

2008 OPTIONAL REQUIREMENTS

LEVEL 7 OPEN

Exercise Evaluation

Difficulty	Add	The value of the best 6 elements plus the value of the dismount
Special Requirements	Add	+ 0.5 each SR + Dismount (up to + 0.5) (Special Requirements must come from within the counting elements)
Bonus Points	Add	Connection bonus (based on special rules for each apparatus) + bonus of + 0.1 if a FIG 'C' or higher value dismount is performed.
Presentation		'B' jury deductions taken from a start score of 10
Total		Exercise Presentation Score (out of 10) + Value of difficulty + Value of performed SR + Bonus points

Element Value The difficulty value of the elements

A	B	C	D	E	F
0.2	0.4	0.6	0.8	1.0	1.2

Bonus

- Connection bonus based on special rules for each apparatus
- 0.5 additional salto **bonus will not be awarded on vault if a fall occurs on landing due to under-rotation.**
- Developmental Elements awarded the value of the element as shown in the List

Dismount

- 'A' value dismount = + 0.3 'B' value dismount = + 0.5
- Each exercise except Vault must end with a legitimate dismount listed under the Dismount Element groups. (Special rules apply to Floor and Vault)
- FIG 'C' value and higher dismounts (excluding developmental elements) performed without a large error will receive an additional 0.1 bonus at Levels 7-9.

Elements

- 7 Elements in a routine to be made up of 6 elements PLUS the dismount
- Deduction for not performing a minimum of **5 elements** is **1.5 points** (applied as a Technical Penalty)
- Each element will be recognised only once in a routine.

Special Requirements (Must be performed within the 7 counting elements)

Apparatus	Special Requirement	Value
Floor	An element from each of the four (4) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount
Pommels	An element from each of the four (4) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount
Rings	An element from each of the four (4) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount
Vault	FIG value + 0.5 increment for any vault incorporating a somersault FIG value for all other vaults	
P Bars	An element from each of the four (4) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount
H Bar	An element from each of the four (4) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount

Exceptions

Rings, P Bars, H Bar	One half intermediate swing is acceptable
H Bar	One additional half intermediate swing for the mount is acceptable

2008 OPTIONAL REQUIREMENTS

LEVEL 8 / UNDER 15 and OPEN

Exercise Evaluation

Difficulty	Add	The value of the best 7 elements plus the value of the dismount
Special Requirements	Add	+ 0.5 each SR + Dismount (up to + 0.5) (Special Requirements must come from within the counting elements)
Bonus Points	Add	Connection bonus (based on special rules for each apparatus) + bonus of + 0.1 if a FIG 'C' or higher value dismount is performed.
Presentation		'B' jury deductions taken from a start score of 10
Total		Exercise Presentation Score (out of 10) + Value of difficulty + Value of performed SR + Bonus points

Element Value The difficulty value of the elements

A	B	C	D	E	F
0.2	0.4	0.6	0.8	1.0	1.2

Bonus

- Connection bonus based on special rules for each apparatus
- 0.5 additional salto **bonus will not be awarded on vault if a fall occurs on landing due to under-rotation.**
- Developmental Elements awarded the value of the element as shown in the List

Dismount

- 'A' value dismount = + 0.3 'B' value dismount = + 0.5
- Each exercise except Vault must end with a legitimate dismount listed under the Dismount Element groups. (Special rules apply to Floor and Vault)
- FIG 'C' value and higher dismounts (excluding developmental Elements) performed without a large error will receive an additional 0.1 bonus at Levels 7-9.

Elements

- 8 Elements in a routine to be made up of 7 elements PLUS the dismount
- Deduction for not performing a minimum of **6 elements is 1.5 points** (applied as a Technical Penalty)
- Each element will be recognised only once in a routine.

Special Requirements (Must be performed within the 8 counting elements)

Apparatus	Special Requirement	Value
Floor	An element from each of the four (4) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount
Pommels	An element from each of the four (4) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount
Rings	An element from each of the four (4) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount
Vault	FIG value + 0.5 increment for any vault incorporating a somersault FIG value for all other vaults	
P Bars	An element from each of the four (4) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount
H Bar	An element from each of the four (4) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount

Exceptions

Rings, P Bars, H Bar	One half intermediate swing is acceptable
H Bar	One additional half intermediate swing for the mount is acceptable

2008 OPTIONAL REQUIREMENTS

LEVEL 9 / UNDER 17 and OPEN

Exercise Evaluation

Difficulty	Add	The value of the best 8 elements plus the value of the dismount
Special Requirements	Add	+ 0.5 each SR + Dismount (up to + 0.5) (Special Requirements must come from within the counting elements)
Bonus Points	Add	Connection bonus (based on special rules for each apparatus) + bonus of + 0.1 if a FIG 'C' or higher value dismount is performed.
Presentation		'B' jury deductions taken from a start score of 10
Total		Exercise Presentation Score (out of 10) + Value of difficulty + Value of performed SR + Bonus points

Element Value The difficulty value of the elements

A	B	C	D	E	F
0.2	0.4	0.6	0.8	1.0	1.2

Bonus

- Connection bonus based on special rules for each apparatus
- 0.5 additional salto **bonus will not be awarded on vault if a fall occurs on landing due to under-rotation.**
- Developmental Elements awarded the value of the element as shown in the List

Dismount

- 'A' value dismount + 0.0 points (did not fulfill the requirement)
- 'B' value dismount + 0.3 points (partial requirement)
- 'C' or higher value dismount + 0.5 points (full requirement value)
- Each exercise except Vault must end with a legitimate dismount listed under the Dismount Element groups. (Special rules apply to Floor and Vault)
- FIG 'C' value and higher dismounts (excluding developmental elements) performed without a large error will receive an additional 0.1 bonus at Levels 7-9.

Elements

- **9 Elements** in a routine to be made up of 8 elements PLUS the dismount
- Deduction for not performing a minimum of **7 elements** is **1.5 points** (applied as a Technical Penalty)
- Each element will be recognised only once in a routine.

Special Requirements (Must be performed within the 9 counting elements)

Apparatus	Special Requirement	Value
Floor	An element from each of the four (4) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount
Pommels	An element from each of the four (4) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount
Rings	An element from each of the four (4) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount
Vault	FIG value + 0.5 increment for any vault incorporating a somersault FIG value for all other vaults	
P Bars	An element from each of the four (4) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount
H Bar	An element from each of the four (4) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount