



rev3:00pm 12/21/10	NOVICE DIVISION	INTERMEDIATE DIVISION	ADVANCED DIVISION
DIVISION GUIDELINES & RESTRICTIONS	START VALUE - 10.00	START VALUE - 9.40	START VALUE - 9.40
	NO BONUS	0.60 BONUS - 3 BONUS SKILLS @ 0.20 EACH	0.60 BONUS - 3 BONUS SKILLS @ 0.20 EACH
	FOUR SPECIAL REQUIREMENTS @ 0.50 EACH	FOUR SPECIAL REQUIREMENTS @ 0.50 EACH	FOUR SPECIAL REQUIREMENTS @ 0.50 EACH
	ANY "C" OR HIGHER ACRO/ELEMENT WILL VOID ROUTINE.	ANY "C" OR HIGHER ACRO/ELEMENT WILL VOID ROUTINE.	ANY "C" OR HIGHER ACRO/ELEMENT WILL VOID ROUTINE. Exception: Allowable L8 "C" Elements ONLY
GENERAL DEDUCTIONS FOR ALL VAOP EVENTS	<p>Each level will be judged on the Start Value indicated. All Special Requirements are worth 0.50 each.</p> <p>Artistry: &gt;0.30 (BB &amp; FX)      Dynamics: &gt;0.20 (UB, BB, FX)      Continuity of Movement/Swingfulness: &gt;0.30 (UB)      Rhythm: &gt;0.20 (UB, BB, FX)</p> <p>Follow Execution, Technique and Amplitude deductions from the JO Code of Points unless otherwise clarified.</p> <p>No composition deductions are allowed to be taken.      Score Ranges will follow Optional Score Range.</p>		
<b>Level 7 Deductions will apply to all VAOP Bar, Beam and Floor routines. See Vault guidelines for applicable deductions.</b>			
VAULT	VAULT NOVICE DIVISION	VAULT INTERMEDIATE DIVISION	VAULT ADVANCED DIVISION
	Level 3 or Level 4 Vault may be performed ONLY. 10.00 Start Value Compulsory Deductions Apply *Exception - NO Evaluation of the Run for L4 Vaults performed.	Level 4 Vault may be performed - 9.00 Start Value Compulsory Deductions Apply *Exception - NO Evaluation of the Run for L4 Vaults performed. <b>OR</b> Any Level 7 Vault - 10.00 Start Value L7 Optional Vault Deductions Apply	Level 7 or Level 8 Vaults - 10.00 Start Value Restriction: NO YURCHENKO VAULTS ALLOWED L8 Optional Vault Deductions Apply
Vault Clarifications	Aero Board & Trampoline Rebounding device is Allowed, but clubs MUST bring their own to the meet.	Aero Board & Trampoline Rebounding device is Allowed, but clubs MUST bring their own to the meet.	Aero Board & Trampoline Rebounding device is Allowed, but clubs MUST bring their own to the meet.
UNEVEN BARS	UB NOVICE DIVISION	UB INTERMEDIATE DIVISION	UB ADVANCED DIVISION
Special Requirements	1 - Four Skills or Elements 2 - One Back Circling Skill or Element 3 - Cast - No Height Requirement - Hips MUST leave the bar to count for SR 4 - Level 1-4 Dismount	1 - Five Skills or Elements 2 - Two Circling Skills or Elements: Frnt or Back, Same or Diff 3 - Cast - Minimum of 1°-20° below Horizontal 4 - Level 3-6 Dismount - may be performed on either LB or HB	1 - Six Skills or Elements 2 - Two Different Circling Skills or Elements - Front or Back 3 - Cast - Minimum of Horizontal - 0° 4 - Any "A" Value Dismount
Bar Bonus	NO BONUS	BONUS of 0.20 each, up to 0.60 Total awarded to SV	BONUS of 0.20 each, up to 0.60 Total awarded to SV
Bonus Skills	NA	Any Kip      Bar Change (ie-Jump to HB) Front Hip Circle      Cast to Horizontal or ↑ Any Group 3, 6 or 7 Skill      Any B VP Skill or Element Flyaway Dismount - Tuck, Pike or Layout	Cast to 30° or ↑      Any B VP Skill or Element Flyaway Dismount - Layout or Any B Flyaway Any Groups 3, 6 or 7 element Cast to Long Hang Pull Over on High Bar
Bar Clarifications	a - A MAX of two consecutive tap swings are allowed in ALL VAOP Levels. The 2nd swing MUST result in a connection to an element or skill. b - Cast deductions apply to ALL casts. See Judging Guidelines. c - Cast clarification for Novice - Hips MUST leave the bar on cast to count for SR. d - Novice Level ONLY - A Pull Over mount may count as a circling element. e - Two casts may be used without an extra swing deduction as long as the two casts precede an element or skill. Per element or skill - (Nov & Inter Levels ONLY). f - Any C Element will VOID the routine.	a - A MAX of two consecutive tap swings are allowed in ALL VAOP Levels. The 2nd swing MUST result in a connection to an element or skill. b - Cast deductions apply to ALL casts. c - Cast Requirements for Intermediate - *More than 20° below horizontal will result in NO SR *1°-20° below Horizontal receives credit w/ an > 0.20 Ded *Horizontal will receive NO Angle Deductions. d - Two casts may be used without an extra swing deduction as long as the two casts precede an element or skill. Per element or skill - (Nov & Inter Levels ONLY). e - Any C Element will VOID the routine.	a. Kip, Cast, Back Hip Circle or Clear Hip on Low Bar and High Bar Fulfills SR of Two Different Circling Skills because it is preceded by a different element. b - A MAX of two consecutive tap swings are allowed in ALL VAOP Levels. The 2nd swing MUST result in a connection to an element or skill. c - Cast deductions apply to ALL casts. d - Cast Requirements for Advanced - *Below horizontal will result in NO SR *61°-90° from Vertical receives credit w/ an > 0.20 Ded *60° from Vertical will receive NO Angle Deductions. e - Any C Element will VOID the routine. Exception: Allowable L8 "C" Elements ONLY

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	FOUR SPECIAL REQUIREMENTS @ 0.50 EACH	FOUR SPECIAL REQUIREMENTS @ 0.50 EACH	FOUR SPECIAL REQUIREMENTS @ 0.50 EACH
	ANY "C" OR HIGHER ACRO WILL VOID ROUTINE.	ANY "C" OR HIGHER ACRO WILL VOID ROUTINE.	ANY "C" OR HIGHER ACRO WILL VOID ROUTINE. Exception: Allowable L8 "C" Elements ONLY
<b>Level 7 Deductions will apply to all VAOP Bar, Beam and Floor routines. See Vault guidelines for applicable deductions.</b>			
BALANCE BEAM	BB NOVICE DIVISION	BB INTERMEDIATE DIVISION	BB ADVANCED DIVISION
Special Requirements	1 - One Non Flight Acro Skill or Element which starts and ends on the beam. 2 - Any 1 Jump - must have a 2 footed take off. 3 - Minimum of 180° Turn on 1 foot or 2 4 - Level 1-4 or Minimum of an "A" Value Dismount - <b>NO SALTOS ALLOWED</b>	1 - Two Flight or Non Flight Acro Elements which start and end on the beam. May be the same or different. <b>2 - A Large Leap or Jump - 90° minimum</b> 3 - Minimum of 180° Turn on 1 Foot 4 - Level 3-6 or Minimum of an "A" Value Dismount	1 - Two Flight or Non Flight Acro Elements which start and end on the beam. May be the same or different. <b>2 - A Large Leap or Jump - 120° minimum</b> 3 - Minimum of 360° Turn on 1 Foot 4 - Minimum of an "A" Value Dismount
Beam Bonus	NO BONUS	BONUS of 0.20 each, up to 0.60 Total awarded to SV	BONUS of 0.20 each, up to 0.60 Total awarded to SV
Bonus Skills	NA	Vertical HS HS Forward Roll Cartwheel Front or Back Walkover Full Turn <b>Any 2 Dance Elements or Skills Directly Connected</b> Any B or C Dance Any B Acro	Acro Series w/Flight or Non Flight of 2 Directly Conn Elements Any Leap or Jump min 150° Split Front or Back Walkover Any B or C Dance Any B Acro <b>Any 2 Dance Elements or Skills Directly Conn</b>
Beam Clarifications	a - Novice Beam Handstand Angle Requirements: *Below 60° from Vertical results in NO Acro SR *60°-21° from Vertical receives credit w/ an > 0.20 Ded *20° from Vertical receives NO Angle Deductions. Note: Nov & Inter HS's performed below vertical MUST join feet together to receive Acro SR credit. <b>b - Novice Leap &amp; Jump Split Angle Requirements: NA</b> c - Any C Acro will VOID the routine.	a - Intermediate Beam Handstand Angle Requirements: *Below 20° from Vertical will result in NO Acro SR *20°-1° from Vertical receives credit w/ an > 0.20 Ded *Vertical receives NO Angle Deductions. Note: Nov & Inter HS's performed below vertical MUST join feet together to receive Acro SR credit. <b>b - Intermediate Leap &amp; Jump Split Angle Deductions apply to all in routine.</b> c - Any C Acro will VOID the routine.	a - Advanced Beam Handstand Angle Requirements: *Not Vertical will result in NO Acro SR *Must attain Vertical to receive credit w/ an > 0.20 Ded *Vertical receives NO Angle Deductions. *You may deduct > 0.20 for not holding HS for 2 sec Adv ONLY. <b>b - Advanced Leap &amp; Jump Split Angle Deductions apply to all in routine.</b> c - Any C Acro will VOID the routine.
FLOOR EXERCISE	FX NOVICE DIVISION	FX INTERMEDIATE DIVISION	FX ADVANCED DIVISION
Special Requirements	1 - Two Flight or Non Flight Acro Skills or Elements 2 - One Forward Skill or Element 3 - Minimum 180° Turn on 1 Foot 4 - One Dance Passage Series minimum of 2 Group 1 elements directly or indirectly connected. One a leap with 90° cross or side split.	1 - One Acro Series of at least of at least 2 skills or elements (One must have Flight in the Series) 2 - One Forward Skill or Element OR a 2nd Acro Series with Flight or Non Flight - minimum of 2 skills or elements. 3 - Minimum 360° Turn on 1 Foot 4 - One Dance Passage Series minimum of 2 Group 1 elements directly or indirectly connected. One a leap with 120° cross or side split.	1 - Two Different Acro Series: 1 a minimum of 3 elements or skills with Flight. 2 - One Salto is Required. Salto may be isolated or performed within 1 of the 2 Series. 3 - Minimum 360° Turn on 1 Foot 4 - One Dance Passage Series minimum of 2 Group 1 elements directly or indirectly connected. One a leap with 150° cross or side split.
Floor Bonus	NO BONUS	BONUS of 0.20 each, up to 0.60 Total awarded to SV	BONUS of 0.20 each, up to 0.60 Total awarded to SV
Bonus Skills	NA	Round Off, Back Handspring, Back Handspring Series Front HS or Front Acro Series-Min 2 elements w/Flight Any Salto or Aerial Any Leap w/ 150° Split Any B/C Dance	Round Off, Back Handspring, Salto Stretch to 2ft Front Acro Series w/Flight including 1 Salto or Aerial Any B Acro Any B/C Dance Any Leap with 180° split
Floor Clarifications Specific to Level	<b>a - Novice Leap &amp; Jump Split Angle Deductions apply to all in routine.</b> b - Any C Acro will VOID the routine.	<b>a - Intermediate Leap &amp; Jump Split Angle Deductions apply to all in routine.</b> b - Any C Acro will VOID the routine.	<b>a - Advanced Leap &amp; Jump Split Angle Deductions apply to all in routine.</b> b - Any C Acro will VOID the routine.

## VA All Star Optional Program Judging Guidelines & Clarifications

Beam & Floor Leap & Jump Split Angle Chart	Applies to all in routine	Receives NO SR Credit	Receives SR Credit w/ Angle Deduction >.20	No Deduction
	Novice Beam	N/A	No Angle Requirement	No Angle Requirement
	Novice Floor	Less 60°	60°-89°	90°
	Inter Beam	Less than 90°	90°-119°	120°
	Inter Floor	Less than 120°	120°-149°	150°
	Advanced Beam	Less than 120°	120°-149°	150°
	Advanced Floor	Less than 135°	135°-179°	180°

*\* BM & FX Split : Award Special Requirements for all divisions to according to the angle chart above. For Advanced award the Value part performed as listed in JO Code of Points.*

Bars Casting Angle Chart	Applies to all in routine	Receives NO SR Credit	Receives SR Credit w/ >.20 Deductions	No Angle Deductions
	Novice	Hips fail to leave bar	21° or more below Horizontal	1°-20° below Horizontal
	Intermediate	More than 20° below Horizontal	1° - 20° below Horizontal	Horizontal
	Advanced	Below Horizontal	61° - 90° from Vertical	60° below Vertical

Beam Handstand Angle Chart	Applies to all in routine	Receives NO Acro SR Credit	Receives Acro SR Credit w/ >.20 Deductions	No Deduction
	Novice	Below 60° from Vertical	60°- 21° from Vertical	20° from Vertical
	Intermediate	Below 20° from Vertical	20° - 1° from Vertical	Vertical
	Advanced	Not Vertical	Must Attain Vertical	Vertical

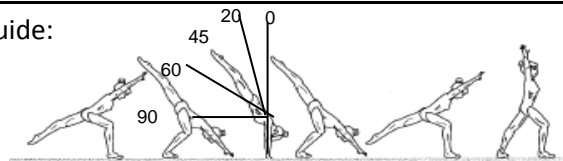
*Nov & Inter HS's performed below vertical must join feet together to receive Acro SR.*

*Advanced HS: You may deduct up to 0.20 for not holding for 2 seconds at Advanced (only)*

Additional General Guidelines for Judging VAOP Routines	1- For unlisted Value Parts refer to the value of the root skill or submit skill to the SJD & VAOP Representative.
	2- All JO Code of Points A's, B's & indicated allowable C's(bars only) may be used as a VP.
	3- Novice & Intermediate may use any Level 4-6 element with VALUE as a Skill/Element that counts towards Special Requirement.
	4. A 1.00 Deduction will be applied to any All Star Beam or Floor Routine performed with the exact choreography of the JO L 1-6 Compulsory Routines. Compulsory music MAY be used.
	5. Performance of C, D or E elements will VOID the routine. (Indicated allowable C's on bars only)
	6- Level 7 Deductions will apply to all VAOP Bar, Beam and Floor routines. See Novice, Intermediate & Advanced Vault Chart for specific Judging Guidelines.
	7- NO Composition Deductions are allowed to be taken.
	8 - Special Requirements & Bonus may be fulfilled at the same time.
	9 - Bonus Clarification: Qualified skills may be used for Bonus two times if used in a different connection.
	10- Bonus will be awarded to bonus skills listed for each VAOP event regardless of the execution taken, except in the case of a Fall or Spot which will negate the bonus.
	11- See VAOP categories and each VAOP event clarifications for additional judging guidelines.

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Beam HS Guide:



Novice: Must join feet together at or above 30 to receive SR.



Vertical HS: NO Deduction for Intermediate or Advanced