OHSAA 2010-2011 **(JO composition revised for HS 9/10 K. Edwards)**

Bars SR (4 SR @.20 ea.)

◦1 Bar Change
◦1 "B" Fl. Or B turn (not mt. or dsmt.)
◦Min. B from 3/6/7
◦Min. A dismount

Composition

Insufficient distribution of VP ∧ .10
Insufficient Change of direction ∧ .10
Uncharacteristic elements ea. .10
¾ fwd. Giant circle (w/or w/o grip change ea. .10
Choice of elements: Max ∧.25
- Failure to perform fwd. & Backwd. Circles and releases .05
- Lack variety in elements & connections ∧.10
- Choice of release not ∧ comp level (OHSAA) ∧.20

Lack of elements that achieve (or pass thru) vertical ∧.20
More than 1 element before mount .20

Execution

Landing to close to bars on dismount .10
Swing fwd. or bwd under horiz. ea .10
Touch/Brush of foot on apparatus/mat ∧.10
Under-rotation of release/flight element ∧.10
Precision of handstand positions throughout ∧ .10
Insuff. Ext. of glides/swing into kips ∧.10
Poor rhythm in elements ∧.10
Hesitation in jump or swing to HS ∧.10
Insuff. Amplitude of elements ea. ∧.20
Insufficient Dynamics ∧.20
- Insuff. Swingful execution throughout
- Energy maintained throughout exercise
- Makes difficult look effortless

Hit foot on :
- Apparatus .20
- Mat .30

Insufficient height of salto dismount ∧.30
Grasp on apparatus to avoid a fall .30
Intermediate (Extra) Swing .30
Failure to remove board/spotting block after release ele. (CJ) .30

Beam SR (4@ .20 ea.)

◦Acro Series 2 or more elements, one of which must have flight
◦One leap or jump w/180°split
◦Min. 1/1 turn or more one foot
◦Min. A dsmt.

Composition

Missing Acro bwd.&fwd. or swd. ea. .10
- If only in dsmt. .05

Spatially – insuff. Use of entire beam ∧.10
Insufficient dist. Of VP ∧.10
Insufficient level changes ∧.10
Failure to show movement/choreo. In diff. directions (fwd/swd/bckwd) ∧.10
More than 2 pivot turns throughout exercise .10
More than 2 dance elements of same shape (tuck/wolf or straddle) ea. type .10
More than 1 leap/jump to front support ea. .10
More than 1 element before mount .20
Lack of dance series (min. 2 dance ele. From gr. 1/2/3) .20
Acro not up to comp. level (OHSAA State Meet) ∧.20
Lack of balance btwn. Acro & dance VP ∧.20

Execution

Landing too close to beam on dismount .10
Concentration pause (more than 2 sec.) ea .10
Incor. Rhythm during exec. Of dance/mixed connec. ea. ∧.10
Hesitation in jum/press/swing to HS ∧.10
Incorrect body pos. in dance element ∧.10
Support of 1 leg against side of BB .20
Insufficient split when required (dance/acro ele.) ∧.20
Legs not parallel to beam in split or straddle pike ∧.20
Insufficient dymnamics ∧.20
Insuff. Height of leaps/jumps/jumps ea. ∧.20
Insuff. Height of acro flights, aerials & saltos ea. ∧.20
Grasp of beam to avoid fall .30
Rhythm during exec. of acro connections ea. ∧.30
Insuff. Height of salto dismount ∧.30
Additional movement to maintain balance ∧.30
Direction on gainer dsmt – off end of beam ∧.30
Insufficient sureness of performance – throughout ∧.20
Insuff. Vaiation in rhythm/tempo – throughout ∧.20
Relaxed/incorr. footwork in non-value parts throughout ∧.20
Relaxed/incorr/insuff leg pos./body posture/& flexibility In non-value parts throughout ∧.30
Artistry/Presentation ∧.30
- Originality/creativity of choreograp ∧.10
- Quality of movement reflects personal ∧.10
- Quality of Expression ∧.10

Floor SR (4@ .20 ea.)

◦Acro series w/2 saltos or 2 directly connected saltos
◦3 dif. Saltos w/l routine
◦Dance Passage
◦Min. A salto performed as last isolated salto or in last salto connection

Composition

Failure to perform saltos in 2 dif. Directions (bwd. & fwd. or swd) .10
Insufficient dist. of VP ∧.10
Space (use of entire floor area) & direction ea. ∧.10
More than 2 dance elements of same shape (tuck/wolf or straddle) ea. type .10
More than 1 leap/jump to prone ea. .10
Lack of balance btwn. acro & dance VP ∧.20
Acro not up to competitive level (OHSAA State) ∧.20
Lack of turn on 1 foot, min. B .20
Lack of min. of B salto .30

Execution

Incorrect rhythm during exec. of direct conn. ea. ∧.10
Incorrect body pos. in dance element ea. ∧.10
Concentration pause (more than 2 sec.) ea. .10
Legs not parallel to floor in split or straddle pike ∧.20
Insuff. Height of leaps/jumps/hops ea. ∧.20
Insuff. Height of acro flights & aerials ea. ∧.20
Insuff. Split on VP elements ∧.20
Insuff. Dynamics ∧.20
Insuff. Variation in rhythm/tempo throughout ∧.20
Relaxed/incorr. footwork in non-value parts throughout ∧.20
Insuff. Height of saltos ea.∧.30
Relaxed/incorr./insuff. Leg pos./body posture& Flexibility in non-value parts throughout ∧.30
Artistry/Presentation ∧.30
- Originality/creativity of horeography ∧.10
- Quality of movement reflects personal ∧.10
- Quality of expression ∧.10

Missing synchronization of movement & musical beat ∧.30
- Each time .05
- Exercise not ended with mu .10

Poor relationship of music & movement throughout ∧.20
Music with voice or no music (CJ) 1.00