

- f. **#2.206 Pike jump in cross (B) or #2.306 Pike Jump in Side position (C)**
In order to receive “B” or “C” Value-Part credit, the only specific requirement is a minimum of 90° closure. The legs are not required to be at horizontal; however, deductions for lack of height (amplitude) of the jump may be applied.
- g. **#2.305 Split leap forward with leg change (Switch-leg Leap) (C)**
The first leg must swing forward to a minimum of 45° prior to swinging backward to be considered a Switch-leg leap. The expected leg separation following the leg change is 180° split.
- 1) If the first leg does not reach 45°, award “A” Value Part credit (comparable to a Split leap).
 - 2) If there is insufficient split after the leg change, apply deductions for insufficient split, as stated on previous page.
 - *If the split is less than 135°, award “A” Value Part credit; however, this leap cannot fulfill the leap/jump with 180° Special Requirement.*
 - 3) If the gymnast performs a stag-switch leg leap - stag indicates that the first (swing) leg is bent a minimum of 90° with no extension of the leg prior to the leg switch - award “A” Value-Part credit.
- h. **#2.307 - Ring and Stag-Ring Leap/Jump (C)**
A release of the head backward past the vertical line must be shown in order to be considered a “Ring” position. The expected amplitude of the rear foot is to the top of head.
- 1) Insufficient arch, deduct “up to 0.10”.
 - 2) If the rear foot is at shoulder or upper back height, deduct “up to 0.10”.
 - 3) If the rear foot is at hip height or if there is no backward head release, (regardless of the height of the leg), it would be considered a split leap with bent back leg or sissonne (“A” - #2.101 or #2.107).
 - 4) For the Ring jump, the front leg must be a minimum of 45° from the beam in a forward-downward diagonal position; if not, deduct “up to 0.10” for insufficient amplitude of front leg.
 - 5) For the Ring leap, the front leg should first brush/extend close to horizontal. As the ring shape is executed, the front leg must be a minimum of 45° from the floor; if not, deduct “up to 0.10” for insufficient amplitude of front leg.
 - 6) For the Stag-ring jump or stag-ring leap, the expectations are:
 - a) The front leg bent a minimum of 90° with no extension of the leg.
 - b) A 180° leg separation from the front knee to the back knee.
- i. **#2.405 Switch-leg leap with ¼ (90°) turn (Switch-side leap) (D)**
To be recognized as a Switch-side leap, the first leg must swing forward to a minimum of 45° prior to swinging backward. The ¼ (90°) turn must occur in the air; not prior to the leg swinging backward. The expected amplitude of side-split position is 180° split.
- 1) If in any of the following cases there is less than 135° split, then recognize it as another element, if applicable.
 - 2) If the gymnast fails to swing the first leg forward to a minimum of 45° and shows an incomplete ¼ (90°) turn, award “A” Value Part (Split Leap).
 - 3) If the gymnast fails to swing the first leg forward to a minimum of 45° but completes the ¼ (90°) turn, award “B” Value Part for a side leap.
 - 4) *If the gymnast swings the first leg to a minimum of 45° but begins the ¼ (90°) turn early (before the first leg begins to swing backward), apply the “Lack of precision in dance elements” deduction of “Up to 0.10”.*
 - 5) If the gymnast swings the first leg forward to a minimum of 45° but shows an incomplete ¼ (90°) turn, award “C” Value Part for a switch-leg leap.
 - 6) A rond de jambe technique is acceptable (in which the front leg swings forward to a minimum of 45° prior to the ¼ (90°) turn, then moves across the horizontal plane to the side-split position).

- 7) If the first leg is in a stag position (never extends prior to the leg switch), award "A" Value-Part credit.
- A stag means that the first (swing) leg is bent a minimum of 90°, with no extension of the leg prior to the leg switch.
- j. **#2.407 - Sheep Jump (D)**
A release of the head backward past the vertical line must be shown in order to be considered a "Sheep" position. The expected amplitude of the legs is that the feet be at head height.
- 1) If the feet are shoulder or upper back height, deduct "up to 0.10".
 - 2) Insufficient arch, deduct "up to 0.10".
 - 3) If the feet are hip height or if there is no backward head release (regardless of the height of the legs), it is considered a jump with bent legs and awarded an "A" Value Part (Stretch jump with bent legs).
- k. **#3.303 1/1 (360°) Turn with heel of free leg forward at or above horizontal throughout the turn (C)**
The gymnast must have time (up to 45° - 1/8th of the turn) to quickly lift the leg into position without deduction. The free leg may be bent or extended, but the entire leg must be at a minimum of horizontal to receive "C" Value-Part credit.
Once the minimum of horizontal position of the free leg is established, it must be maintained throughout the turn in order to receive Value-Part credit as listed. The free leg may not be supported with the hand in order to maintain the minimum of horizontal position. See elements #3.209 and #3.309 for a variation of the full turn holding the leg with the hand.
- If the correct leg position is missing for more than 45° of the turn or is not maintained throughout the remaining 7/8^{ths} (315°) of the turn, recognize it as another element, dependent upon the height of the leg (3.203-B or 3.101-A)
- l. **#5.306 Reverse planche (C)**
Legs must be in the same plane, either together or straddled.
- A handstand with a split position used for counterbalance or any other handstand with overarch and legs separated receives "B" Value-Part credit (#5.206)
- m. **#7.310 Flic-flac with 1/4 (90°) turn to side handstand (C) or #7.410 Flic-flac with 3/4 turn to side handstand (D)**
Must show flight to the handstand position, with the body stretched in vertical, leg position optional. A two (2) second hold is NOT required.
- If there is insufficient flight, recognize the element as a back walkover with turn and award appropriate Value-Part credit.
- n. **#7.312 Tucked Chen flic (C)**
Must show a 90° angle in both the hips and the knees; then open the legs and body to a stretched position prior to the swing down.
- o. **#7.503 Free (aerial) cartwheel to scale (Peko)**
After landing on one leg, a slight lowering of the free leg is acceptable, provided that the leg immediately lifts back up to a minimum of horizontal and is held for two seconds.
- p. **#8.402 Side Salto tucked or piked, take-off forward or sideward from one leg to a side stand (D)**
When a forward take-off is used, the 1/4 (90°) turn should occur as the body lifts on take-off, so that the body and shoulders are facing sideward throughout the entire salto and the landing phase.
- If a forward take-off is used and a 1/4 (90°) turn occurs after the body passes through vertical, and the body lands in a side position, it will be considered as #7.403 (D) - Free (aerial) cartwheel, landing in side position.

III. CLARIFICATIONS REGARDING SERIES

- A. In an Acrobatic or a Dance series, the connection between the elements must be continuous. The landing leg or the free leg of the first element must be the take-off leg for the next element. If both feet land at the same time, the next element must take off from two feet.

1. **Backward Acro Flight Series**

A backward acro flight series is considered broken whenever there is a delay in the **IMMEDIATE** take-off of the second element (deduct 0.50 for missing the Special Requirement, if applicable). This delay could be caused by:

- a. Arms moving as low as the thighs or further back after the landing of the first element in the connection.
 - If the second element in the connection of backward acro elements is a gainer flic-flac or gainer back layout, the arms are allowed to continue circling forward-upward and backward-downward without automatically breaking the connection. The circling action is an inherent arm pattern for the gainer type elements.
- b. A cautious, slow moving attempt to connect one or more **backward flight** elements. In this case, the Acro series would be considered broken. A rhythm deduction is not applied.

2. **Non-flight acro series (any direction), acro flight series with forward or sideward elements, and counter acro flight series.**

- If there is a lack of tempo/poor rhythm between the elements performed in a series, apply the specific execution deduction of lack of tempo between elements (up to 0.20). This refers to continuous, but slow connection.

3. **Dance or mixed series**

- a. Lack of tempo/poor rhythm between the elements performed in a dance or mixed series; apply the specific execution deduction (up to 0.20). This refers to continuous, but slow connection.
- b. If the body continues its movement, an arm circle does not necessarily break the connection.

4. **All series are considered broken if the following occurs:**

- a. A stop between the elements.
- b. Loss of balance, causing a stop between elements.
- c. Repositioning of *leg(s) or pivoting*.
- d. Extra step, hop/jump between the elements
- e. When evaluating an acro, dance or mixed connection, if the gymnast lands the first element in plié on two feet, then totally straightens her legs, and pliés again to initiate the jump into the next element, the straightening of the legs will break the series.

Note: In any type of series in which the two elements are exactly the same and the connection is broken, the second element will not receive Value-Part credit.

- B. Some elements are inherently “non-connectable”. The following is an example of an acro series that is considered non-connectable, regardless of how quickly the elements are connected:

Back Walkover (or Flic-flac step-out) to a lunge, then Round-off (or cartwheel)

In this example, the first element lands in a lunge on two feet. It cannot be connected to a 2nd element for acro series credit.

Note: The only way these two elements could connect legitimately is by landing the first element on one leg and stepping through into the Round-off (or cartwheel). During the step, the leg swing forward must be no higher than 45°; otherwise, it is considered to be a broken series.

- Performing a kick leading into the second element will break the series.

C. Repetition of a failed series

EXAMPLES:

1. Gymnast performs a Flic-flac step-out and stops (or falls), then does a series of two connected flic-flacs. The Acro Series Special Requirement is NOT met because the third flic-flac receives no Value-Part credit.



2. At Level 7: Gymnast attempts a series of two Back Walkovers, but the second Back Walkover never lands on the beam (no Value-Part credit awarded) (A + 0).

If she then kicks up to a handstand and holds it for 2 seconds, then steps down to a Back Walkover (A + A), one part of the Acro Special Requirement has been met.

- If the Handstand is NOT held for 2 seconds, it will not receive "A" Value-Part credit and cannot be used to fulfill a Special Requirement.

IV. SPECIFIC COMPOSITIONAL DEDUCTIONS (FOR LEVELS 8, 9 & 10)

Note: Composition is not considered for Level 6 or 7.

A. LACK OF VARIETY IN CHOICE OF ELEMENTS

1. **FAILURE TO PERFORM ACROBATIC ELEMENTS IN TWO DIFFERENT DIRECTIONS (BACKWARD AND FORWARD OR SIDEWARD)** each 0.10
 - a. Must be from the following Groups: 1-Mounts, 6-Rolls, 7-Walkovers/Cartwheels/Handsprings, and 8-Saltos
 - 1) If the dismount is the only forward/sideward or the only backward element deduct 0.05
 - 2) To be considered forward or sideward, the element must move through a forward or sideward plane. A kick-up to handstand, with or without pirouette, to step-down is NOT eligible as it is from Group 5.
 - b. May perform either a forward or sideward element, but must perform a backward element.
 - c. The Round-off is considered a sideward element.
 - d. A jump backward (Flic-flac take-off) with ½ (180°) twist to walkover or salto forward (Arabian walkover or salto) is considered a forward element.
 - e. A Flic-flac ¼ or ¾ twist to handstand is considered a backward element.
 - f. A tic-toc can be considered either a forward or backward element, to the advantage of the gymnast.
 - g. Silivas-type mounts (#1.208 & 1/308) are considered "sideward".
2. **LACK OF VARIETY IN CHOICE OF ACRO ELEMENTS**
 - *All Acro "high points" are the same element or variation of same element* Up to 0.10
3. **LACK OF VARIETY IN DANCE ELEMENTS**
 - a. Overuse of dance elements with the same shape
 - 1) More than two elements with a wolf or tuck position with or without turn 0.10
 - 2) More than two straddle jumps, with or without turn 0.10
 - b. More than one leap/jump/hop element to front support each 0.10
 - c. More than two (2) 180° turns on two feet (pivots) with straight legs throughout the exercise 0.10
 Examples of allowable 180° turns: turn on one foot; turn in squat or demi-plié position; ¼ turn - ¼ turn
4. **LACK OF BALANCE BETWEEN ACRO AND DANCE VALUE PART ELEMENTS** Up to 0.20
 Consider:
 - a. The quality (element difficulty value) and the quantity of the two categories.
 - b. For Level 9 and 10, the lack of a dance connection for CV Bonus is not necessarily a compositional deduction.
 - c. The following elements are considered as "Dance" elements:
 - 1) Group 1 Mounts: 1.101, 1.201, 1.301, 1.401, 1.102 (1st & 3rd descriptions), 1.202, 1.104, 1.105 1.305, 1.405.
 - 2) Group 4: All Wave elements
 - 3) Holds/Stands: 5.101, 5.201, 5.102, 5.302, 5.402, 5.103, 5.203

C. LARGE FAULTS **UP TO 0.30 pt.**

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| 1. | Bent arms in support or bent knees | Up to 0.30 |
| | <ul style="list-style-type: none"> • 90° or more bend = maximum deduction of 0.30 • Maximum on any one element = 0.30 bent arms & 0.30 bent legs | |
| 2. | Additional movements to maintain balance on the beam | Up to 0.30 |
| 3. | Squat on landing (hips even with or lower than the knees) | Up to 0.30 |
| | <i>Note: If the gymnast lands an acro element in a squat position and then falls off the beam, deduct up to 0.30 and 0.50 for the fall.</i> | |
| 4. | Insufficient height of dismounts | Up to 0.30 |
| 5. | Brush/touch of landing surface with one or both hands (no support) | Up to 0.30 |
| 6. | Insufficient extension (open) of tuck/pike body position prior to landing of Acro and dismount elements | Up to 0.30 |
| 7. | <i>Use of supplemental support</i> | <u>0.30</u> |
| | <i>Examples:</i> | |
| | a. <i>Foot/feet remain on mat or board as mount is completed</i> | |
| | b. <i>Foot/feet make contact with the mat in cross straddle sit during exercise</i> | |

D. VERY LARGE FAULTS **0.50 pt**

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| 1. | Support on mat with 1 or 2 hands | <u>0.50</u> |
| 2. | Fall onto Beam or off the Beam onto the mat | <u>0.50</u> |
| 3. | Fall/Failure to land on the bottom of the feet first on aerials/saltos/dismounts | |
| | No Value-Part/No Special Requirement /No Bonus credit and deduct for a fall | <u>0.50</u> |
| | <i>Note: If the gymnast lands on bottoms of feet and the hands or knees simultaneously, award Value-Part credit and Special Requirement, if appropriate, and deduct for a fall.</i> | |
| 4. | Spotting assistance <u>upon landing</u> of dismount element | <u>0.50</u> |
| | • award Value Part & Special Requirement-No Bonus possible | |
| 5. | Spotting assistance during an element | |
| | No Value Part/ No Special Requirement/No Bonus credit and deduct for a spot | <u>0.50</u> |
| 6. | Exercise shorter than 30 seconds (complete or incomplete) (Chief Judge) | <u>2.00</u> |

II. ARTISTRY

Insufficient artistry throughout the exercise

Consider:

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| • | Originality/creativity of choreography in elements & connections | *0.05 – 0.10 |
| • | Quality of gymnast’s movement to reflect her personal style | *0.05 – 0.10 |
| • | Quality of expression (i.e. projection, focus) | *0.05 – 0.10 |

** 0.10 is the maximum taken in each category*