



JR. OLYMPIC OPTIONAL REQUIREMENTS FOR LEVELS 7, 8, 9 & 10 (Effective August 1, 2007 - July 31, 2009)

REQUIREMENTS	LEVEL 7	LEVEL 8	LEVEL 9	LEVEL 10
VALUE PARTS A = .10, B=.30, 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
START VALUE	10.0	10.0	9.70	9.50
ADDITIVE VALUE	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)
DIFFICULTY RESTRICTIONS FOR BARS, BEAM & FLOOR	"C" BB/FX Acro elem. & UB mounts, dismounts & releases and all D/E elements VOID the exercise. All other "C's" receive 2.00 penalty & no Value Part credit is given (refer to JO Code for exceptions)	"C's" receive "B" Value Part credit. "D/E" BB/FX Acro elem. & UB mounts, dismounts & releases VOID 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
VAULTS ALLOWED	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
SPECIAL REQUIREMENTS Deduct 0.50 for each missing SR for all Levels	<p>BARS</p> <ol style="list-style-type: none"> 1 cast - minimum of A (21° - 45° from vertical) 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 <p>BEAM</p> <ol style="list-style-type: none"> 1. Acro series with a min. of two A or B elements with or without flight, AND 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 <p>FLOOR</p> <ol style="list-style-type: none"> 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° cross or side split 4. Minimum of 360° turn on one foot (May be isolated or in a series) 	<p>BARS</p> <ol style="list-style-type: none"> 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 4. Salto or hecht dismount, minimum A <p>BEAM</p> <ol style="list-style-type: none"> 1. Acro series- min. of 2 elements, 1 with flight. (Both 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 4. Aerial or salto dismount, min. A <p>FLOOR</p> <ol style="list-style-type: none"> 1. One Acro series w/ 2 saltos, OR 2 directly connected 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° cross or side split 4. Min. of A salto as last salto or in last connection of saltos 	<p>BARS</p> <ol style="list-style-type: none"> 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 or hecht dismount, minimum B <p>BEAM</p> <ol style="list-style-type: none"> 1. Acro series: min. of 2 flight elements. (Both 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 4. Aerial or salto dismount, min. B <p>FLOOR</p> <ol style="list-style-type: none"> 1. One Acro series w/ 2 saltos, OR 2 directly connected 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° cross or side split 4. Min. of B salto as last salto or in last connection of saltos 	<p>BARS</p> <ol style="list-style-type: none"> 1. Min. of 2 bar changes 2. Flight element, minimum C 3. A second (different) flight element, minimum B 4. Salto or hecht dismount, minimum C <p>BEAM</p> <ol style="list-style-type: none"> 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. One leap/jump requiring 180° split (Isolated or in a series) 3. Minimum of 360° turn on one foot 4. Aerial or salto dismount, min. of C, 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 <p>FLOOR</p> <ol style="list-style-type: none"> 1. One Acro series w/ 2 saltos, OR 2 directly connected saltos (same or different) 2. Three different saltos within the exercise 3. Dance series with a min. of 2 elem., one a leap (one foot take-off) requiring 180° cross or side split 4. Min. of C salto as last salto or in last connection of saltos