

JENIGYM ERATA – 08.05.09

L10 Changes Document:

1. Page 8; Beam:
 - a. Spatially – Insuf use of entire beam $>.10$ (not ea)
 - b. *Landing too close to beam is not composition, just general deduction. (same for bars p2)*
 - c. *Added under Acro Series: also "A" non-flight (grp7) + "E" flight Element.*

Common Bonus Document (word)

1. Page 2; Beam
 - a. Switch Leap $\frac{1}{4}$ + Straddle Jump (must be a side), so D+C; still 0.3
 - b. *RO FF Double Back Dismount = $0.2 + 0.2 (E) = 0.4$*
2. Page 4; Floor
 - a. RO, Whip, FF $2\frac{1}{2}$ Twist, Flyspring, Fr. Tuck is an indirect connection so it should be $0.1 (A+D) + 0.1 (A+D) + 0.1 (D) = 0.3$

Basics Test Document

1. Added another line under 0.1 Bars Bonus and on the answer sheet add C+C (both from Groups 3,6,7) under 0.1.
2. *Added under Acro Series: also "A" non-flight (grp7) + "E" flight Element.*

L10 General Deductions (excel test)

1. #9 – Cast more than 20 from vertical – should be $>.30$ and no value part.
 - a. 21-30 from vertical = $.10$ and no value part
 - b. 31-45 from vertical = $.15-.20$ and no value part
 - c. 46 or more from vertical = $.25-.30$ and no value part
2. #33 – Flexibility throughout exercise should be $>.30$
3. #56 – Legs crossed during landing should be $.10$
4. #69 – Rhythm during execution of direct connections is only for non-flight acro series
5. #1 – 3rd Run Approach is $.50$ by both (not CJ)

L10 Vault Deductions (excel test)

1. #17 - Fail to land on SOLES of feet first – Clarification!
2. #44 – Piked Body should be $>.30$

Common Bonus Beam (excel test)

1. #35 – Switch Leap $\frac{1}{4}$ + Straddle Jump (side) = D+C (because Straddle must be a side in this connection) – still 0.3
2. Add #36 – FF+LSO+ $2\frac{1}{2}$ Twist Dismount = B+C+C = 0.2 (3 acro series using dismount where you would NOT go B+C and C+C)
3. #19 - RO + FF + Double Back dismount = B+B+E = $0.2 + 0.2 (E) = 0.4$

Common Bonus Floor (excel test)

1. Under 3 or More Elements: RO, Whip, FF $2\frac{1}{2}$ Twist, Flyspring, Fr. Tuck is an indirect connection so it should be $0.1 (A+D) + 0.1 (A+D) + 0.1 (D) = 0.3$

Balance Beam Elements (excel test)

1. Delete #17, #18, #34, #41 (bars elements)
2. Add Gainer Salto Stretched = D
3. Add Illusion $\frac{1}{2}$ = C
4. *Change #9 Back Salto Stretched to 2 feet = E*

L10 Beam Composition (excel test)

1. #14 – Spatially – Insufficient use of entire beam is $>.10$ (not ea)

NOTE: Current Changes in italics!