



# JR. OLYMPIC OPTIONAL REQUIREMENTS FOR LEVELS 7, 8, 9 & 10

(Effective August 1, 2005 - July 31, 2009)

REQUIREMENTS	LEVEL 7	LEVEL 8	LEVEL 9	LEVEL 10
<b>VALUE PARTS</b> A = .10, B = .20, C = .50	5 A's, 2 B's	4 A's, 4 B's, 0 C's	3 A's, 4 B's, 1 C's	3 A's, 3 B's, 2 C's
<b>START VALUE</b>	10.0	10.0	9.70	9.50
<b>ADDITIVE VALUE</b>	Not eligible for Additive Value	Not eligible for Additive Value	Maximum of 0.30 Additive Value for Connections only	Maximum of 0.50 Additive Value (min. of +0.10 Difficulty Value & min. of +0.10 Connection Value)
<b>DIFFICULTY RESTRICTIONS FOR BARS, BEAM &amp; FLOOR</b>	"C," BB/FX Acro elem. & UB mounts, dismounts & releases and all D/E elements <b>VOID</b> the exercise. All other "C's" receive 2.00 penalty & no Value Part credit is given (refer to JO Code for exceptions on Bars)	"C's" receive "B" Value Part credit. "D/E" BB/FX Acro elem. & UB mounts, dismounts & releases <b>VOID</b> exercise. All other "D/E's" receive 2.00 penalty & no Value Part credit is given.	No difficulty restrictions; however, if a "D" or "E" element is performed, it receives "C" Value Part credit. "D's" and "E's" are considered as "C's" for Connection Value.	No restrictions
<b>VAULTS ALLOWED</b>	Group 1 Handspring/Yamashita vaults that have no more than 360° in one flight phase & no more than 540° turn in total. Refer to Level 7 Vault chart. All allowable vaults are worth 10.0	Group 1, 3, 4 & 5 Vaults indicated on the Lev. 8 chart (Handsprings, Tsukaharas & RO entry) All other vaults are not permitted & if performed, VOID the event.	All vaults from Groups 1-5	All vaults from Groups 1-5
<b>SPECIAL REQUIREMENTS</b> Deduct 0.50 for each missing SR for all Levels	<b>BARS</b> 1. Min. of 1 bar change 2. & 3. Two 360 circling elements, both a minimum of B - May be same or different, - One from Group 3, 6, or 7 4. Salto dismount, minimum A <b>BEAM</b> 1. Acro series with a min. of two A elements with or without flight. <b>AND</b> One acro flight element (may be included in series) (All elements must start & finish on beam.) 2. One leap/jump requiring 180° split (isolated or in a series) 3. Minimum of 360° turn on one foot (isolated or in a series) 4. Aerial or salto dismount, min. A <b>FLOOR</b> 1. One acro series (3 or more flight elements) which includes a backward salto stretched to 2 feet (Back layout to 2 feet) 2. A direct connection of two or more forward acro elements with flight. One element must be a salto or an aerial. 3. Dance series with a min. of 2 elements, one a leap (one foot take-off) requiring 180° split 4. Minimum of 360° turn on one foot (May be isolated or in a series)	<b>BARS</b> 1. Min. of 1 bar change 2. & 3. Two elements, same or different, minimum of B: - One element with flight or turn, - One element from Groups 3, 6, or 7, minimum of B 4. Salto dismount, minimum A <b>BEAM</b> 1. Acro series- min. of 2 elements, 1 with flight. (Both must start & finish on beam.) 2. Dance series with a min. of 2 elements, one requiring 180° split 3. Minimum of 360° turn on one foot 4. Aerial or salto dismount, min. A <b>FLOOR</b> 1. One Acro series w/ 2 saltos, same or different 2. Three different saltos within the exercise 3. Dance series with a min. of 2 elements, one a leap (one foot take-off) requiring 180° split 4. Min. of A salto as last salto or in last connection of saltos	<b>BARS</b> 1. Min. of 2 bar changes 2. One flight element, minimum B 3. A second (different) flight element (min. C) OR one element with LA turn (min. C) 4. Salto dismount, minimum B <b>BEAM</b> 1. Acro series: min. of 2 flight elements. (Both elements must start & finish on beam) 2. Dance series with a min. of 2 elements: one requiring 180° split 3. Minimum of 360° turn on one foot 4. Aerial or salto dismount, min. B <b>FLOOR</b> 1. One Acro series w/ 2 saltos, same or different 2. Three different saltos within the exercise 3. Dance series with a min. of 2 elements, one a leap (one foot take-off) requiring 180° split 4. Min. of B salto as last salto or in last connection of saltos	<b>BARS</b> 1. Min. of 2 bar changes 2. Flight element, minimum C 3. A second (different) flight element, minimum B 4. Salto dismount, minimum C <b>BEAM</b> 1. Acro series: Min. of 2 flight elements, one element must be a minimum of C with or without hand support. Both elements must start & finish on beam) 2. Dance series with a min. of 2 elements, one requiring 180° split 3. Minimum of 360° turn on one foot 4. Min. of C dismount, OR B dismount element that is directly connected to: - an acro series that includes a C acro element, or - a C acro or dance element <b>FLOOR</b> 1. One Acro series w/ 2 saltos, same or different 2. Three different saltos within the exercise 3. Dance series with a min. of 2 elements, one a leap (one foot take-off) requiring 180° split 4. Min. of C salto as last salto or in last connection of saltos