

## Optional Level Requirements

### Level 7 & 8

Levels 7 and 8 are beginning optional.

Start Value: 10.00 provided they meet the requirements.

Value Requirements: five A's and four B's

*\*Level 7 C/D/E skills are illegal; if performed, the routine receives a score of 0, with the exception of C-level circling elements to handstand – cast, clear hip circle, underswing, stalder – with or without half pirouette.*

Deductions: 0.10 for each missing A-skill, 0.30 for each missing B-skill, and 0.50 for each missing C-skill (while C's aren't required at Level 7 or 8, they are required at levels 9 and 10).

### The special requirements at Level 7 are:

**Vault** – gymnasts have a list of vaults which they can choose from, all of which start from a 10.0 and are in the “Group 1” category of vaulting (handsprings without saltos), and the vast majority perform handsprings.

**Bars** – one bar change; two B-level circling elements (clear hips, underswings, and stalder); and a dismount of at least A value

**Beam** – series of two tumbling elements with or without flight; an acrobatic flight element; a leap or jump that requires 180° split; a full turn; and a dismount of at least A value

**Floor** – a tumbling pass (3 or more flight elements) which includes a back layout; a connection of two forward acro elements, one being a salto; a dance series of two elements, one being a leap or jump requiring 180° split; and a full turn.

### The special requirements at Level 8 are:

At Level 8, four A's and four B's are required; Cs are permitted and would receive B credit, and D/E skills are illegal.

The special requirements are:

**Vault** – gymnasts have a list of vaults to choose from; most of them are handsprings with turns, but tucked and piked Tsukaharas are allowed. Common vaults and their start values: handspring, 9.0; handspring full, 9.4; half-on, half-off, 9.1; tucked Tsukahara, 9.8; and piked Tsukahara, 10.0.

**Bars** – one bar change; two elements of B value, at least one of which must have flight or turn, and at least one of which must be a circling element; and a dismount of at least A value

**Beam** – series of two tumbling elements, at least one with flight; dance series of two elements, one of which is a leap or jump requiring 180° split; a full turn; and a dismount of at least A value

**Floor** – a tumbling pass with two saltos; three different saltos within the exercise; a leap or jump that requires 180° split; and the last tumbling pass must include a salto. In all J.O. levels, there is a deduction of 0.50 for each missing special requirement.

### Level 9 & 10

Levels 9 and 10 incorporate bonus points;

Level 9 Start Value: 9.70 and earn bonus from connection only

Level 10 Start Value: 9.50 and can earn bonus from both connection and extra D/E's (however, the gymnast cannot earn all of her bonus from either connections or elements; a maximum of 0.4 can be earned in either area).

Value Requirements at Level 9: three A's, four B's, and one C

Value Requirements at Level 10: three A's, three B's, and two C's.

*\*Below are the connection values for Levels 9 and 10 – remember, Level 9's can only get bonus from C skills, and even if a skill is a D or E, its value is still lowered to "C" when calculating bonus points. For example, a B+D dance connection on beam would earn a total of 0.30 in bonus at Level 10 (0.10 for the D and 0.20 for the connection), but the same connection at Level 9 would be considered a B+C and therefore only earn a total of 0.10. All connection values are those IN ADDITION TO the bonus earned from D/E skills (0.10 for D's, 0.20 for E's).*

