

OPTIONAL REQUIREMENTS - JR. OLYMPIC LEVEL 6, 7, 8, 9, 10

Value Parts	Level 6	Level 7	Level 8	Level 9	Level 10
A = 0.1	5 - A	5 - A	4 - A	3 - A	3 - A
B = 0.3	1 - B	2 - B	4 - B	4 - B	3 - B
C = 0.5	0 - C	0 - C	0 - C	1 - C	2 - C
Start Value	10.0	10.0	10.0	9.7	9.5
BONUS	BONUS = not eligible for at Level 6	BONUS = not eligible for at Level 7	BONUS = not eligible at Level 8	BONUS = Maximum 0.3	BONUS = Maximum 0.5
without Fall or Spot				Connections Value only	CV = Minimum 0.1 DV = Minimum 0.1
Restrictions	Only A/B elements with Exceptions	Only A & B elements with Exceptions	Only A & B elements;	Only A, B & C elements allowed	No Restrictions
	UB - Choice of "ONE" Allowable "C"	ONE "C" Dance Allowed	Any "C" Dance Allowed		
BARS		#2.301 (UB) Cast Handstand 1/2t.	#2.301 (UB) Cast Handstand 1/2t.	Dance "D/E" Allowed	
BEAM	#3.304 (UB) Clear Hip Handstand	#3.304 (UB) Clear Hip Handstand	#3.304 (UB) Clear Hip Handstand	Bars: B & C Root Skill with 1/1t.	
FLOOR		#3.305 (UB) Clear Hip Handstand 1/2t.	#3.305 (UB) Clear Hip Handstand 1/2t.		
	#6.304 (UB) Back Stalder Handstand	#6.304 (UB) Back Stalder Handstand / 1/2t.	#6.304 (UB) Back Stalder Handstand / 1/2t.		
	#7.309 (UB) Back Pike Sole Cir Hst.	#7.309 (UB) Back Pike Sole Cir Hst. / 1/2t.	#7.309 (UB) Back Pike Sole Cir Hst. / 1/2t.		
	UB Flight*, Other "C" Elements	All Other "C" Elements - Restricted	One Restricted Acro "C" Allowed	One Restricted Acro "D/E" Allowed	
	Restricted elements = - 0.5 off SV	Restricted elements = - 0.5 off SV	Restricted elements = - 0.5 off SV	Restricted elements = - 0.5 off SV	
VAULTS	Vault: Lv 6	Vault: Lv 7	Vault: Lv 8	Vault: Lv 9	Vault: Lv 10
Allowed	Vault Group 1	Vault Group 1	Vault Groups 1 & 3, 4, 5	Vault Groups 1, 2, 3, 4, 5	Vault Groups 1, 2, 3, 4, 5
	See List of allowable vaults	See List of allowable vaults	See List of allowable vaults	See List of allowable vaults	See List of 10.0 vaults = +0.1 Bonus
	Unallowable vaults = VOID	Unallowable vaults = VOID	Unallowable vaults = VOID	Unallowable vaults = VOID	if performed successfully
Special Requirements (0.5 each)	Bars: Lv 6	Bars: Lv 7	Bars: Lv 8	Bars: Lv 9	Bars: Lv 10
	1. One Cast - Minimum Horizontal	1. One Cast - Minimum 45o from vertical	1. Bar Change - 1 required	1. Bar Changes - 2 required	1. "B" Flight Element
	2. Bar Change - 1 required	2. 360o Clear Circle (same/different, one "B")	2. "B" Flight OR Turn	2. "B" Flight Element	2. "C" Flight Element (different)
	3. 360o Clear Circle (one Group 3,6,7)	3. 360o Clear Circle (one Group 3,6,7)	3. "B" Group 3,6,7 Circle	3. "C" Flight Element (different) OR Turn	3. "C" Turn (no mount / dismount)
	4. "A" Dismount	4. "A" Salto Dismount	4. "A" Salto/Hecht Dismount	4. "B" Salto/Hecht Dismount	4. "C" Salto/Hecht Dismount
Special Requirements (0.5 each)	Beam: Lv 6	Beam: Lv 7	Beam: Lv 8	Beam: Lv 9	Beam: Lv 10
	1. Acro Element (Group 5 Hst, 6 Rolls, 7 Walkover)	1-a. Acro Series (2 elements, w/ or w/o flight)	1. Acro. Flight Series (2 elements, 1 Flight) (series on the beam)	1. Acro. Flight Series (2 flight elements) (series on the beam)	1. Acro. Flight Series, (2 elements, 1 C) (series on the beam)
	2. One Split Leap / Jump with 180o split (cross or side, isolated or series)	2. One Split Leap / Jump with 180o split (cross or side, isolated or series)	2. One Leap / Jump with 180o split (cross or side, isolated or series)	2. One Leap / Jump with 180o split (cross or side, isolated or series)	2. One Leap / Jump with 180o split (cross or side, isolated or series)
	3. Full Turn (isolated or series)	3. Full Turn (isolated or series)	3. Full Turn	3. Full Turn	3. Full Turn
	4. Aerial / Salto Dismount - "A"	4. Aerial / Salto Dismount - "A"	4. Aerial / Salto Dismount - "A"	4. Aerial / Salto Dismount - "B"	4. Aerial / Salto Dismount - "C"
					Acro Series "C" --> "B"
					Acro / Dance "C" --> "B"
Special Requirements (0.5 each)	Floor: Lv 6	Floor: Lv 7	Floor: Lv 8	Floor: Lv 9	Floor: Lv 10
	1. Acro Series (3 elements wth/without hands)	1. Acro Series (3 flight with Back Layout 2 ft.)	1. Series with 2 Saltos (same/different) OR - Two Saltos Direct (same/different)	1. Series with 2 Saltos (same/different) OR - Two Saltos Direct (same/different)	1. Series with 2 Saltos (same/different) OR - Two Saltos Direct (same/different)
	2. One Salto/Aerial (Single, 2nd Series)	2. Forward Flight Series (2 direct, 1 salto / aer)	2. Three Different Saltos (solo/series)	2. Three Different Saltos (solo/series)	2. Three Different Saltos (solo/series)
	3. Dance Pass (2 different elements) Group 1 only, direct or indirect	3. Dance Pass (2 different elements) Group 1 only, direct or indirect	3. Dance Pass (2 different elements) Group 1 only, direct or indirect	3. Dance Pass (2 different elements) Group 1 only, direct or indirect	3. Dance Pass (2 different elements) Group 1 only, direct or indirect
	One - 180o (cross or side) Split LEAP	One - 180o (cross or side) Split LEAP	One - 180o (cross or side) Split LEAP	One - 180o (cross or side) Split LEAP	One - 180o (cross or side) Split LEAP
	4. Full Turn	4. Full Turn	4. Last Salto "A" (solo/series)	4. Last Salto "B" (solo/series)	4. Last Salto "C" (solo/series)