

21st Maccabiah Games Trials

Due to the current state of COVID-19 we have opted to cancel our live trial in Oklahoma and move to a virtual online video submission. The video submission requirements are as follows:

Video submission requirements

- You must submit 1 routine from last season on each event (preferably from states, regionals, or nationals)
- You must submit 1 video of your 1st ½ and 1 video of your 2nd ½ on each event that must be recorded from now until November 1st
- Videos will be evaluated using the following criteria in each division
 - Men's Juniors – Junior FIG (USA adaptations allowed) – 8 skills
 - Men's Open – Senior FIG – 10 Skills
 - Women's Juniors – Level 10 rules
 - Women's Open – Level 10 rules
- (For women's only) Submitting the following FIG requirements in addition to your routine video from last season and ½ routines from this Fall will help in the selection process:

BARS	
The maximum 8 highest difficulties including the dismount are counted for DV	
11.3 Composition Requirements (CR) – D-Panel 2.00	
1. Flight element from HB to LB	award 0.50
2. Flight element on the same bar	award 0.50
3. Different grips (<i>not cast, MT or DMT</i>)	award 0.50
4. Non-flight element with min. 360° turn (<i>not MT</i>)	award 0.50
Formulas for direct connections	
0.10	0.20
<i>D + D (or more)</i>	<i>D (flight - same bar or LB to HB) + C or more (on HB and must be performed in this order)</i> <i>E + E (one must be flight)</i> <i>F + D (both flights)</i>
BEAM	
Top 8 elements count - minimum of	
- 3 Dance	
- 3 Acro	
*2 optional elements	

12.3 Composition Requirements (CR) – D-Panel 2.00 P.

1. One connection of at least 2 **different** dance elements,
1 being a leap or jump with
180° split (*cross or side*), or straddle position award 0.50
2. Turn (Gr. 3) **or** Roll/Flairs* award 0.50
3. One Acro series, min. of 2 flight** elements
1 being a salto (*elements may be the same*) award 0.50
4. Acro elements in different directions (*fwd/swd and bwd*) award 0.50

Formulas for direct connections

ACROBATIC	
0.10	0.20
2 acro flight elements, including mount, excluding dismount All connections must be rebounding*	
C + C B + D (<i>bwd</i>) (<i>this order only</i>) B + E	C/D + D <i>or more</i> B + D (<i>both elements fwd</i>) B + F

Series Bonus (SB) of + 0.10 P.

Will be awarded to dance/mixed and acro series (**rebounding and non-rebounding*) of B + B + C in any order, including MT & DMT (min. C), or more in addition to CV

Example 1: B + B + C = +0.10 series bonus
D + B + C = +0.10 series bonus

Example 2: C + C + C
CV+0.1 CV+0.1 +0.10 series bonus **Total CV + SB = 0.30**

To receive the SB:

- Non-flight acro elements min. B (except "Holds") may be used
- The same (flight or non-flight) acro element may be repeated within connection

DANCE & MIXED (acro – flight elements only), excluding dismount	
0.10	0.20
C + C <i>or more (dance)</i> A + C (<i>turns only</i>) B + D (<i>mixed</i>)	D + D <i>or more</i>

FLOOR

Top 8 elements count - minimum of

- 3 Dance

- 3 Acro

*2 optional elements

13.3 Composition Requirements (CR) – D-Panel 2.00

1. A dance passage composed of two different leaps or hops (from the Code) connected directly or indirectly (*with running steps, small leaps, hops, chassé, chainé turns*), one of them with 180° split (*cross or side*) or straddle position award 0.50

(The objective is to create a large flowing and traveling movement pattern)
 - No jumps or turns are permitted because they are stationary. Chainé turns (½ turns on two feet) are allowed because they are traveling steps.
 - Leaps and hops must land on one leg if performed as the 1st element in the dance passage.

2. Salto with LA turn (min. 360°) award 0.50
3. Salto with double BA award 0.50
4. Salto bwd and salto fwd (*no aeri*als) in the same or different acro line award 0.50

Note: CR 2, 3 and 4 must be performed within acro lines.

INDIRECT ACROBATIC	
0.10	0.20
B/C + D	C + E D + D
A + A + D	A + A + E
DIRECT ACROBATIC	
A + D	A + E
C + C	C + D
MIXED	
D salto + B (dance) E salto + A (dance) <i>(this order only)</i>	
CONNECTION of TURNS on ONE LEG	
D + B	Note: Turns may be performed with step into turn on opposite leg <i>(demi-plié is not permitted)</i>

Equipment requirements

- Floor Exercise – Rod Floor is not allowed. Skills into loose foam are not allowed. Sting mats, 4 in mats, and 8 in mats are allowed.
- Pommel Horse – Spring board for mounting is not allowed
- On all other events, the landing surface must be on standard competition height. Mats may be stacked up in the pit to create a stable landing surface

Video submission process

All videos must be uploaded directly to the google folder using this link:

Deadlines

October 31 – Last day to apply to the 21st Maccabiah Games. Last day to submit video and scores for evaluation

November 15 – Team selections and alternates will be announced