

DIFFICULTY	3.0				
EVENT REQUIREMENTS	1.0				
COMPOSITION	1.0				
Choice of elements					
Spacing					
Artistry / Choreography					
Distribution					
EX / AMP / DYNAMICS	4.2				
BONUS	0.8				
AHS (.2 ea/up to .4)					
HL BBS (.2)					
LL BBS (.1 ea/up to .2)					
2nd HL BBS (.2)					
3rd AHS (.2)					
Neutral / CJ Deductions					
SCORE	J1				
	J2				
AVERAGE					

COMPOSITION
BARS
↑.3 choice of elements
.05 fwd / bwd
.05 connections-LB-HB
.1 same VPs
↑.1 space / level
↑.1 bar changes
.1 uncharacteristic
↑.1 creativity
↑.1 dist / maintain level
BEAM / FLOOR
↑.15 acro - variety
↑.15 dance - variety
↑.1 balance-acro/dance
↑.1 level-acro vs dance
↑.1 acro direction - BB
.1 acro direction - FX
↑.1 connections-variety
↑.1 use entire BB / FX
↑.1 artistry
↑.1 dist / maintain level

EVENT REQ (.2 each)

BARS
 kip
 sup. flight
 direct. chg
 handstand
 sup. dismount

BEAM
 dance turn
 acro flight
 dance series
 acro series
 sup. dismount

FLOOR
Dance
 sup. lp/jp/turn
 dance series
Acro
 salto w/180°
 3 acro passes
 sup. dismount

School _____

EVENT REQ (.2 each)

COMPOSITION	DIFFICULTY 3.0					
BARS ↑.3 choice of elements .05 fwd / bwd .05 connections-LB-HB .1 same VPs ↑.1 space / level ↑.1 bar changes .1 uncharacteristic ↑.1 creativity ↑.1 dist / maintain level	EVENT REQUIREMENTS 1.0					
	COMPOSITION 1.0 Choice of elements Spacing Artistry / Choreography Distribution					
	EX / AMP / DYNAMICS 4.2					
	BONUS 0.8 AHS (.2 ea/up to .4) HL BBS (.2) LL BBS (.1 ea/up to .2) 2nd HL BBS (.2) 3rd AHS (.2)					
	Neutral / CJ Deductions					
	SCORE J1					
	J2					
	AVERAGE					
BEAM / FLOOR ↑.15 acro - variety ↑.15 dance - variety ↑.1 balance-acro/dance ↑.1 level-acro vs dance ↑.1 acro direction - BB .1 acro direction - FX ↑.1 connections-variety ↑.1 use entire BB / FX ↑.1 artistry ↑.1 dist / maintain level						

BARS

kip
sup. flight
direct. chg
handstand
sup. dismount

BEAM

dance turn
acro flight
dance series
acro series
sup. dismount

FLOOR

Dance
sup. lp/jp/turn
dance series
Acro
salto w/180°
3 acro passes
sup. dismount

School _____

BARS	↑.1 space / level	BEAM / FLOOR		BARS	BEAM	FLOOR
↑.3 choice of elem	↑.1 bar changes	↑.15 acro - variety	↑.1 acro dir - BB	kip	acro series	dnce series
.05 fwd / bwd	.1 unchar	↑.15 dance - variety	.1 acro dir - FX	dir chg	dnce series	S lp/jp/trn
.05 connections	↑.1 creativity	↑.1 balance-ac/dnc	↑.1 entire BB / FX	hdst	dance turn	salto w/180°
.1 same VP's	↑.1 distribution	↑.1 level-ac / dnc	↑.1 artistry	S flight	acro flight	3 acro passes
Name		↑.1 connections	↑.1 distribution	S dism	S dism	S acro dism

DIFFICULTY	3.0	_____
EVENT REQ.	1.0	_____
COMPOSITION	1.0	_____
Choice of Elements		_____
Spacing		_____
Choreography/Art.		_____
Distribution		_____
EX / AMP / DYNAMICS	4.2	_____
BONUS	0.8	_____
AHS	(.2 ea/up to .4)	_____
HL BBS	(.2)	_____
LL BBS	(.1 ea, up to .2)	_____
2nd HL BBS	(.2)	_____
3rd AHS	(.2)	_____
Neutral		_____
Score	J1	_____
CJ Deduction	J2	_____
_____	AVERAGE	_____

BARS	↑.1 space / level	BEAM / FLOOR		BARS	BEAM	FLOOR
↑.3 choice of elem	↑.1 bar changes	↑.15 acro - variety	↑.1 acro dir - BB	kip	acro series	dnce series
.05 fwd / bwd	.1 unchar	↑.15 dance - variety	.1 acro dir - FX	dir chg	dnce series	S lp/jp/trn
.05 connections	↑.1 creativity	↑.1 balance-ac/dnc	↑.1 entire BB / FX	hdst	dance turn	salto w/180°
.1 same VP's	↑.1 distribution	↑.1 level-ac / dnc	↑.1 artistry	S flight	acro flight	3 acro passes
Name		↑.1 connections	↑.1 distribution	S dism	S dism	S acro dism

DIFFICULTY	3.0	_____
EVENT REQ.	1.0	_____
COMPOSITION	1.0	_____
Choice of Elements		_____
Spacing		_____
Choreography/Art.		_____
Distribution		_____
EX / AMP / DYNAMICS	4.2	_____
BONUS	0.8	_____
AHS	(.2 ea/up to .4)	_____
HL BBS	(.2)	_____
LL BBS	(.1 ea, up to .2)	_____
2nd HL BBS	(.2)	_____
3rd AHS	(.2)	_____
Neutral		_____
Score	J1	_____
CJ Deduction	J2	_____
_____	AVERAGE	_____

BARS	↑.1 space / level	BEAM / FLOOR		BARS	BEAM	FLOOR
↑.3 choice of elem	↑.1 bar changes	↑.15 acro - variety	↑.1 acro dir - BB	kip	acro series	dnce series
.05 fwd / bwd	.1 unchar	↑.15 dance - variety	.1 acro dir - FX	dir chg	dnce series	S lp/jp/trn
.05 connections	↑.1 creativity	↑.1 balance-ac/dnc	↑.1 entire BB / FX	hdst	dance turn	salto w/180°
.1 same VP's	↑.1 distribution	↑.1 level-ac / dnc	↑.1 artistry	S flight	acro flight	3 acro passes
Name		↑.1 connections	↑.1 distribution	S dism	S dism	S acro dism

DIFFICULTY	3.0	_____
EVENT REQ.	1.0	_____
COMPOSITION	1.0	_____
Choice of Elements		_____
Spacing		_____
Choreography/Art.		_____
Distribution		_____
EX / AMP / DYNAMICS	4.2	_____
BONUS	0.8	_____
AHS	(.2 ea/up to .4)	_____
HL BBS	(.2)	_____
LL BBS	(.1 ea, up to .2)	_____
2nd HL BBS	(.2)	_____
3rd AHS	(.2)	_____
Neutral		_____
Score	J1	_____
CJ Deduction	J2	_____
_____	AVERAGE	_____

EVENT: UB BB FX

SCHOOL:

2020-2022

				EVENT REQUIREMENTS (.2 ea)			
Gymnast	C O M P O S I T I O N	BARS	↑.15 acro - variety	B kip _____	B dance trn _____	Difficulty	3.0 _____
		↑.3 choice of elements	↑.15 dance - variety	A sup flight _____	E acro flight _____	Event Req.	1.0 _____
Time	I O N	.05 fwd / bwd	↑.1 balance-acro/dance	R direct. change _____	A sup dismt _____	Composition	1.0 _____
		.05 connections	↑.1 level-acro vs dance	S handstand _____	M dance series _____	Ex / Amp	4.0 _____
		.1 same VPs	↑.1 acro direction - BB	S sup dismt _____	M acro series _____	Dynamics	.2 _____
		↑.1 space / level	.1 acro direction - FX			Bonus	.8 _____
		↑.1 bar changes	↑.1 connections-variety	F Dance	BONUS	SUBTOTAL	_____
		↑.1 uncharacteristic	↑.1 use entire BB / FX	L sup lp/jp/turn _____	AHS (.2 ea/up to .4) _____	NEUTRAL	_____
		↑.1 creativity	↑.1 dist / maintain level	O dance series _____	HL BBS (.2) _____	CJ Deduction	J1 _____
		↑.1 dist / maintain level	↑.1 dist / maintain level	O Acro	LL BBS (.1, up to .2) _____	_____	J2 _____
			↑.1 artistry	O salto w/180° _____	2nd HL BBS (.2) _____		
				R 3 acro passes _____	3rd AHS (.2) _____		
				R sup dismt _____			FINAL SCORE: _____

EVENT: UB BB FX

SCHOOL:

2020-2022

				EVENT REQUIREMENTS (.2 ea)			
Gymnast	C O M P O S I T I O N	BARS	↑.15 acro - variety	B kip _____	B dance trn _____	Difficulty	3.0 _____
		↑.3 choice of elements	↑.15 dance - variety	A sup flight _____	E acro flight _____	Event Req.	1.0 _____
Time	I O N	.05 fwd / bwd	↑.1 balance-acro/dance	R direct. change _____	A sup dismt _____	Composition	1.0 _____
		.05 connections	↑.1 level-acro vs dance	S handstand _____	M dance series _____	Ex / Amp	4.0 _____
		.1 same VPs	↑.1 acro direction - BB	S sup dismt _____	M acro series _____	Dynamics	.2 _____
		↑.1 space / level	.1 acro direction - FX			Bonus	.8 _____
		↑.1 bar changes	↑.1 connections-variety	F Dance	BONUS	SUBTOTAL	_____
		↑.1 uncharacteristic	↑.1 use entire BB / FX	L sup lp/jp/turn _____	AHS (.2 ea/up to .4) _____	NEUTRAL	_____
		↑.1 creativity	↑.1 dist / maintain level	O dance series _____	HL BBS (.2) _____	CJ Deduction	J1 _____
		↑.1 dist / maintain level	↑.1 dist / maintain level	O Acro	LL BBS (.1, up to .2) _____	_____	J2 _____
			↑.1 artistry	O salto w/180° _____	2nd HL BBS (.2) _____		
				R 3 acro passes _____	3rd AHS (.2) _____		
				R sup dismt _____			FINAL SCORE: _____

EVENT: UB BB FX

SCHOOL:

2020-2022

				EVENT REQUIREMENTS (.2 ea)			
Gymnast	C O M P O S I T I O N	BARS	↑.15 acro - variety	B kip _____	B dance trn _____	Difficulty	3.0 _____
		↑.3 choice of elements	↑.15 dance - variety	A sup flight _____	E acro flight _____	Event Req.	1.0 _____
Time	I O N	.05 fwd / bwd	↑.1 balance-acro/dance	R direct. change _____	A sup dismt _____	Composition	1.0 _____
		.05 connections	↑.1 level-acro vs dance	S handstand _____	M dance series _____	Ex / Amp	4.0 _____
		.1 same VPs	↑.1 acro direction - BB	S sup dismt _____	M acro series _____	Dynamics	.2 _____
		↑.1 space / level	.1 acro direction - FX			Bonus	.8 _____
		↑.1 bar changes	↑.1 connections-variety	F Dance	BONUS	SUBTOTAL	_____
		↑.1 uncharacteristic	↑.1 use entire BB / FX	L sup lp/jp/turn _____	AHS (.2 ea/up to .4) _____	NEUTRAL	_____
		↑.1 creativity	↑.1 dist / maintain level	O dance series _____	HL BBS (.2) _____	CJ Deduction	J1 _____
		↑.1 dist / maintain level	↑.1 dist / maintain level	O Acro	LL BBS (.1, up to .2) _____	_____	J2 _____
			↑.1 artistry	O salto w/180° _____	2nd HL BBS (.2) _____		
				R 3 acro passes _____	3rd AHS (.2) _____		
				R sup dismt _____			FINAL SCORE: _____