COLORADO HIGH SCHOOL COMPOSITION GUIDELINES: 2018-2020
MAXIMUM COMPOSITION DEDUCTION = 1.0
BARS

CATEGORY	DESCRIPTION
(1) Choice of Elements & Connections **-- up to 0.50 total** *How has the gymnast maximized the selection of elements and connections?*	**All of the following should be considered, and can be deducted up to a maximum of 0.50 total:** ~ Lack of performance of both forward and backward circling elements (0.05) ~ Overuse of the same connections (transitions from LB to HB - 0.05) ~ Lack of balance/overuse of elements from the same group (examples: circles/swings/kips/pirouettes/releases - up to 0.20) ~ Overuse of variations of the same element (up to 0.10) ~ Elements of highest value connected primarily to elements of lowest value (up to 0.10) ~ Same element used twice to fulfill difficulty value parts (0.10)
(2) Space/Levels **-- up to 0.10 total**	~ Lack of using all spaces, levels (up to 0.10)

(3) Bar Changes
  -- up to 0.10 total
	~ Lack of two bar changes (each 0.05; up to 0.10 total)
	   NOTE: A fall from one bar and continuation on the other bar constitutes a bar change

(4) Uncharacteristic Elements
  -- 0.10 each
	~ Routine contains uncharacteristic elements (0.10 each)
	   Examples: 1/2 turn on feet on LB, v-sit on either bar, scale on the bars, choreographed climbing or crawling onto either bar,
	      leg cut that is not simultaneous, jump from LB to HB with 'forward roll' over HB, etc.

(5) Lack of creativity **-- up to 0.10 total**	~ Overall lack of creativity in the combinations of elements (up to 0.10)
(6) Distribution **-- up to 0.10 total**	~ Maintaining difficulty level throughout routine; lack of distribution of value parts (up to 0.10)

Distribution Considerations/Examples of Regression

Routine contains:	Dismount	Deduction		Routine contains:	Dismount	Deduction		Routine contains:	Dismount	Deduction
Medium	M or S	-0-		Superior	M	0.05		HS	M	0.10
Superior	S	-0-		HS	S	0.05		AHS	S	0.10
HS	Any BBS	-0-		AHS	LL BBS	0.05		HL BBS	S	0.10
HS	HS/AHS, HL BBS	-0-		HL BBS	LL BBS	0.05				
AHS	HS, HL BBS or AHS	-0-								
HL BBS	HL BBS or AHS	-0-								

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BEAM

CATEGORY	DESCRIPTION

(1) Choice of Elements & Connections
  -- up to 0.50 total
 	
** How has the gymnast maximized the selection
  of elements and connections?*
	All of the following should be considered and can be deducted up to a maximum of 0.50 total:
	~ Lack of variety of acro elements (up to 0.10)
	~ Lack of variety of dance elements (up to 0.10)
	~ Lack of balance (quantity) of acro vs dance elements (up to 0.10)
	~ Lack of balance (difficulty level) of acro vs dance elements (up to 0.10)
	~ Most higher level value parts performed in isolation (up to 0.10)
	~ Same element used twice to fulfill difficulty value parts (0.10)
	~ Lack of variety in non-value part connections (up to 0.10)
	  (examples: arm movements, connectors/locomotor movements, >2 straight leg pivot turns)
	~ More than two same-shape dance elements included (with or without twist) (0.10 each)
	~ Lack of variety in using elements of all levels (high, semi-low, low) (up to 0.10)

(2) Space/Length **-- up to 0.10 total**	~ Insufficient use of entire length of beam, support to support (up to 0.10)

(3) Direction Changes: non-acro
  -- up to 0.10 total
	~ Insufficient use of direction changes: movements/non-value parts/choreography include
	  forward, backward and sideward elements (up to 0.10)

(4) Direction Changes: acro
  -- up to 0.10 total
	~ Lack of an acro element in each of two different directions (one must be backward and another
	  may be either forward or sideward); *if either or both are missing deduct full 0.10*
	NOTE: * Must have one of each that both start/finish on the beam for no deduction (mount may be used)
	        * If both are included but one is a dismount, deduct 0.05
	        * A tic-toc may count as a backward OR forward direction element
	        * May not include a handstand, which has no direction

(5) Artistry/Originality **-- up to 0.10 total**	~ Routine contains no unique skills or combinations not commonly seen at the high school level ~ Quality of gymnast's movements reflect little or no personal style ~ Routine contains no quality of expression (projection, emotion, focus)
(6) Distribution **-- up to 0.10 total**	~ Maintaining difficulty level throughout routine; lack of distribution of value parts/difficult elements (up to 0.10)

Distribution Considerations/Examples of Regression

Routine contains:	Dismount	Deduction	Routine contains:	Dismount	Deduction	Routine contains:	Dismount	Deduction
Medium	M or S	-0-	Superior	M	0.05	HS	M	0.10
Superior	S	-0-	HS	S	0.05	AHS	S	0.10
HS	Any BBS	-0-	AHS	LL BBS	0.05	HL BBS	S	0.10
HS	HS/AHS, HL BBS	-0-	HL BBS	LL BBS	0.05			
AHS	HS, HL BBS or AHS	-0-						
HL BBS	HL BBS or AHS	-0-						

COLORADO HIGH SCHOOL COMPOSITION GUIDELINES: 2018-2020
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FLOOR

CATEGORY	DESCRIPTION
(1) Choice of Elements & Connections **-- up to 0.50 total** *How has the gymnast maximized the selection of elements and connections?*	**All of the following should be considered and can be deducted up to a maximum of 0.50 total:** ~ Lack of variety of acro elements (up to 0.10) ~ Lack of variety of dance elements (up to 0.10) ~ Lack of balance (quantity) of acro vs dance elements (up to 0.10) ~ Lack of balance (difficulty level) of acro vs dance elements (up to 0.10) ~ Most higher level value parts performed in isolation (up to 0.10) ~ Same element used twice to fulfill difficulty value parts (0.10) ~ Lack of variety in arm movements,connectors & locomotor movements (up to 0.10) ~ More than two same-shape dance elements included (with or without twist) (0.10 each) ~ More than one leap/hop/jump to prone position (0.10 each)
(2) Space/Length **-- up to 0.10 total**	~ Insufficient use of entire floor exercise area, all quadrants (up to 0.10)
(3) Direction Changes: non-acro **-- up to 0.10 total**	~ Insufficient use of direction changes: movements/non-value parts/choreography include forward, backward and sideward elements (up to 0.10)
(4) Direction Changes: acro **-- up to 0.10 total**	~ Lack of an acro element in each of two different directions (one must be backward and another may be either forward or sideward); *if either or both are missing deduct full 0.10* NOTE: * The two directions do not have to be in the same pass * Any acro element may be used to fulfill the two-direction requirement except a round-off and a handstand
(5) Artistry/Originality **-- up to 0.10 total**	~ Routine contains no unique skills or combinations not commonly seen at the high school level ~ Quality of gymnast's movements reflect little or no personal style ~ Routine contains no quality of expression (projection, emotion, focus)
(6) Distribution **-- up to 0.10 total**	~ Maintaining difficulty level throughout routine; lack of distribution of value parts/difficult elements (up to 0.10)

Distribution Considerations/Examples of Regression

Routine contains:	Dismount	Deduction	Routine contains:	Dismount	Deduction	Routine contains:	Dismount	Deduction
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HS	Any BBS	-0-	AHS	LL BBS	0.05	HL BBS	S	0.10
HS	HS/AHS, HL BBS	-0-	HL BBS	LL BBS	0.05			
AHS	HS, HL BBS or AHS	-0-						
HL BBS	HL BBS or AHS	-0-						