

**VAULT**

LEVEL 6 & 7		
#	VAULT NAME	VALUE
1.111	Front Handspring entry onto table	10.0
3.116	Tsukahara entry onto table	10.0
4.111	Yurchenko entry onto table	10.0

#	VAULT NAME	VALUE		
		LEVEL 8	LEVEL 9	LEVEL 10
1.101	Front Handspring	9.0	8.5	8.1
1.102	Handspring → ½ twist	9.1	8.6	8.2
1.201	Handspring → 1/1 twist	9.5	9.0	8.8
1.202	Handspring → 1 ½ twist	9.7	9.4	9.2
1.301	Handspring → 2/1 twist	10.0	10.0	9.8
2.301	Handspring Front Tuck	----	10.0	9.8
2.304	Handspring Front Pike	----	10.0	9.9
2.302	Handspring Front Tuck ½	----	10.0	10.0
2.402	Handspring Front Tuck 1/1	----	----	10.0*
2.404	Handspring Front Pike ½	----	----	10.0*
1.106	¼ or ½ Twist on → repulsion	9.0	7.0	7.0
1.105	¼ or ½ Twist on → ½ twist	9.2	8.6	8.2
1.206	¼ or ½ Twist on → 1/1 twist	9.4	8.9	8.7
1.205	¼ or ½ Twist on → 1 ½ twist	9.6	9.3	9.1
3.201	Tsukahara Tuck	10.0	9.6	9.4
3.303	Tsukahara Pike	10.0	9.7	9.5
3.304	Tsukahara Layout	----	10.0	9.7
3.306	Tsukahara Tuck ½	----	10.0	9.7
3.302	Tsukahara Tuck 1/1	----	10.0	9.8
3.407	Tsukahara Layout ½	----	----	10.0
3.403	Tsukahara Layout 1/1	----	----	10.0*
4.101	Yurchenko → repulsion	9.0	7.0	7.0
4.102	Yurchenko → ½ twist	9.1	7.7	7.7
4.201	Yurchenko → 1/1 twist	9.4	9.1	8.9
4.202	Yurchenko → 1 ½ twist	9.6	9.3	9.1
4.203	Yurchenko Tuck	10.0	9.6	9.4
4.304	Yurchenko Pike	10.0	9.7	9.5
4.305	Yurchenko Layout	----	10.0	9.7
4.307	Yurchenko Tuck ½	----	10.0	9.8
4.303	Yurchenko Tuck 1/1	----	10.0	9.8
4.309	Yurchenko Layout ½	----	----	10.0
4.306	Yurchenko Layout 1/1	----	----	10.0
4.406	Yurchenko Layout 1 ½	----	----	10.0*
5.301	Yurchenko ½ on → Front Tuck	----	10.0	10.0
5.403	Yurchenko ½ on → Front Pike	----	----	10.0*
5.401	Yurchenko ½ on → Front Tuck ½	----	----	10.0*
5.404	Yurchenko ½ on → Front Pike ½	----	----	10.0*

## UNEVEN BARS

THROUGHOUT DEDUCTIONS	
<b>↑ 0.1</b>	Precision of Handstand Positions
<b>↑ 0.2</b>	Dynamics

LEVEL 6 (SV = 10.0)
VALUE PARTS = 5A 1B

SPECIAL REQUIREMENTS
<ol style="list-style-type: none"> <li>1. One cast a minimum 45° above horizontal (SR awarded if above horizontal)</li> <li>2. Minimum one bar change</li> <li>3. One 360° clear circling element from Groups 3/6/7</li> <li>4. Salto dismount minimum <b>A</b></li> </ol>

\*Warm-up = 1:30 per gymnast (split at 9 athletes)

LEVEL 7 (SV = 10.0)
VALUE PARTS = 5A 2B

SPECIAL REQUIREMENTS
<ol style="list-style-type: none"> <li>1. One cast to handstand (SR awarded if 45° above horizontal)</li> <li>2. One 360° clear circling element minimum <b>B</b></li> <li>3. One 360° clear circling element from Groups 3/6/7</li> <li>4. Salto dismount minimum <b>A</b></li> </ol>

\*Warm-up = 1:30 per gymnast (split at 9 athletes)

LEVEL 8 (SV = 10.0)
VALUE PARTS = 4A 4B

SPECIAL REQUIREMENTS
<ol style="list-style-type: none"> <li>1. Minimum one bar change</li> <li>2. One flight minimum <b>B</b> <u>OR</u> One 180° LA turn minimum <b>B</b></li> <li>3. One 360° clear circling element from Groups 3/6/7 minimum <b>B</b></li> <li>4. Salto dismount minimum <b>A</b></li> </ol>

COMPOSITION	
Each <u>0.10</u>	Uncharacteristic elements
<u>0.10</u>	¾ Giant circle forward with or without grip change
↑0.20	Lack of elements that achieve or pass through vertical
	Choice of Dismount:
No ded.	- B dismount <u>OR</u> B element + A dismount
<u>0.10</u>	- A element + A dismount

\*Warm-up = 2:00 per gymnast (split at 9 athletes)

## UNEVEN BARS

### LEVEL 9 (SV = 9.7 + 0.3)

VALUE PARTS = 3A 4B 1C

#### SPECIAL REQUIREMENTS

1. Minimum two bar changes
2. One flight element minimum B
3. Second different flight minimum C OR One LA turn minimum B
4. Salto dismount minimum B

#### BONUS

+ 0.10	D/E element (max 0.1) C + C (without turn or flight – must be different)
+ 0.20	C + C (both with turn or flight)

#### COMPOSITION

(2 of 3) No ded. (1 of 3) <u>0.10</u> (0 of 3) <u>0.20</u>	<b>Choice of Elements:</b>
	- One forward element (minimum B)
	- One element from Groups 3/6/7 (minimum B)
	- One element with min. 180° LA turn (minimum C)
	<b>Choice of Dismount:</b>
No ded.	- C dismount
<u>0.05</u>	- C element + B dismount
<u>0.10</u>	- B element + B dismount
<u>0.10</u>	Facing same direction throughout exercise
Each <u>0.10</u>	Uncharacteristic elements (ex. ¾ giant circle forward)

#### THROUGHOUT DEDUCTIONS

↑ 0.1	Precision of Handstand Positions
↑ 0.2	Dynamics

\*Warm-up = 2:30 per gymnast (split at 9 athletes)

### LEVEL 10 (SV = 9.5 + 0.5)

VALUE PARTS = 3A 3B 2C

#### SPECIAL REQUIREMENTS

1. Flight element minimum C (excluding dismount)
2. Different flight element minimum B (excluding dismount)
3. Element with LA turn minimum C (excluding dismount)
4. Salto dismount minimum C

#### BONUS

+ 0.10	D element C + C (both with turn or flight) C + C (both from Group 3/6/7 – must be different) C + D/E
+ 0.20	E element D/E + D/E

#### COMPOSITION

(2 of 3) No ded. (1 of 3) <u>0.10</u> (0 of 3) <u>0.20</u>	<b>Choice of Elements:</b>
	- One forward element (minimum B)
	- One element from Groups 3/6/7 (minimum B)
	- One element with min. 180° LA turn (minimum C)
	<b>Choice of Release Elements:</b>
No ded.	- 2 different D/E releases
<u>0.05</u>	- 1 D release + 1 C release (connected)
<u>0.10</u>	- 1 D release & 1 C release (isolated)
<u>0.15</u>	- 2 C releases (connected) <u>OR</u> 1 D & 1 B (isolated)
<u>0.20</u>	- 2 C releases (isolated)
	<b>Choice of Dismount:</b>
No ded.	- D/E dismount <u>OR</u> D/E element + C dismount
<u>0.05</u>	- 2 C elements + C dismount
<u>0.10</u>	- 1 C element + C dismount
<u>0.10</u>	Facing same direction throughout exercise
Each <u>0.10</u>	Uncharacteristic elements (ex. ¾ giant circle forward)
Each <u>0.10</u>	More than one planned squat/stoop on LB
<u>0.20</u>	Lack of two bar changes

# BALANCE BEAM

<b>LEVEL 6 (SV = 10.0)</b>
<b>VALUE PARTS = 5A 1B</b>

<b>SPECIAL REQUIREMENTS</b>
<ol style="list-style-type: none"> <li>1. Acro series (excluding mount/dismount) <u>OR</u> One Flight element</li> <li>2. One leap or jump with 180° cross/side split</li> <li>3. Minimum 360° turn on one foot</li> <li>4. Salto/Aerial dismount minimum <b>A</b></li> </ol>

\*Warm-up = 1:20 per gymnast (split at 8 athletes) --- \*Routine = 1:15

<b>LEVEL 7 (SV = 10.0)</b>
<b>VALUE PARTS = 5A 2B</b>

<b>SPECIAL REQUIREMENTS</b>
<ol style="list-style-type: none"> <li>1. Acro series (excluding mount/dismount) &amp; One Flight element</li> <li>2. One leap or jump with 180° cross/side split</li> <li>3. Minimum 360° turn on one foot</li> <li>4. Salto/Aerial dismount minimum <b>A</b></li> </ol>

\*Warm-up = 1:20 per gymnast (split at 8 athletes) --- \*Routine = 1:20

<b>THROUGHOUT DEDUCTIONS</b>	
<b>↑ 0.1</b>	Variety in choreography
<b>↑ 0.1</b>	Quality of movement
<b>↑ 0.1</b>	Quality of expression
<b>↑ 0.2</b>	Variation in rhythm & tempo
<b>↑ 0.2</b>	Sureness of performance
<b>↑ 0.2</b>	Dynamics
<b>↑ 0.3</b>	Footwork on non-VPs
<b>↑ 0.3</b>	Body posture on non-VPs

<b>LEVEL 8 (SV = 10.0)</b>
<b>VALUE PARTS = 4A 4B</b>

<b>SPECIAL REQUIREMENTS</b>
<ol style="list-style-type: none"> <li>1. Acro series w/ minimum <b>1 B</b> flight (excluding mount/dismount)</li> <li>2. One leap or jump with 180° cross/side split</li> <li>3. Minimum 360° turn on one foot</li> <li>4. Salto/Aerial dismount minimum <b>A</b></li> </ol>

<b>COMPOSITION</b>	
	<b>Choice of Acro Elements:</b>
No ded.	- Series w/ 2 B flight & Two additional acro (one a B)
<u>0.05</u>	- Series w/ 2 B flight & 2 A or 1 B acro
<u>0.10</u>	- Series w/ 2 B flight & 1 A <u>OR</u> Series w/ 1 B flight & 1 B
<u>0.15</u>	- Series w/ 2 B flight <u>OR</u> Series w/ 1 B flight & 1 A acro
<u>0.20</u>	- Series w/ 1 B flight & no other acro <u>OR</u> No series w/ flight
	<b>Choice of Dance Elements:</b>
No ded.	- 2 B's & 1 A
<u>0.05</u>	- 2 B's
<u>0.10</u>	- 1 B & 2 A's
<u>0.15</u>	- 1 B & 1 A
<u>0.20</u>	- Only A's
	<b>Choice of Dismount:</b>
No ded.	- B dismount <u>OR</u> B acro + A dismount
<u>0.05</u>	- A acro + A dismount
<u>0.10</u>	- Isolated A dismount
↑0.10	Failure to perform acro elements in backward & fwd/sideward
<u>0.10</u>	Overuse of dance elements in tuck, wolf or straddle
<u>0.10</u>	More than 1 pivot turn with straight legs
<u>0.20</u>	Lack of dance series
↑0.20	Insufficient use of entire beam and level changes

\*Warm-up = 2:00 per gymnast (split at 8 athletes) --- \*Routine = 1:30

# BALANCE BEAM

<b>LEVEL 9 (SV = 9.7 + 0.3)</b>
<b>VALUE PARTS = 3A 4B 1C</b>

<b>LEVEL 10 (SV = 9.5 + 0.5)</b>
<b>VALUE PARTS = 3A 3B 2C</b>

SPECIAL REQUIREMENTS
<ol style="list-style-type: none"> <li>1. Acro series w/ minimum <b>2 B</b> flight (excluding mount/dismount)</li> <li>2. One leap or jump with 180° cross/side split</li> <li>3. Minimum 360° turn on one foot</li> <li>4. Salto/Aerial dismount minimum <b>B</b></li> </ol>

SPECIAL REQUIREMENTS
<ol style="list-style-type: none"> <li>1. Acro series w/ 2 flight, one a <b>C</b> (excluding mount/dismount)</li> <li>2. One leap or jump with 180° cross/side split</li> <li>3. Minimum 360° turn on one foot</li> <li>4. Salto/Aerial dismount minimum <b>C</b></li> </ol>

BONUS			
<b>+ 0.10</b>	<b>D</b> element (*acro only for level 9) <b>Triple acro flight series</b> (w/ min. C)	<b>B + C</b> (Acro flight w/ salto excluding dismount) <b>B + B + C</b> (Acro including dismount)	<b>A + C</b> (Turn series) <b>A + D/E</b> or <b>B + C</b> (Dance/Mixed series)
<b>+ 0.20</b>	<b>E</b> element (*level 10 only)	<b>B + C + C</b> or <b>B + B + D/E</b> (Acro including dismount) <b>C + C</b> or <b>B + D/E</b> (Acro flight excluding dismount)	<b>C + C</b> or <b>B + D/E</b> (Dance/Mixed series)

COMPOSITION																							
	LEVEL 9	LEVEL 10																					
No ded. <u>0.05</u> <u>0.10</u> <u>0.15</u> <u>0.20</u>  No ded. <u>0.05</u> <u>0.10</u> <u>0.15</u> <u>0.20</u>  No ded. <u>0.05</u> <u>0.10</u>  ↑0.10 <u>0.10</u> <u>0.10</u> <u>0.20</u> ↑0.20	<b>Choice of Acro Elements:</b> - Series w/ 1 C & 1 salto/aerial - Series w/ 1 C & 1 C flight w/ hand support - Series w/ 1 C & 1 B flight - Series w/ 2 B flight & 1 C salto/aerial - Series w/ 2 B flight & no additional acro  <b>Choice of Dance Elements:</b> - 2 C's - 1 C & 1 B - 1 C - 2 B's - 1 B  <b>Choice of Dismount:</b> - C dismount <u>OR</u> B acro/C dance + B dismount - A acro/B dance + B dismount - Isolated B dismount	<b>Choice of Acro Elements (Acro Series w/ C):</b> - 1 D/E acro flight & 1 additional C salto - 1 D/E acro flight - 1 additional C salto - No additional acro - No series  <b>Choice of Dance Elements:</b> - 3 C's <u>OR</u> 2 D/E - 2 C's & 1 B <u>OR</u> 1 C & 1 D/E - 2 C's <u>OR</u> 1 B & 1 D/E - 2 B's 1 C & 1 B <u>OR</u> 1 D/E - 1 C <u>OR</u> 2 B's  <b>Choice of Dismount:</b> - D/E dismount <u>OR</u> B acro/C dance + C dismount - A acro/B dance + C dismount <u>OR</u> D/E acro + B dismount <u>OR</u> acro series w/ C + B dismount - Isolated C dismount	<b>Choice of Acro Elements (Acro Series w/ D/E):</b> - 1 additional D/E acro flight - 1 C salto - 1 B or C flight w/ hand support - No additional acro - No series																				
	Failure to perform acro elements in backward & fwd/sideward Overuse of dance elements in tuck, wolf or straddle More than 1 pivot turn with straight legs Lack of dance series Insufficient use of entire beam and level changes	<table border="1" style="width: 100%; background-color: #d9d9d9;"> <tr> <th colspan="4" style="text-align: center;">THROUGHOUT DEDUCTIONS</th> </tr> <tr> <td style="width: 10%; text-align: center;">↑ 0.1</td> <td style="width: 40%;">Variety in choreography</td> <td style="width: 10%; text-align: center;">↑ 0.2</td> <td style="width: 40%;">Sureness of performance</td> </tr> <tr> <td style="text-align: center;">↑ 0.1</td> <td>Quality of movement</td> <td style="text-align: center;">↑ 0.2</td> <td>Dynamics</td> </tr> <tr> <td style="text-align: center;">↑ 0.1</td> <td>Quality of expression</td> <td style="text-align: center;">↑ 0.3</td> <td>Footwork on non-VPs</td> </tr> <tr> <td style="text-align: center;">↑ 0.2</td> <td>Variation in rhythm &amp; tempo</td> <td style="text-align: center;">↑ 0.3</td> <td>Body posture on non-VPs</td> </tr> </table>		THROUGHOUT DEDUCTIONS				↑ 0.1	Variety in choreography	↑ 0.2	Sureness of performance	↑ 0.1	Quality of movement	↑ 0.2	Dynamics	↑ 0.1	Quality of expression	↑ 0.3	Footwork on non-VPs	↑ 0.2	Variation in rhythm & tempo	↑ 0.3	Body posture on non-VPs
THROUGHOUT DEDUCTIONS																							
↑ 0.1	Variety in choreography	↑ 0.2	Sureness of performance																				
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↑ 0.2	Variation in rhythm & tempo	↑ 0.3	Body posture on non-VPs																				

\*Warm-up = 2:00 per gymnast (split at 8 athletes) --- \*Routine = 1:30

# FLOOR EXERCISE

<b>LEVEL 6 (SV = 10.0)</b>
<b>VALUE PARTS = 5A 1B</b>

<b>SPECIAL REQUIREMENTS</b>
<ol style="list-style-type: none"> <li>1. One acro pass w/ 3 directly connected elements, 2 w/ flight</li> <li>2. Second acro pass w/ one salto/aerial</li> <li>3. Dance passage w/ 2 diff. Group 1 elements (1 a leap w/ 180° split)</li> <li>4. Minimum 360° turn on one foot</li> </ol>

\*Warm-up = 4:00 + 1:00 (max 10 gymnasts) --- \*Routine = 1:15

<b>LEVEL 7 (SV = 10.0)</b>
<b>VALUE PARTS = 5A 2B</b>

<b>SPECIAL REQUIREMENTS</b>
<ol style="list-style-type: none"> <li>1. One acro pass w/ 2 directly connected flight elements, one a backward salto &amp; One acro pass with forward salto</li> <li>2. One stretched salto landing on two feet (no twist)</li> <li>3. Dance passage w/ 2 diff. Group 1 elements (1 a leap w/ 180° split)</li> <li>4. Minimum 360° turn on one foot</li> </ol>

\*Warm-up = 4:00 + 1:00 (max 10 gymnasts) --- \*Routine = 1:30

<b>THROUGHOUT DEDUCTIONS</b>	
<b>↑ 0.1</b>	Variety in choreography
<b>↑ 0.1</b>	Quality of movement
<b>↑ 0.1</b>	Quality of expression
<b>↑ 0.2</b>	Variation in rhythm & tempo
<b>↑ 0.2</b>	Dynamics
<b>↑ 0.3</b>	Relationship of music and movement
<b>↑ 0.3</b>	Footwork on non-VPs
<b>↑ 0.3</b>	Body posture on non-VPs

<b>LEVEL 8 (SV = 10.0)</b>
<b>VALUE PARTS = 4A 4B</b>

<b>SPECIAL REQUIREMENTS</b>
<ol style="list-style-type: none"> <li>1. Acro pass w/ minimum 2 saltos</li> <li>2. Three different saltos</li> <li>3. Dance passage w/ 2 diff. Group 1 elements (1 a leap w/ 180° split)</li> <li>4. <b>A</b> salto performed in last acro pass</li> </ol>

<b>COMPOSITION</b>		
	<b>Choice of Acro (2-Pass):</b>	<b>Choice of Acro (3- Pass):</b>
No ded.	- B+B A+B	- B B B <u>or</u> B B A+A
<u>0.05</u>	- B+B A + B (indirect)	- B B A + A (indirect)
<u>0.10</u>	- B+B B	- B B A <u>or</u> B A A+A
<u>0.15</u>	- A+A B	- B A A + A (indirect)
<u>0.20</u>	- No B saltos	- No B saltos
	<b>Choice of Dance Elements:</b>	
No ded.	- 2 B's & 1 A	
<u>0.05</u>	- 2 B's	
<u>0.10</u>	- 1 B & 2 A's	
<u>0.15</u>	- 1 B & 1 A	
<u>0.20</u>	- Only A's	
	<b>Choice of Salto in Last Acro Pass:</b>	
No ded.	- B salto	
<u>0.05</u>	- A + A (direct or indirect)	
<u>0.10</u>	- Isolated A-salto	
↑0.20	Insufficient used of the floor exercise area	
<u>0.10</u>	Failure to perform acro elements in backward & fwd/sideward	
<u>0.10</u>	Overuse of dance elements in tuck, wolf or straddle	
<u>0.20</u>	Lack of turn on one foot, minimum B	
<u>0.30</u>	Lack of minimum 3 A saltos	

\*Warm-up = 4:00 + 1:00 (max 10 gymnasts) --- \*Routine = 1:30

# FLOOR EXERCISE

Marina Rose (Jan. 2023)

<b>LEVEL 9 (SV = 9.7 + 0.3)</b>
<b>VALUE PARTS = 3A 4B 1C</b>

<b>LEVEL 10 (SV = 9.5 + 0.5)</b>
<b>VALUE PARTS = 3A 3B 2C</b>

SPECIAL REQUIREMENTS
<ol style="list-style-type: none"> <li>1. Acro pass w/ minimum 2 saltos</li> <li>2. Three different saltos</li> <li>3. Dance passage w/ 2 diff. Group 1 elements (1 a leap w/ 180° split)</li> <li>4. <b>B</b> salto performed in last acro pass</li> </ol>

SPECIAL REQUIREMENTS
<ol style="list-style-type: none"> <li>1. Acro pass w/ minimum 2 saltos</li> <li>2. Three different saltos</li> <li>3. Dance passage w/ 2 diff. Group 1 elements (1 a leap w/ 180° split)</li> <li>4. <b>C</b> salto performed in last acro pass</li> </ol>

BONUS						
<b>+ 0.10</b>	D element (*Level 9 – acro only)	A + C (Direct) B + B (Direct)	A + A + C (Direct)	B + C (Indirect) A + D (Indirect)	A/B + A/B + C (Indirect)	C + C (Dance/Mixed) B + D/E (Dance/Mixed)
<b>+ 0.20</b>	E element (*Level 10 only)	B + C (Direct) C + C (Direct)	A/B + D/E (Direct) A + A + D/E (Direct)	C + C (Indirect) A + E (Indirect)	B/C + D/E (Indirect) A + A + D (Indirect)	C + D/E (Dance/Mixed)

COMPOSITION			
		LEVEL 9	LEVEL 10
		<b>Choice of Acro (2-Pass):</b> - C+B C+B - C+B C + B (ind.) - C+B C <u>or</u> C+A C + B (ind.) - C+A C+A <u>or</u> C C + A/B (ind.) - No C salto  <b>Choice of Acro (3-Pass):</b> - C C C <u>or</u> C C B+B - C C B+A - C C B + A (ind.) <u>or</u> C B+B B+B - C B+B B - No C salto	<b>Choice of Acro (2-Pass):</b> - E E <u>or</u> E D+A - D + A(ind.) D + A(ind.) - D D + A (ind.) - D B + C (ind.) - No D/E salto  <b>Choice of Acro (3-Pass):</b> - D D D <u>or</u> D D C+B/C + C(ind.) - D D C+A/C + B (ind.) - D D C + A(ind.) <u>or</u> D C+B C+B - D C C+B <u>or</u> D C+A C + B(ind.) - No D/E salto
No ded.	No ded.	<b>Choice of Dance Elements:</b> - 2 C's - 1 C & 1 B - 1 C - 2 B's - 1 B	<b>Choice of Dance Elements:</b> - 3 C's <u>or</u> 2 D/E - 2 C's & 1 B <u>or</u> 1 C & 1 D/E - 2 C's <u>or</u> 1 B & 1 D/E - 1 C & 1 B <u>or</u> 1 D/E - 1 C <u>or</u> 2 B's
No ded.	No ded.	<b>Choice of Dismount:</b> - C salto <u>or</u> B+B (direct) - B + B (indirect) <u>or</u> B+A (direct) - B + A (indirect) <u>or</u> Isolated B	<b>Choice of Salto in Last Acro Pass:</b> - D/E <u>or</u> C+B (direct) - C + B (indirect) <u>or</u> C+A (direct) - C + A (indirect) <u>or</u> Isolated C
↑0.10	Insufficient used of the floor exercise area		
0.10	Failure to perform acro elements in backward & fwd/sideward		
0.10	Overuse of dance elements in tuck, wolf or straddle		
0.20	Lack of turn on one foot, minimum B		
0.30	Lack of minimum B salto (level 9) <u>or</u> C salto (level 10)		
THROUGHOUT DEDUCTIONS			
↑ 0.1	Variety in choreography	↑ 0.2	Dynamics
↑ 0.1	Quality of movement	↑ 0.3	Relationship of music & mvmnt
↑ 0.1	Quality of expression	↑ 0.3	Footwork on non-VPs
↑ 0.2	Variation in rhythm & tempo	↑ 0.3	Body posture on non-VPs

\*Warm-up = 4:00 + 1:00 (max 10 gymnasts) --- \*Routine = 1:30

