up to two independents (max delegation of 7 athletes)

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

- Day 1: Team competition and qualification
- Day 2: AA final (top 36) as per current format

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:

	2015/2016 season
JO 9 (11-13)	2003, 2004, 2005
JO 10 (12-15)	2001, 2002, 2003, 2004
JO 10 (16+)	2000 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	Levels 1-2: 30 sec Level 3: 45 sec Level 4-5: 1 min Level 6-8: 90 sec Max 5 min Level 9-10: 2 min Min 5 min, Max 8 min
	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. Each athlete is guaranteed 2.5 min to warm up. 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 D1 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 - 5			

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	125cm	Any height – from lowest to 135 cm	Any height – from lowest to 135 cm	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	<i>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.</i>				
Uneven Bars	Uneven Bars	HB: 250 cm LB: 170 cm Diagonal: no maximum width*	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.	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.				

CJO 9 rules: in effect for Canadian Championships, Western and Eastern Championships (is on the program) and invitational competitions (at the discretion of LOC)

	Equipment	CJO 10	CJO 9	JO 6-9	JO 4-5	JO 1-3
Beam	Beam	All Ages: 125 cm		2003 and older: 125 cm		All ages: 100, 110 or 125 cm
				2004 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.		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. If possible, the host will assign a mount and dismount end (as per FIG – dismount is on the end with the shortest mats).				
	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 side of the beam only. All gymnasts are expected to dismount on the same end of the beam (short landing mat (traditionally to the left of judging panel))			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

The USAG federation provides updates on the USA Gymnastics website. These can be found at:

<https://usagym.org/pages/women/updates/jo.html>

July 2015 JO Updates

(JO updates can be found on the USAG Website)

Level 8:

Gymnasts may attempt 1 or 2 vaults. If a second vault (same or different) is attempted/performed, the score of the second vault is the FINAL score, regardless of the results. See JO updates, July 2015 clarifications. For level 8 only, if the vault is spotted in the post flight, the vault is judged and a deduction of 1.0 (one point) is taken by each judge.

Running Approaches

The gymnast has 3 attempts (running approaches) to complete her 2 vaults. If the gymnast stops mid-run or touches the board/vault table, it is considered a balk and counts for 1 of her 3 attempts.

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

(Effective August 15, 2015) *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. <i>*Maximum of 0.20 Bonus for Connections only and 0.1 for a D/E element</i>	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 staldler 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 staldler & Pike sole circle bwd. to HS, all also with ½ turn <i>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.</i>	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 staldler/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. <i>All allowable D/E's are considered as "C" for VP & CV credit.</i>	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	BARS 1. 1 cast – min. of horizontal 2. <i>Min.</i> one bar change 3. One 360° Clear Circling element from Groups 3, 6, 7 4. Dismount, min. A	BARS 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	BARS 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	BARS 1. <i>*Two bar changes OR One bar change plus one 360° clear circling element min C from Gr. 3-6-7</i> 2. One flight element, min. B (not dismount) 3. A second (different) flight element (min. C, <i>no dismt</i>) OR one element with LA turn (min. C) (not mount/dismount) 4. Salto or hecht dismount, min. B	BARS 1. Flight element, min. C (not dismount) 2. A 2nd (different) flight <i>element</i> , min. B (<i>not dismount</i>) 3. Element with LA turn, min. C (not mount/dismount) 4. Salto or hecht dismount, min. C

	<p>BEAM (Max. time: 1:15)</p> <ol style="list-style-type: none"> 1. One acro element from Gr. 5, 6 or 7 (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 	<p>BEAM (Max. time: 1:20)</p> <ol style="list-style-type: none"> 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 (All Acro SRs must start & finish on the 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 dismount, min. A 	<p>BEAM (Max. time: 1:30)</p> <ol style="list-style-type: none"> 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 dismount, min. A 	<p>BEAM (Max. time: 1:30)</p> <ol style="list-style-type: none"> 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 dismount, min. B 	<p>BEAM (Max. time: 1:30)</p> <ol style="list-style-type: none"> 1. 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) 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 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>FLOOR (Max. time: 1:15)</p> <ol style="list-style-type: none"> 1. One acro series, with a min. of 3 directly connected flight or non-flight acro elements,with or without hand support 2. One salto or aerial acro element (bwd, fwd, swd) (Isolated or in a 2nd series) 3. Dance Passage w/ min. of 2 different Group 1 elements (directly or indirectly connected) - one a LEAP w/ 180° cross or side split 4. Minimum of 360° turn on one foot (May be isolated or in a series) 	<p>FLOOR (Max. time: 1:30)</p> <ol style="list-style-type: none"> 1. One acro series (min. 3 flight elements) including a Back layout to 2 feet 2. A direct connection of two or more forward acro elements with flight - One must be a salto or an aerial 3. Dance Passage w/ min. of 2 different Grp 1 elements (directly or indirectly connected) - one a LEAP w/ 180° cross or side split 4. Min. of 360° turn on one foot (May be isolated or in a series) 	<p>FLOOR (Max. time: 1:30)</p> <ol style="list-style-type: none"> 1. One Acro series w/ 2 saltos, OR 2 directly connected saltos (same or different) 2. Three different saltos (not aerials) within the exercise 3. Dance Passage w/ min. of 2 different Group 1 elements (directly or indirectly connected) - one a LEAP w/ 180° cross or side split 4. Min. of "A" salto as last Salto or in last Acro connection 	<p>FLOOR (Max. time: 1:30)</p> <ol style="list-style-type: none"> 1. One Acro series w/ 2 saltos, OR 2 directly connected saltos (same or different) 2. Three different saltos (not aerials) within the exercise 3. Dance Passage w/ min. of 2 different Group 1 elements (directly or indirectly connected) - one a LEAP w/ 180° cross or side split 4. Min. of B salto as last salto or in last connection of saltos 	<p>FLOOR (Max. time: 1:30)</p> <ol style="list-style-type: none"> 1. One Acro series w/ 2 saltos, OR 2 directly connected saltos (same or different) 2. Three different saltos (not aerials) within the exercise 3. Dance Passage w/ min. of 2 different Grp. 1 elements (directly or indirectly connected) - one a LEAP w/ 180° cross or side split 4. Min. of C salto as last salto or in last connection of saltos

CANADIAN JUNIOR OLYMPIC PROGRAM – UNEVEN BARS – DECEMBER 2015

	LEVEL 6	LEVEL 7	Specific Apparatus Deductions
DV and Restrictions	<p align="center">5A – 1B A and B elements One circle to HS No flight HB-LB or LB-HB Allowed C skills credited as B</p>	<p align="center">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</p>	<p>Specific Apparatus Deductions</p> <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 <p>Dismount:</p> <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 <p>Throughout the exercise</p> <ul style="list-style-type: none"> Dynamics – ↑0.2 Precision of HS positions – ↑0.1 <p>Generalities – UB</p> <ul style="list-style-type: none"> 3rd run approach for the mount – 0.5 Short exercise (less than 5 VP)(CJ) – 2.0 from Final Score Exceeds fall time: exercise terminated (fall time: 45 sec) Incorrect padding (CJ)– 0.2 Failure to remove board after mount (CJ) – 0.3
	<p>A: 0.1 / B: 0.3 / C: 0.5</p> <p>Restricted elements: No VP + 0.5 for each restricted element - from SV</p> <p>Short exercise: Less than 5 VP – Minus 2.0 from final score</p>		
Special Requirements 0.5 ea	<p align="center"><u>SR – 0.5 each</u></p> <ol style="list-style-type: none"> One cast - min horizontal Min. one bar change One 360° clear circle element from Gr. 3-6-7 Dismount, min A 	<p align="center"><u>SR – 0.5 each</u></p> <ol style="list-style-type: none"> 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 Dismount salto or hecht, min A 	
Coach	<p>*Coach may stand under the rails for the entire exercise without penalty (Same as FIG, different than US JO)</p>		

CANADIAN JUNIOR OLYMPIC PROGRAM – UNEVEN BARS – DECEMBER 2015

	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 <i>(for VP)</i> 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 <i>(for VP)</i> 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 <i>(not dismt)</i> 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 C (excl. mt/dmt) 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> Max 0.2 for CV, must have 1 D to get full bonus</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> Max 0.4 for CV or D+ skills</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 – DECEMBER 2015

Deduction	Criteria	Level 8	Level 9	Level 10
Insufficient Distribution Level of difficulty maintained throughout the routine		↑ 0.1	↑ 0.1	↑ 0.1
Insufficient Change of Direction Minimum 2 direction changes (180° or 360°)	<ul style="list-style-type: none"> • One direction change – 0.05 • No change of direction – 0.1 	n/a	↑ 0.1	↑ 0.1
Variety in Choice of Elements				
Lack of elements that achieve or pass through HS	<ul style="list-style-type: none"> • HS achieved only with casts – 0.1 • No element to/through HS – 0.2 	↑ 0.2	n/a	n/a
Elements fwd / bwd: Minimum 2 different grips	<ul style="list-style-type: none"> • Only one grip – *0.2 	n/a	*0.2	*0.2
Balance between pirouettes and flight phase - Quantity and difficulty of the pirouette and flight elements	<ul style="list-style-type: none"> • Missing one category completely – 0.1 	↑ 0.1 n/a	↑ 0.1	↑ 0.1
Variety of elements / connections - Overuse of a root skill - Overuse of same transitions - High DV skills connected primarily to elements of lowest value		↑ 0.1	↑ 0.1	↑ 0.1
Choice of release elements not up to competitive level (L10 only) - Type of release elements - Connection of elements of higher value - Total number of release elements in exercise Competitive level = 10.0 SV	Guidelines - Level 10 only: <ul style="list-style-type: none"> • 2 different D release elements – 0.0 • 1D + 1C release elements – ↑ 0.05 • 1D + 1B release elements – ↑ 0.1 • 2C release elements – ↑ 0.15 • 1C + 1B – <u>0.2</u> • Flight elements in isolation or in connection 	n/a	n/a	↑ 0.2
Uncharacteristic Elements	<ul style="list-style-type: none"> • Squat on jump ½ turn to HB • Swing fwd, place feet on LB to stand • Climbing, crawling onto LB during the exercise 	0.1 ea	0.1 ea	0.1 ea
Others	¾ Giant forward with or without grip change	0.1	0.1	0.1
(Level 10 only)	More than one squat/pike on LB, with or without sole circle to jump on HB – L10 only	n/a	n/a	0.1ea
(Level 10 only)	Lack of 2 bar changes – L10 only	n/a	n/a	0.2

CANADIAN JUNIOR OLYMPIC PROGRAM – BALANCE BEAM – DECEMBER 2015

	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 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 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
	A: 0.1 / B: 0.3 / C: 0.5 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	SR – 0.5 each 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	SR – 0.5 each 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	
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 • Overtime BB/FX (CJ) – 0.1 • Exceeds fall time: exercise terminated (fall time: 30 sec) • Failure to remove board after mount (CJ) – 0.3 		

CANADIAN JUNIOR OLYMPIC PROGRAM – BALANCE BEAM – DECEMBER 2015

	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	<u>SR – 0.5 each</u> 1. Acro Series min 2 flight elmts, 1 must be C (with/without hand support) or A (<u>non-flight Gp.7</u>) +E (flight) 2. One leap/jump with 180° cross/side split 3. Turn min 360° 4. Dismount, Salto or Aerial min. C <u>OR B dismount element directly connected to</u> an acro series that includes a min C acro elmt or a min C acro <u>OR</u> 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> <u>Max 0.2 for CV, must have 1 D to get full bonus</u> <i>All acro with flight only</i> <table style="margin-left: auto; margin-right: auto;"> <tr> <td></td> <td style="text-align: center;">0.1</td> <td style="text-align: center;">0.2</td> </tr> <tr> <td>Acro – Flight (excl dmt)</td> <td style="text-align: center;">B+C**</td> <td style="text-align: center;">B+D, B+E</td> </tr> <tr> <td></td> <td></td> <td style="text-align: center;">C+C, C/D+D</td> </tr> </table> **C = salto or aerial, no mt or dmt <table style="margin-left: auto; margin-right: auto;"> <tr> <td>Acro – Flt</td> <td style="text-align: center;">B+B+C</td> <td style="text-align: center;">B+C+C</td> </tr> <tr> <td></td> <td></td> <td style="text-align: center;">B+B+D/E</td> </tr> </table> <table style="margin-left: auto; margin-right: auto;"> <tr> <td>Dance/Mix</td> <td style="text-align: center;">A+D</td> <td style="text-align: center;">B+D</td> </tr> <tr> <td></td> <td style="text-align: center;">B+C</td> <td style="text-align: center;">C+C</td> </tr> <tr> <td></td> <td></td> <td style="text-align: center;">C+D</td> </tr> <tr> <td>Turn</td> <td colspan="2" style="text-align: center;">A+C (or reverse)</td> </tr> </table> Any D/E +0.1 (awarded once)		0.1	0.2	Acro – Flight (excl dmt)	B+C**	B+D, B+E			C+C, C/D+D	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)		<u>Bonus L10 (not awarded if fall)</u> <u>Max 0.4 for CV or D+ skills</u> <i>All acro with flight only</i> <table style="margin-left: auto; margin-right: auto;"> <tr> <td></td> <td style="text-align: center;">0.1</td> <td style="text-align: center;">0.2</td> </tr> <tr> <td>Acro – Flight (excl dmt)</td> <td style="text-align: center;">B+C**</td> <td style="text-align: center;">B+D, B+E</td> </tr> <tr> <td></td> <td></td> <td style="text-align: center;">C+C, C/D+D</td> </tr> </table> **C = salto, excl. mt/dmt <table style="margin-left: auto; margin-right: auto;"> <tr> <td>Acro – Flt</td> <td style="text-align: center;">B+B+C</td> <td style="text-align: center;">B+C+C</td> </tr> <tr> <td></td> <td></td> <td style="text-align: center;">B+B+D/E</td> </tr> </table> <table style="margin-left: auto; margin-right: auto;"> <tr> <td>Dance/Mix</td> <td style="text-align: center;">A+D</td> <td style="text-align: center;">B+D</td> </tr> <tr> <td></td> <td style="text-align: center;">B+C</td> <td style="text-align: center;">C+C</td> </tr> <tr> <td></td> <td></td> <td style="text-align: center;">C+D</td> </tr> <tr> <td>Turn</td> <td colspan="2" style="text-align: center;">A+C (or reverse)</td> </tr> </table> Any D +0.1 Any E +0.2		0.1	0.2	Acro – Flight (excl dmt)	B+C**	B+D, B+E			C+C, C/D+D	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)	
	0.1	0.2																																																							
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Turn	A+C (or reverse)																																																								

<p style="text-align: center;">Composition (see detailed table)</p>	<p style="text-align: center;"><u>Composition L8</u></p> <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • 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 	<p style="text-align: center;"><u>Composition L9</u></p> <ul style="list-style-type: none"> • 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 elemts – 0.2 <ul style="list-style-type: none"> • 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 	<p style="text-align: center;"><u>Composition L10</u></p> <ul style="list-style-type: none"> • 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 elemts – 0.2 <ul style="list-style-type: none"> • 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
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LEVELS 8-10 COMPOSITION CRITERIA – DECEMBER 2015

Deduction	Criteria	Level 8	Level 9	Level 10
Insufficient Distribution Level of difficulty maintained throughout the routine	<ul style="list-style-type: none"> Dismount is single element of minimum value – 0.05 	↑ 0.1	↑ 0.1	↑ 0.1
Variety in Choice of Elements				
Acro elements in different directions: Bwd + sideward or forward	<ul style="list-style-type: none"> Dismount is only element in different direction – 0.05 	0.1 ea	0.1 ea	0.1 ea
Variety of Dance elements: Overuse of same shapes, with or without turn	<ul style="list-style-type: none"> More than 2 wolf/tuck – 0.1 More than 2 straddled jumps – 0.1 More than 1 leap/jump/hop to prone – 0.1 ea More than 2 pivot turn straight legs 	0.1 0.1 0.1 ea 0.1	0.1 0.1 0.1 ea 0.1	0.1 0.1 0.1 ea 0.1
Balance between Dance /Acro VP: Quality (elements difficulty value) and quantity of elements in Acro / Dance	<p>Guidelines: Significant imbalance between the number and / or difficulty level of dance and acro skills in the routine</p>	↑ 0.2	↑ 0.2	↑ 0.2
Insufficient Use of Entire Beam Use of levels, space and direction – in choreography	<ul style="list-style-type: none"> Low to the beam – ↑ 0.1 Side movements – ↑ 0.1 Use of entire length of the beam – ↑ 0.1 	↑ 0.1 ↑ 0.1 ↑ 0.1	↑ 0.1 ↑ 0.1 ↑ 0.1	↑ 0.1 ↑ 0.1 ↑ 0.1
Choice of acro elements not up to competitive level Guidelines: - Acro difficulty level as seen at culminating Championships - DV of acro elements, isolated and in series - Difficulty required to achieve 10.0 SV	<p>Guidelines - Expectations:</p> <p>Level 8:</p> <ul style="list-style-type: none"> Acro Series with 2 flight elements Additional acro B, one C acro <p>Level 9:</p> <ul style="list-style-type: none"> Acro Series with a salto Additional acro C, one D aerial/salto <p>Level 10:</p> <ul style="list-style-type: none"> Acro Series with a salto Additional acro C and D aerial/salto All bonus from dance elements – ↑ 0.2 	↑ 0.2	↑ 0.2	↑ 0.2
Lack of Dance Series Minimum 2 elements from Gr 1, 2 or 3		0.2	0.2	0.2

CANADIAN JUNIOR OLYMPIC PROGRAM – FLOOR EXERCISE – DECEMBER 2015

	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 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 Rhythm / Connections <ul style="list-style-type: none"> • Concentration pause (more than 2 sec.) – 0.1 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 - 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
	A: 0.1 / B: 0.3 / C: 0.5 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	SR – 0.5 each <ol style="list-style-type: none"> 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° 	SR – 0.5 each <ol style="list-style-type: none"> 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° 	
Time	Max : 1:15 minutes	Max: 1:30 minutes	
	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 		
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 – DECEMBER 2015

	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</td> <td>C+D</td> </tr> </table> D(salto)+A jump (this order) Any D/E +0.1 (awarded once)		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	C+D	<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</td> <td>C+D</td> </tr> </table> D(salto)+A jump (this order) 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	C+D
	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	C+D																									
	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	C+D																									
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 – DECEMBER 2015

Deduction	Criteria	Level 8	Level 9	Level 10
Insufficient Distribution Level of difficulty maintained throughout the routine		↑ 0.1	↑ 0.1	↑ 0.1
Variety in Choice of Elements				
Salto or aerials in 2 different directions: Bwd + sideward or forward		<u>0.1</u>	<u>0.1</u>	<u>0.1</u>
Variety of Dance elements: Overuse of same shapes, with or without turn	<ul style="list-style-type: none"> • More than 2 wolf/tuck – 0.1 • More than 2 straddled jumps – 0.1 • More than 1 leap/jump/hop to prone – 0.1 ea 	<u>0.1</u> <u>0.1</u> <u>0.1 ea</u>	<u>0.1</u> <u>0.1</u> <u>0.1 ea</u>	<u>0.1</u> <u>0.1</u> <u>0.1 ea</u>
	<ul style="list-style-type: none"> • Lack of turn on one foot minimum B 	<u>0.2</u>	<u>0.2</u>	<u>0.2</u>
Balance between Dance /Acro VP: Quality (elements difficulty value) and quantity of elements in 2 categories	<ul style="list-style-type: none"> • Significant imbalance - ↑ 0.2 	↑ 0.2	↑ 0.2	↑ 0.2
Insufficient Use of the Floor Exercise Area Use of levels, space and direction – in choreography	<ul style="list-style-type: none"> • Spatially (floor pattern) – ↑ 0.1 • Direction of movements/choreography (Bwd, Sdw, Fwd)– ↑ 0.1 	↑ 0.1 ↑ 0.1	↑ 0.1 ↑ 0.1	↑ 0.1 ↑ 0.1
Choice of Acro elements not up to competitive level Guidelines: - Acro difficulty level as seen at culminating Championships - Difficulty required to achieve 10.0 SV	<p>Guidelines - Expectations:</p> <p>Level 8:</p> <ul style="list-style-type: none"> • One C salto • Additional acro B <p>Level 9:</p> <ul style="list-style-type: none"> • Lack of D salto – <u>0.2</u> • All bonus from dance elements – ↑ 0.2 <p>Level 10:</p> <ul style="list-style-type: none"> • Lack of Double salto bwd – <u>0.2</u> • All bonus from dance elements – ↑ 0.2 	↑ 0.2	↑ 0.2	↑ 0.2
Lack of B/C Salto	<ul style="list-style-type: none"> • L8: Lack of B Salto – 0.3 • L9: Lack of B Salto – 0.3 • L10: Lack of C Salto – 0.3 	<u>0.3</u>	<u>0.3</u>	<u>0.3</u>

