

BARS Composition Deductions			BEAM Composition Deductions			FLOOR Composition Deductions		
Lack of Handstands or Pass thru Hst. (L.8)	→ 0.2		More than One (1) Straight Leg (Pivot 1/2t.) Turns	ea 0.1		Insufficient Use of Space (floor pattern)	→ 0.1	
Uncharacteristic Elements	each 0.1		More than Two (2) Wolf / Tuck or 2 Strad. Shapes	ea 0.1		More than 2 Wolf / Tuck Shapes	0.1	
3/4 Forward Giant w/wo grip change	each 0.1		Dance - Not up to Competitive Level	→ 0.2		More than 2 Straddle Jump Shapes	0.1	
Dismount – Not up to Comp Level	→ 0.1		Acro - Not up to Competitive Level	→ 0.2		Lack of ("B") Turn on One Foot	0.2	
Facing Same Direction throughout (L.9 / 10)	0.1		Dismount - Not up to Competition Level	→ 0.1				
Choice of Elements: Requirements (L. 9 / 10)			Insufficient Level Changes	→ 0.1		Dance – Not up to Competitive Level	→ 0.2	
1. Forward Element (Circle / Release) min. "B"	0 / 3 = 0.2		Insufficient Use Entire Beam (Space)	→ 0.1		Acro Saltos – Not up to Competitive Level	→ 0.2	
2. Element from Groups 3 / 6 / 7) min. "B"	1 / 3 = 0.1		(Forward) Choreography	0.05		Last Salto – Not up to Competitive Level	→ 0.1	
3. Min. "C" 1/2 Turn w/wo flight	2 / 3 = 0.0		(Sideward) Choreography (must show 2 out of 3)	0.05				
** after a fall allowed to squat on to resume **			(Backward) Choreography	0.05		Lack Forward / Side or Back Salto	0.1	
Squat-on LB w/wo sole, more than 1 (L.10) **	each 0.1		Lack of Dance Series (min. 2; Gr. 1, 2, 3)	0.2		Lack of Minimum 3 ("A") Saltos (L 8)	0.3	
Releases - Not up to Comp. Level (L.10)	→ 0.2		Lack of Acro Forward/Sideward & Backward	ea 0.1		Lack of ("B") Salto – not Last Salto (L 9)	0.3	
Lack of 2 Bar Changes (L.10)	0.2		(Groups: 1, 6, 7, 8) If only in Dismount	0.05		Lack of ("C") Salto – not Last Salto (L10)	0.3	
BARS Execution Deductions			BEAM Execution Deductions			FLOOR Execution Deductions		
Failure to Remove Board / Spotting Block (CJ) 0.3			3 rd Run to approach mount (each judge)	0.5		Music & Moves Poor Relationship (thru)	→ 0.2	
3 rd Run to approach mount (each judge)	0.5		Insufficient Dynamics (thruout)	→ 0.2		Poor relationship of Music and Moves (thru)	→ 0.3	
Insufficient Dynamics	→ 0.2		Artistry: Lack of Variety in Choreography	→ 0.1		• Fail to hold ending pose for one (1) sec.	each 0.05	
* Insufficient Swingful Execution thruout			Artistry: Quality of Movement – Personal Style	→ 0.1		• Fail to Synch Music and Ending pose	at end 0.1	
* Energy Not Maintained thruout			Artistry: Quality of Expression – Projection/Focus	→ 0.1		Music with Words / No Music (CJ) 1.0		
* Failure to Make Difficult Look Effortless			Failure to perform VP Turns on High Relevé	→ 0.1		Insufficient Dynamics (throughout)	→ 0.2	
Poor Rhythm in Elements	→ 0.1							
Intermediate (Extra) Swing/Cast (max. 0.5)	0.3		Concentration Pause (2 seconds)	ea. 0.1		Artistry – Lack Variety (poses, connect, steps)	→ 0.1	
Angle of Flight to LB Handstand (11°-20°)	0.05		Concentration Pause (more than 2 sec.)	ea. 0.2		Artistry - Movement Reflects Personal Style	→ 0.1	
Angle of Circle to Handstand	→ 0.2		Hesitation in Jump, Swing, Press Handstand	→ 0.1		Artistry - Quality of Expression	→ 0.1	
Angle of Cast to Handstand	→ 0.3		Lack of Tempo / Poor Rhythm between elements	→ 0.2				
Angle of Circle Hip Circle Elements	→ 0.4		(ex) Legs extend/bend or Torso Deviation in line			Dance - Lack of Precision in Dance Elements	→ 0.1	
Angle of Turn Deviation (1/2t. – 1/1t.)	→ 0.3		Relaxed/Incorrect Footwork (non-VP thruout)	→ 0.3		Dance - Incorrect Body Position in Dance VP	→ 0.1	
Angle of Turn Deviation (Healy + 1-1/2t.)	→ 0.3		Incorrect Body/Position/Posture (non-VP thruout)	→ 0.3		Dance - Failure to Land 2 feet together	→ 0.1	
Hesitation in Jump, Swing to Handstand	→ 0.1		Insufficient Sureness of Performance	→ 0.2		Dance - Legs Not Parallel - Split / Straddle	→ 0.2	
Precision of Handstand Positions thruout	→ 0.1		Insufficient Split - Required (Dance / Acro)	→ 0.2				
Insufficient Extension of Glide/Swing to Kip	→ 0.1		Insufficient Height of Leaps - Jumps - Hops	→ 0.2		Concentration Pause (2 sec.) prior to Acro	each 0.1	
Incorrect Posture on Landing	→ 0.2		Insufficient Height of Acro Flights, Aerials, Saltos	→ 0.2		Rhythm During Exec. of Direct Connections	→ 0.1	
Insufficient Amplitude of Elements	→ 0.2		Insufficient Height of Salto Dismounts	→ 0.3		Rhythm / Tempo - Insufficient Variations (thru)	→ 0.2	
Insufficient Stretch (Arch / Pike)	→ 0.2		Insufficient Ext (Open) prior to Acro/Dismount	→ 0.3				
Insufficient Ext (Open) prior to Landing	→ 0.3		Dance - Lack of Precision in Dance VP	→ 0.1		Relaxed / Incorrect Footwork (non-VP thru)	→ 0.3	
Insufficient Height of Salto Dismounts	→ 0.3		Dance - failure to land 2 feet together (side)	→ 0.1		Incorrect Body position, posture (non-VP thru)	→ 0.3	
Swing Forward Under Horizontal	→ 0.1		Dance - Incorrect Body Posture	→ 0.1		Turns - Fail to perform VP on High Relevé	→ 0.1	
Swing Backward Under Horizontal	→ 0.1		Dance - Legs not Parallel- Split/Straddle Pike	→ 0.2		Insufficient Split on Value Parts	→ 0.2	
Under-Rotation of Release Elements	→ 0.1					Insufficient Height of Leaps - Jumps - Hops	→ 0.2	
Landing Too Close to Bars Dismount	0.1		Landing Too Close to Beam on Dismount	0.1		Insufficient Height of Acro Flights - Aerials	→ 0.2	
Touch / Brush Foot on Apparatus or Mat	→ 0.1		Support of 1 leg against side of Beam	0.2		Insufficient Height of Saltos (*not 1 st Fr layout)	→ 0.3	
Hit Foot on Apparatus	0.2		Touch / Brush Landing Surface (1 or 2 hands)	→ 0.3				
Trunk Movement to Control Landings	→ 0.2		Incorrect Body Posture on Landings	→ 0.2		Trunk Movement to Control Acro Landings	→ 0.2	
Hit Foot on Mat	0.3		Trunk Movement to Control Dismount Landing	→ 0.2		Body Posture on Landing	→ 0.2	
Grasp Apparatus to Avoid a Fall	0.3		Additional Movements to maintain balance on BB	→ 0.3		Insufficient Ext (Open) prior to Landing Acro	→ 0.3	
Land in foam pit (No VP, SR, Bonus)	0.3		Grasp Beam to Avoid a Fall	0.3		Lands acro in foam pit (No VP, SR, - 0.1 OB)	0.3	