







JUNIOR OLYMPIC LEVEL 7 & 8

effective August 1, 2009

Special Requirements 	Special Requirements 	Special Requirements 	Content													
<p>Level 8</p> <ol style="list-style-type: none"> Min. of 1 Bar Change 2 elements (same or diff.), min. of B: -1 elem. with turn or flight -1 elem. from Grp. 3, 6, or 7 Salto/Hecht Dismount – min. of A <p>Level 7</p> <ol style="list-style-type: none"> One cast, min. 45° from vertical Two 360° clear circling elements (Same or different) - one must be a “B” - one from Group 3, 6, or 7 Salto Dismount - minimum A 	<p>Level 8</p> <ol style="list-style-type: none"> Acro Series - min. of 2 elements, 1 with flight (both must start & finish on Beam- no mnt/dmt)) One Leap or jump requiring 180° split Min. of 360° turn on one foot Aerial or salto dismount - min. A <p>Level 7</p> <ol style="list-style-type: none"> Acro Series- min. of 2 A elements with or without flight, & one acro flight element(may be in series) (both must start & finish on Beam- no mnt/dmt)) One leap/jump requiring 180° split Min. of 360° turn on one foot Aerial or salto dismount - minimum A 	<p>Level 8</p> <ol style="list-style-type: none"> One Acro Series w/ 2 Saltos OR 2 directly connected saltos (same or diff.) 3 Different Saltos within the exercise Dance Passage w/ 2 diff. Group 1 elements (directly or indirectly connected) - one a LEAP w/ 180° cross or side split Min. of A salto as last salto or in last connection of saltos <p>Level 7</p> <ol style="list-style-type: none"> One Acro series (3 or more flight elements) including a Back layout to 2 feet Direct conn. of 2 forward acro elements, one a front salto or front aerial Dance Passage w/ 2 diff. elements from Group 1 (directly or indirectly connected) - one a LEAP w/ 180° cross or side split Min. of 360° turn on one foot (isolated or in a series) 	<table border="1"> <thead> <tr> <th></th> <th>Lev. 8</th> <th>Lev. 7</th> </tr> </thead> <tbody> <tr> <td>A</td> <td>4</td> <td>5</td> </tr> <tr> <td>B</td> <td>4</td> <td>2</td> </tr> <tr> <td>SV</td> <td>10</td> <td>10</td> </tr> </tbody> </table>		Lev. 8	Lev. 7	A	4	5	B	4	2	SV	10	10	<p>Missing Spec. Req. = 0.50</p> <p>Level 8 Difficulty Restrictions Allowable: A & B elements plus C dance BB/FX + specific C elements on UB* No other C, D or E elements</p> <p>Level 7 Difficulty Restrictions Allowable: A & B elements only, with exception of specific C elements on UB*</p> <p>If unallowable elements are performed, no Value Part credit is awarded and a deduction of 0.5 for each is taken from the Start Value.</p> <p>*Cast Handstand ½ turn, Clear hip circle, Clear hip circle with ½ turn</p>
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<p>Level 8</p> <p>1. Min. of 1 Bar Change</p> <p>2./3. 2 elements (same or diff.), min. of B: -1 elem. with turn or flight -1 elem. from Grp. 3, 6, or 7</p> <p>4. Salto/Hecht Dismount – min. of A</p> <p>Level 7</p> <p>1. One cast, min. of 45° from vertical</p> <p>2./3. Two 360° clear circling elements (Same or different) - one must be a “B” - one from Group 3, 6, or 7</p> <p>4. Salto Dismount - min. of A</p>	<p>Level 8</p> <p>1. Acro Series - min. of 2 elements, 1 with flight (both must start & finish on Beam- no mnt/dmt))</p> <p>2. One Leap or jump requiring 180° split</p> <p>3. Min. of 360° turn on one foot</p> <p>4. Aerial or salto dismount - min. A</p> <p>Level 7</p> <p>1. Acro Series- min. of 2 A elements with or without flight, & one acro flight element(may be in series) (both must start & finish on Beam- no mnt/dmt))</p> <p>2. One leap/jump requiring 180° split</p> <p>3. Min. of 360° turn on one foot</p> <p>4. Aerial or salto dismount - min. A</p>	<p>Level 8</p> <p>1. One Acro Series w/ 2 Saltos OR 2 directly connected saltos (same or diff.)</p> <p>2. 3 Different Saltos within the exercise</p> <p>3. Dance Passage w/ 2 diff. elements from Group 1 (directly or indirectly connected) - one a LEAP w/ 180° cross or side split</p> <p>4. Min. of A salto as last salto or in last connection of saltos</p> <p>Level 7</p> <p>1. One Acro series (3 or more flight elements) including a Back layout to 2 feet</p> <p>2. Direct conn. of 2 forward acro elements, one a front salto or front aerial</p> <p>3. Dance Passage w/ 2 diff. elements from Group 1 (directly or indirectly connected) - one a LEAP w/ 180° cross or side split</p> <p>4. Min. of 360° turn on one foot (isolated or in a series)</p>	<table border="1"> <thead> <tr> <th></th> <th><u>Lev. 8</u></th> <th><u>Lev. 7</u></th> </tr> </thead> <tbody> <tr> <td>A</td> <td>4</td> <td>5</td> </tr> <tr> <td>B</td> <td>4</td> <td>2</td> </tr> <tr> <td>SV</td> <td>10</td> <td>10</td> </tr> </tbody> </table> <p>Missing Spec. Req. = 0.50</p> <p>Level 8 Difficulty Restrictions A & B elements plus C dance BB/FX + specific C elements on UB*</p> <p>Level 7 Difficulty Restrictions A & B elements only, with exception of specific C elements on UB*</p> <p>If unallowable elements are performed, no Value Part credit is awarded and a deduction of 0.5 for each is taken from the Start Value.</p> <p>*Cast Handstand ½ turn, Clear hip circle, Clear hip circle with ½ turn</p>			<u>Lev. 8</u>	<u>Lev. 7</u>	A	4	5	B	4	2	SV	10	10
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