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| **Composition** | **Difficulty** | **Event Requirements** | **Bonus** |
| 0.1 - 0.2 | 1.2 - 1.7 | 0.2 - 0.4 | 0 |
| 0.2 - 0.3 | 1.2 - 2.2 | 0.4 - 0.6 | 0 |
| 0.3 - 0.4 | 2.2 - 2.7 | 0.6 - 1.0 | 0.1 - 0.2 |
| 0.4 - 0.5 | 2.7 - 3.0 | 0.8 - 1.0 | 0.2 - 0.3 |
| 0.5 - 0.6 | 2.7 - 3.0 | 1.0 | 0.3 - 0.4 |
| 0.6 - 0.7 | 3.0 | 1.0 | 0.4 - 0.6 |
| 0.7 - 0.8 | 3.0 | 1.0 | 0.6 - 0.8 |
| 0.8 - 0.9 | 3.0 | 1.0 | 0.8 |
| 0.9 - 1.0 | 3.0 | 1.0 | 0.8 |

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| **BARS**  **Composition** | **Difficulty** | **Event Requirements** | **Bonus** | **Examples** |
| 0.1 - 0.2 | 1.2 - 1.7 | 0.2 - 0.4 | 0 | Pull over, back hip circle, squat on, sole circle dismount or flyaway |
| 0.2 - 0.3 | 1.2 - 2.2 | 0.4 - 0.6 | 0 | Kip, free hip circle, long hang kip, flyaway |
| 0.3 - 0.4 | 2.2 - 2.7 | 0.6 – 0.8 | 0.1 - 0.2 | Kip, switch kip |
| 0.4 - 0.5 | 2.7 - 3.0 | 0.8 - 1.0 | 0.2 - 0.3 | Uprise |
| 0.5 - 0.6 | 2.7 - 3.0 | 1.0 | 0.3 - 0.4 | Giants, toe shoot, uprise connections |
| 0.6 - 0.7 | 3.0 | 1.0 | 0.4 - 0.6 | Bail, two bar changes |
| 0.7 - 0.8 | 3.0 | 1.0 | 0.6 - 0.8 | Two bar changes, AHS skill(s) |
| 0.8 - 0.9 | 3.0 | 1.0 | 0.8 | AHS dismount, AHS release |
| 0.9 - 1.0 | 3.0 | 1.0 | 0.8 | Front giants, 2 bar changes, AHS dismount, AHS release, unique combination, element, wow factor, any bar that does not have a forward element deduct 0.05. |

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| **BEAM**  **Composition** | **Difficulty** | **Event Requirements** | **Bonus** | **Examples** |
| 0.1 - 0.2 | 1.2 - 1.7 | 0.2 - 0.4 | 0 | Non-twisting dance, medium or no tumbling elements |
| 0.2 - 0.3 | 1.2 - 2.2 | 0.4 - 0.6 | 0 | Medium / superior dance, medium tumbling elements |
| 0.3 - 0.4 | 2.2 - 2.7 | 0.6 – 0.8 | 0.1 - 0.2 | Superior dance; medium / superior tumbling; few connections |
| 0.4 - 0.5 | 2.7 - 3.0 | 0.8 - 1.0 | 0.2 - 0.3 | Multiple superior / HS dance combinations; tumbling connections |
| 0.5 - 0.6 | 2.7 - 3.0 | 1.0 | 0.3 - 0.4 | Multiple superior / HS dance combinations; superior tumbling connections |
| 0.6 - 0.7 | 3.0 | 1.0 | 0.4 - 0.6 | Good balance between dance and tumbling; HS dismount |
| 0.7 - 0.8 | 3.0 | 1.0 | 0.6 - 0.8 | Uses variety of elements for value part credit; HS / AHS dismount |
| 0.8 - 0.9 | 3.0 | 1.0 | 0.8 | AHS dismount, AHS tumbling and dance combinations |
| 0.9 - 1.0 | 3.0 | 1.0 | 0.8 | AHS dismount, AHS tumbling and dance, uses entire length of beam, all spaces, doesn’t repeat elements, unique combination, element, wow factor |

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| **FLOOR**  **Composition** | **Difficulty** | **Event Requirements** | **Bonus** | **Examples** |
| 0.1 - 0.2 | 1.2 - 1.7 | 0.2 - 0.4 | 0 | Medium dance and tumbling elements |
| 0.2 - 0.3 | 1.2 - 2.2 | 0.4 - 0.6 | 0 | Medium / superior dance and tumbling elements |
| 0.3 - 0.4 | 2.2 - 2.7 | 0.6 – 0.8 | 0.1 - 0.2 | Superior dance and tumbling elements; may be missing twist ER |
| 0.4 - 0.5 | 2.7 - 3.0 | 0.8 - 1.0 | 0.2 - 0.3 | Multiple superior / HS dance combinations; tumbling connections |
| 0.5 - 0.6 | 2.7 - 3.0 | 1.0 | 0.3 - 0.4 | Multiple superior / HS dance combinations; superior / HS tumbling |
| 0.6 - 0.7 | 3.0 | 1.0 | 0.4 - 0.6 | Good balance between dance and tumbling; HS / AHS tumbling |
| 0.7 - 0.8 | 3.0 | 1.0 | 0.6 - 0.8 | Doesn’t repeat elements for value part credit; uses different shapes for dance elements; HS / AHS dance and tumbling |
| 0.8 - 0.9 | 3.0 | 1.0 | 0.8 | HS / AHS dance and tumbling combinations |
| 0.9 - 1.0 | 3.0 | 1.0 | 0.8 | Mostly or all AHS dance and tumbling combinations; uses entire length of floor, all spaces, doesn’t repeat elements, unique combination, element, wow factor |