

BEAM CHECKLIST

Routine time: _____

Difficulty = 3.0

Routine Difficulty _____

(1) – High Superior _____, _____, _____ (-.3 if none)

(3) – Superior _____, _____, _____ (-.5 for each)

(4) – Medium _____, _____, _____ (-.3 for each)

(If gymnast has 6 skills of superior and high superior/bonus high superior she shall be credited with 3.0

(If difficulty is preformed for the 3rd time, NO CREDIT)

Event Requirements = 1.4 (-.2 for each)

Your Value _____

1. Dance twist/turn at least 360 w/ support or in the air _____

2. Jump/Leap of at least medium difficulty _____

3. Handspring/aerial/salto _____

4. Tumble Series of difficulty _____

5. Dismount at least a superior difficulty _____

Mount /dismount dance balance and body waves can NOT be used for the following:

6. Dance series of difficulty _____

7. Dance/tumble, Tumble/dance series of difficulty _____

Bonus = up to .8

Your Bonus _____

For 1 skill (or series) of superior/ high superior/ bonus high superior difficulty to the ultimate in technique with NO execution deductions and/or an entire routine with full difficulty and event requirements preformed to the ultimate in both technique and execution

(ie. 0.5 or less deducted under execution) 0.1

For an extra High superior or back to back superior = 0.1

For back to back superiors = 0.1 each up to 0.2

For bonus high superior w/ no more than 0.3 deduction under execution = 0.2, 0.4 for 2 different BHS

Composition: 0.8

Up to 0.2 Lack of variety in combining difficulties from different structure groups: (dance: twist/turns, balances, jumps/leaps...tumbling: inverted balances, flexibilities, rolls/ wheels/ handsprings and aerial/ saltos

Up to 0.2 Rhythm and Connections

Up to 0.1 – lack of variety in connections

Up to 0.1 – lack of tempo changes and/or continuity and flow of routine

Up to 0.2 Lack of Artistry and Choreography

Up to 0.1 – lack of creative skill or combination of skills

Up to 0.1 – Lack of Artistic presentation

Up to 0.2 Spacing and progressive distribution of difficulties

Up to 0.1 – Lack of using all space, levels and directions

Up to 0.1 – Lack of progressive distribution of difficulties throughout the routine

THESE ARE THE THINGS THAT WE CAN CONTROL, THE OTHER 4 POINTS COMES FROM HOW YOU DO THE ROUTINE
EXECUTION AND AMPLITUDE

These deductions along with Neutral deductions and Superior Judge Deductions are on the following page

BARS CHECKLIST

Difficulty = 3.0

Routine Difficulty _____

(1) – High Superior _____, _____, _____ (-.3 if none)

(3) – Superior _____, _____, _____ (-.5 for each)

(4) – Medium _____, _____, _____ (-.3 for each)

(If gymnast has 6 skills of superior and high superior/bonus high superior she shall be credited with 3.0)

(If difficulty is preformed for the 3rd time, NO CREDIT)

Event Requirements = 1.4 (-.2 for each)

Your Value _____

1. Circling/Swinging _____
2. Regrasp of superior difficulty _____
3. Salto or twisting at least 360 _____
4. At least 2 skills on each bar _____
5. Kip _____
6. Handstand (10 degrees of vertical) _____
7. Dismount at least superior difficulty _____

Bonus = up to .8

Your Bonus _____

For 1 skill (or series) of superior/ high superior/ bonus high superior difficulty to the ultimate in technique with **NO** execution deductions and/or an entire routine with full difficulty and event requirements preformed to the ultimate in both technique and execution

(ie. 0.5 or less deducted under execution) 0.1

For an extra High superior or back to back superior = 0.1

For back to back superiors = 0.1 each up to 0.2

For bonus high superior w/ no more than 0.3 deduction under execution = 0.2, 0.4 for 2 different BHS

Composition: 0.8

Up to 0.2 Lack of variety in combining difficulties from different structure groups: (twisting/turning, circling/swinging, handstands, kips, regrasps and saltos)

Up to 0.2 Rhythm and Connections

Up to 0.1 – lack of variety in connections

Up to 0.1 – lack of continuity and flow of routine

Up to 0.2 Lack of Artistry and Choreography

Up to 0.1 – lack of creative skill or combination of skills

Up to 0.1 – Lack of direction change (excluding mount and dismount)

Up to 0.2 Spacing and progressive distribution of difficulties

Up to 0.1 – Lack of using all space and levels

Up to 0.1 – Lack of progressive distribution of difficulties throughout the routine

THESE ARE THE THINGS THAT WE CAN CONTROL, THE OTHER 4 POINTS COMES FROM HOW YOU DO THE ROUTINE EXECUTION AND AMPLITUDE

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FLOOR CHECKLIST

Routine time: _____

Definition: Tumble Pass – must contain a minimum of 3 directly connected tumbling skills, 1 must be of difficulty. Or, 2 directly connected front tumbling skills, at least 1 (or the series) is a High Superior/bonus high superior.

Difficulty = 3.0

Routine Difficulty _____

(1) – High Superior _____, _____, _____ (-.3 if none)

(3) – Superior _____, _____, _____ (-.5 for each)

(4) – Medium _____, _____, _____ (-.3 for each)

(If gymnast has 6 skills of superior and High superior/bonus high superior she shall be credited with 3.0

(If difficulty is preformed for the 3rd time, NO CREDIT)

Event Requirements = 1.4 (-.2 for each)

Your Value _____

- 1. Twisting aerial/salto – at least ½ _____
- 2. A superior aerial or salto within a tumble pass _____
- 3. At least 3 tumble passes in 2 of the 3 directions _____
- 4. Last tumble pass contains a superior _____
- 5. One jump/leap at least a superior _____
- 6. 1 dance series of 3 directly connected skills of difficulty _____
- 7. 1 dance/tumble/dance or tumble/dance/tumble with difficulty _____

Bonus = up to .8

Your Bonus _____

For 1 skill (or series) of superior/ high superior/ bonus high superior difficulty to the ultimate in technique with NO execution deductions and/or an entire routine with full difficulty and event requirements preformed to the ultimate in both technique and execution

(ie. 0.5 or less deducted under execution) 0.1

For an extra High superior or back to back superior = 0.1

For back to back superiors = 0.1 each up to 0.2

For bonus high superior w/ no more than 0.3 deduction under execution = 0.2, 0.4 for 2 different BHS

Composition: 0.8

Up to 0.2 Lack of variety in combining difficulties from different structure groups: (dance: twist/turns, balances, jumps/leaps...tumbling: inverted balances, flexibilities, rolls/ wheels/ handsprings and aerial/ saltos

Up to 0.2 Rhythm and Connections

Up to 0.1 – lack of variety in connections

Up to 0.1 – lack of tempo changes and/or continuity and flow of routine

Up to 0.2 Lack of Artistry and Choreography

Up to 0.1 – lack of creative skill or combination of skills

Up to 0.1 – Lack of Artistic presentation

Up to 0.2 Spacing and progressive distribution of difficulties

Up to 0.1 – Lack of using all space, levels and directions

Up to 0.1 – Lack of progressive distribution of difficulties throughout the routine

THESE ARE THE THINGS THAT WE CAN CONTROL, THE OTHER 4 POINTS COMES FROM HOW YOU DO THE ROUTINE EXECUTION AND AMPLITUDE

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VAULT CHECKLIST

WHAT IS YOUR VAULT VALUE
