

DIFFICULTY	3.0				
EVENT REQUIREMENTS	1.0				
COMPOSITION	0.6				
EX / AMP / DYNAMICS	4.6				
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
↑.2 variety of elements
↑.1 space / level
. 1 bar changes (2)
.1 direction change
↑.1 distribution
BEAM / FLOOR
↑.2 variety of elements (acro and dance)
↑.1 balance-acro/dance (quantity and level)
↑.1 acro direction - BB
.1 acro direction - FX
↑.1 levels / distrib - BB
↑.1 use of fx / dist - FX
↑.1 artistry/choreog

EVENT REQ (.2 each)

BARS
kip
sup. flight
clear circle
handstand
sup. dismount

BEAM
dance turn
acro flight
dnc/mix series
acro series
sup. dismount

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

School_____

COMPOSITION	DIFFICULTY 3.0					
BARS	EVENT REQUIREMENTS 1.0					
↑.2 variety of elements	COMPOSITION 0.6					
↑.1 space / level						
. 1 bar changes (2)						
.1 direction change						
↑.1 distribution						
BEAM / FLOOR	EX / AMP / DYNAMICS 4.6					
	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					
↑.2 variety of elements (acro and dance)	SCORE J1					
↑.1 balance-acro/dance (quantity and level)	J2					
↑.1 acro direction - BB	AVERAGE					
.1 acro direction - FX						
↑.1 levels / distrib - BB						
↑.1 use of fx / dist - FX						
↑.1 artistry/choreog						

EVENT REQ (.2 each)

BARS

kip
sup. flight
clear circle
handstand
sup. dismount

BEAM

dance turn
acro flight
dnc/mix series
acro series
sup. dismount

FLOOR

Dance
sup. turn
dance passage
Acro
salto w/180°
3 acro passes
sup. dismount

School_____

School

2026-2028

BARS ↑.2 variety of elements ↑.1 space / level .1 bar changes .1 direction change ↑.1 distribution	BEAM / FLOOR ↑.2 variety of elements (acro and dance) ↑.1 balance-acro/dance (quantity and level) ↑.1 acro direction - BB .1 acro direction - FX ↑.1 levels / distrib ↑.1 artistry/choreog	BARS kip clr circle hdst S flight S dism	BEAM acro series dnc/mix series dance turn acro flight S dism	FLOOR dnce passage S turn salto w/180° 3 acro passes S acro dism	DIFFICULTY 3.0 EVENT REQ. 1.0 COMPOSITION 0.6 EX / AMP / DYNAMICS 4.6 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 ↑.2 variety of elements ↑.1 space / level .1 bar changes .1 direction change ↑.1 distribution	BEAM / FLOOR ↑.2 variety of elements (acro and dance) ↑.1 balance-acro/dance (quantity and level) ↑.1 acro direction - BB .1 acro direction - FX ↑.1 levels / distrib ↑.1 artistry/choreog	BARS kip clr circle hdst S flight S dism	BEAM acro series dnc/mix series dance turn acro flight S dism	FLOOR dnce passage S turn salto w/180° 3 acro passes S acro dism	DIFFICULTY 3.0 EVENT REQ. 1.0 COMPOSITION 0.6 EX / AMP / DYNAMICS 4.6 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 ↑.2 variety of elements ↑.1 space / level .1 bar changes .1 direction change ↑.1 distribution	BEAM / FLOOR ↑.2 variety of elements (acro and dance) ↑.1 balance-acro/dance (quantity and level) ↑.1 acro direction - BB .1 acro direction - FX ↑.1 levels / distrib ↑.1 artistry/choreog	BARS kip clr circle hdst S flight S dism	BEAM acro series dnc/mix series dance turn acro flight S dism	FLOOR dnce passage S turn salto w/180° 3 acro passes S acro dism	DIFFICULTY 3.0 EVENT REQ. 1.0 COMPOSITION 0.6 EX / AMP / DYNAMICS 4.6 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:

2026-2028

Gymnast	C O M P O S I T I O N	<u>BARS</u>	<u>BEAM / FLOOR</u>	EVENT REQUIREMENTS (.2 ea)		Difficulty 3.0 _____ Event Req. 1.0 _____ Composition 0.6 _____ Ex / Amp 4.4 _____ Dynamics .2 _____ Bonus .8 _____ SUBTOTAL _____ NEUTRAL _____ CJ Deduction J1 _____ J2 _____ FINAL SCORE: _____
		↑.2 variety of elements ↑.1 space / level .1 bar changes .1 direction change ↑.1 distribution	↑.2 variety of elements (acro and dance) ↑.1 balance-acro/dance (quantity and level) ↑.1 acro direction - BB .1 acro direction - FX ↑.1 levels / distrib - BB ↑.1 use of fx / dist - FX ↑.1 artistry/choreog	B kip _____ A sup flight _____ R clear circle _____ S handstand _____ S sup dismt _____	B dance trn _____ E acro flight _____ A sup dismt _____ M dance/mixed series _____ M acro series _____	
Time				F <u>Dance</u> sup turn _____ L dance passage _____ O <u>Acro</u> salto w/180° _____ O 3 acro passes _____ R sup dismt _____	BONUS AHS (.2 ea/up to .4) _____ HL BBS (.2) _____ LL BBS (.1, up to .2) _____ 2nd HL BBS (.2) _____ 3rd AHS (.2) _____	

EVENT: UB BB FX

SCHOOL:

2026-2028

Gymnast	C O M P O S I T I O N	<u>BARS</u>	<u>BEAM / FLOOR</u>	EVENT REQUIREMENTS (.2 ea)		Difficulty 3.0 _____ Event Req. 1.0 _____ Composition 0.6 _____ Ex / Amp 4.4 _____ Dynamics .2 _____ Bonus .8 _____ SUBTOTAL _____ NEUTRAL _____ CJ Deduction J1 _____ J2 _____ FINAL SCORE: _____
		↑.2 variety of elements ↑.1 space / level .1 bar changes .1 direction change ↑.1 distribution	↑.2 variety of elements (acro and dance) ↑.1 balance-acro/dance (quantity and level) ↑.1 acro direction - BB .1 acro direction - FX ↑.1 levels / distrib - BB ↑.1 use of fx / dist - FX ↑.1 artistry/choreog	B kip _____ A sup flight _____ R clear circle _____ S handstand _____ S sup dismt _____	B dance trn _____ E acro flight _____ A sup dismt _____ M dance/mixed series _____ M acro series _____	
Time				F <u>Dance</u> sup turn _____ L dance passage _____ O <u>Acro</u> salto w/180° _____ O 3 acro passes _____ R sup dismt _____	BONUS AHS (.2 ea/up to .4) _____ HL BBS (.2) _____ LL BBS (.1, up to .2) _____ 2nd HL BBS (.2) _____ 3rd AHS (.2) _____	

EVENT: UB BB FX

SCHOOL:

2026-2028

Gymnast	C O M P O S I T I O N	<u>BARS</u>	<u>BEAM / FLOOR</u>	EVENT REQUIREMENTS (.2 ea)		Difficulty 3.0 _____ Event Req. 1.0 _____ Composition 0.6 _____ Ex / Amp 4.4 _____ Dynamics .2 _____ Bonus .8 _____ SUBTOTAL _____ NEUTRAL _____ CJ Deduction J1 _____ J2 _____ FINAL SCORE: _____
		↑.2 variety of elements ↑.1 space / level .1 bar changes .1 direction change ↑.1 distribution	↑.2 variety of elements (acro and dance) ↑.1 balance-acro/dance (quantity and level) ↑.1 acro direction - BB .1 acro direction - FX ↑.1 levels / distrib - BB ↑.1 use of fx / dist - FX ↑.1 artistry/choreog	B kip _____ A sup flight _____ R clear circle _____ S handstand _____ S sup dismt _____	B dance trn _____ E acro flight _____ A sup dismt _____ M dance/mixed series _____ M acro series _____	
Time				F <u>Dance</u> sup turn _____ L dance passage _____ O <u>Acro</u> salto w/180° _____ O 3 acro passes _____ R sup dismt _____	BONUS AHS (.2 ea/up to .4) _____ HL BBS (.2) _____ LL BBS (.1, up to .2) _____ 2nd HL BBS (.2) _____ 3rd AHS (.2) _____	