

JO UNEVEN BARS

VITALE 2017

Level 8: 4A, 4B Start Value: 10.0
Level 7: 5A, 2B Start Value: 10.0
Level 6: 5A, 1B Start Value: 10.0
 ~No composition deductions for Levels 6/7
 ~**Level 6:** NO flight skills allowed from HB to LB or LB to HB
 ~**Levels 6/7/8:** If circling element finishes within 11°- 20° of vertical the 0.05 deduction for insufficient amplitude of "C" circles not applied
 ~**Level 8:** SR-Flight not in dismount & LA turn not in mount/dismount

Level 6: Only "A" and "B" elements allowed and one "C" element: clear hip circle handstand, back stalder or back pike sole circle to handstand
Levels 7/8: Only "A" and "B" elements allowed with exception of following allowable "C" skills: Cast handstand ½, Clear Hip Circle Handstand or with ½, Bkwd Stalder Handstand or with ½, Bkwd Pike Sole Circle Handstand or with ½
Allowable "C" skills should be awarded "B" VP and SR credit if applicable
Level 8: One restricted "C" element allowed in addition to allowable "C" skills (award "B" VP Credit and SR if applicable)
 *Additional Restricted Skills attempted or performed = 0.5 deduction [from SV] + no SR or VP awarded - consider in chronologic order
No "A" casts: All casts must be performed within 20 degrees to be awarded "B" value part however horizontal or 45 degree cast may be performed to count for SR (Levels 6/7) even though not a VP. ALL casts below 45 degrees deduct 0.25-0.30 for insufficient amplitude

#	_____ VP	LEVEL 8
		_____ 1 bar change
		_____ "B" flight or turn
		_____ "B" 3/6/7 skill
		_____ "A" salto/hecht
		_____ dismount
		LEVEL 7
		_____ 360° clear circle skill
		_____ 3/6/7 clear circle skill
		_____ 1 of above skills must be "B"
	_____ 1 cast min 45°	
	_____ "A" salto/hecht	
	_____ dismount	
	LEVEL 6	
	_____ 1 bar change	
	_____ 3/6/7 clear circle skill	
	_____ 1 cast min horizontal	
	_____ "A" dismount	
	_____ SV	
	Level 8 Composition	
	_____ Dynamics→0.2	
	_____ Distribution→0.1	
	_____ ¾ fwd giant 0.1 each <u>and if</u>	
	_____ below horizontal →0.1	
	_____ Uncharacteristic element (0.1each)	
	_____ Variety of skills/connections→0.1	
	_____ Lack vertical skills→0.2	
	_____ Execution/Amplitude	
	Score:	

#	_____ VP	LEVEL 8
		_____ 1 bar change
		_____ "B" flight or turn
		_____ "B" 3/6/7 skill
		_____ "A" salto/hecht
		_____ dismount
		LEVEL 7
		_____ 360° clear circle skill
		_____ 3/6/7 clear circle skill
		_____ 1 of above skills must be "B"
	_____ 1 cast min 45°	
	_____ "A" salto/hecht	
	_____ dismount	
	LEVEL 6	
	_____ 1 bar change	
	_____ 3/6/7 clear circle skill	
	_____ 1 cast min horizontal	
	_____ "A" dismount	
	_____ SV	
	Level 8 Composition	
	_____ Dynamics→0.2	
	_____ Distribution→0.1	
	_____ ¾ fwd giant 0.1 each <u>and if</u>	
	_____ below horizontal →0.1	
	_____ Uncharacteristic element (0.1each)	
	_____ Variety of skills/connections→0.1	
	_____ Lack vertical skills→0.2	
	_____ Execution/Amplitude	
	Score:	

JO BALANCE BEAM

VITALE 2017

Level 8: 4A, 4B Start Value: 10.0
Level 7: 5A, 2B Start Value: 10.0
Level 6: 5A, 1B Start Value: 10.0
 ~No composition deductions for Levels 6/7
 ~**Split Leap/Jump SR:** Must start & finish on beam. If front leg bent or if switch wolf performed will not count for SR.

Level 6: Only "A" and "B" elements allowed. No "C" skills allowed—if performed or attempted will not receive VP or SR credit (*Short Routine Deduction=0.5 if 10.0SV)
Level 7: Only "A" and "B" elements plus ONE "C" Dance Element Allowed. (allowable "C" skill - award "B" VP Credit and SR if applicable)
Level 8: Only "A" and "B" elements plus "C" Dance Elements Allowed. Also one restricted "C" element allowed (award "B" VP Credit and SR if applicable)
 *Additional Restricted Skills performed or attempted = 0.5 deduction [from SV] + no SR or VP awarded - consider in chronologic order
Level 6: Acro element: Must be Group 5/6/7 excluding mount or dismount **Acro/Flight Series:** Both skills in series MUST be performed on beam not in mt/dsmt
Level 7: Acro series on beam (with or without flight) + Flight skill: If missing one or both deduct 0.5 for missing SR. Flight skill may be isolated or performed in series.

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_____VP	LEVEL 8
_____SV	Flight Series (1 flight)
	180° Leap/Jump
	Full turn
	"A" Aerial/Salto
	Dismount
Level 8 Composition	TIME: 1:30
Artistry→0.3 and Dynamics→0.2	LEVEL 7
Acro/Dance Balance→0.2	Acro Series + Flight Skill
Distribution→0.1	180° Leap/Jump
Single element dismount (0.05 deduction)	Full Turn
>2 wolf/tuck (0.1) or >2 straddle (0.1)	"A" Aerial/Salto
Spatiality→ 0.1	Dismount
Lack of Level Changes→0.1	TIME: 1:20
Direction of choreography→0.1	LEVEL 6
Acro Level →0.2	Acro Element
Acro Variety → 0.1	180° Leap/Jump
No Dance Series (0.2)	Full Turn
>2 pivot turns (0.1)	"A" Dismount with or
>1 leap/jump to prone (0.1each)	without hand support
No bkwd & fwd/sdwd Acro (0.1each)	TIME: 1:15
If only in dismount (0.05)	
Execution/Amplitude	
Score:	

#

_____VP	LEVEL 8
_____SV	Flight Series (1 flight)
	180° Leap/Jump
	Full turn
	"A" Aerial/Salto
	Dismount
Level 8 Composition	TIME: 1:30
Artistry→0.3 and Dynamics→0.2	LEVEL 7
Acro/Dance Balance→0.2	Acro Series + Flight Skill
Distribution→0.1	180° Leap/Jump
Single element dismount (0.05 deduction)	Full Turn
>2 wolf/tuck (0.1) or >2 straddle (0.1)	"A" Aerial/Salto
Spatiality→ 0.1	Dismount
Lack of Level Changes→0.1	TIME: 1:20
Direction of choreography→0.1	LEVEL 6
Acro Level →0.2	Acro Element
Acro Variety → 0.1	180° Leap/Jump
No Dance Series (0.2)	Full Turn
>2 pivot turns (0.1)	"A" Dismount with or
>1 leap/jump to prone (0.1each)	without hand support
No bkwd & fwd/sdwd Acro (0.1each)	TIME: 1:15
If only in dismount (0.05)	
Execution/Amplitude	
Score:	

JO FLOOR EXERCISE

VITALE 2017

Level 8: 4A, 4B Start Value: 10.0
Level 7: 5A, 2B Start Value: 10.0
Level 6: 5A, 1B Start Value: 10.0
 ~No composition deductions for Levels 6/7
 ~**L6 Acro Series:** 3 directly connected acro skills with or without flight. ***L6 Salto:** can be isolated or in diff series

Level 6: Only "A" and "B" elements allowed. No "C" skills allowed – if performed or attempted will not receive VP or SR credit
Level 7: Only "A" and "B" elements plus ONE "C" Dance Element Allowed. (Allowable "C" element may be awarded "B" VP Credit and SR if applicable)
Level 8: Only "A" and "B" elements plus "C" Dance Elements and one acro "C" skill allowed (Allowable "C" elements awarded "B" VP Credit and SR if applicable)
 *Additional Restricted Skills performed or attempted = 0.5 deduction [from SV] + no SR or VP awarded - consider in chronologic order
Dance passage: minimum of 2 different Group 1 elements directly or indirectly connected one of which is a leap (one foot takeoff) requiring 180° split in side or cross position (fwd leg extended) Allows for running steps, small leaps, hops, chassés, assemblés or any turn between two dance elements

#	_____ VP	LEVEL 8
	_____ SV	2 salto series
		3 different saltos
		Dance pass 180° leap
		"A" Salto dismount
	Level 8 Composition	TIME: 1:30
	Artistry→0.3	LEVEL 7
	Dynamics→0.2	Acro Series w/layout
	Acro/Dance Balance→0.2	2 forward flight skills
	Distribution→0.1	(1 salto/aerial required)
>2 wolf/tuck (0.1) or >2 straddle (0.1)	Dance pass 180° leap	
Space & Direction→0.1 each	360° turn	
Acro Level →0.2	TIME: 1:30	
Lack of "B" Turn (0.2)	LEVEL 6	
Lack of "B" Salto (0.3)	Acro Series	
>1 leap/jump to prone (0.1 each)	1 salto/aerial skill*	
No Salto/Aerial in 2 diff directions (0.1)	Dance pass 180° leap	
backward and fwd -or- sideward	360° turn	
_____ Execution/Amplitude	TIME: 1:15	
Score:		

#	_____ VP	LEVEL 8
	_____ SV	2 salto series
		3 different saltos
		Dance pass 180° leap
		"A" Salto dismount
	Level 8 Composition	TIME: 1:30
	Artistry→0.3 (All Levels)	LEVEL 7
	Dynamics→0.2 (All Levels)	Acro Series w/layout
	Acro/Dance Balance→0.2	2 forward flight skills
	Distribution→0.1	(salto/aerial required)
>2 wolf/tuck (0.1) or >2 straddle (0.1)	Dance pass 180° leap	
Space & Direction→0.1 each	360° turn	
Acro Level →0.2	TIME: 1:30	
Lack of "B" Turn (0.2)	LEVEL 6	
Lack of "B" Salto (0.3)	Acro Series	
>1 leap/jump to prone (0.1 each)	1 salto/aerial skill*	
No Salto/Aerial in 2 diff directions (0.1)	Dance pass 180° leap	
backward and fwd -or- sideward	360° turn	
_____ Execution/Amplitude	TIME: 1:15	
Score:		

