

Scale Olympics Selection List - update 2001

Levels A-B Major, Minor, or Mixed Keys
Hands Separate or Together

Levels B+ Ascending *and* Descending
(All categories except cadences)
SAME KEYS IN ALL EVENTS

Levels C+ Hands together only
Parallel or Contrary

Level	Scales	Arpeggios	Chords/Inversions	Cadences
A	Minimum of 2 Pentachord or Tetrachord or 1 Octave with thumb turn	Broken Chords Root position Cross hands, 2 octaves Ascending or descending	Triads (root position and 1st inversion) Hands alone, Ascending or descending.	Root Position Minimum of 2, hands alone I-V-I or I-V7-I
B	Minimum of 4 1 or 2 octaves	Hands alone, root position 2 octaves with thumb turn	Triads and Inversions Solid form	Root position I-IV-I-V-I or I-IV-I-V7-I
C	Minimum of 6 2 or 3 octaves 3 major and 3 minor	2 or 3 octaves Root position	Triads and Inversions Solid form	Root position I-IV-I-V-I or I IV-I V7-I
D	Minimum of 8 2, 3, or 4 octaves 4 major and 4 minor	2, 3, or 4 octaves Root position	Triads and Inversions Solid form	3 positions I-IV-I-V-I or I IV-I-V7-I
E	All 12 majors OR all 12 harmonic minors OR all 12 natural minors 2, 3, or 4 octaves M.M.= 40 (min) 2-4 notes per beat	4 octaves Root position	Major, Minor, Dim, & Aug. Solid Form Triads and Inversions	Hands together 3 positions I-IV-I-V7-I
F	Black Key Scales and B major 6 major and 6 harmonic minor 4 octaves M.M.= 60 (min) 4 notes per beat	4 octaves All 3 positions	Dominant 7th and Diminished 7th and inversions Minimum of 6	3 positions I-IV-I-V7-I
G	Any 8 minor scales All 3 forms 4 octaves M.M.=72 (min) 4 notes per beat	4 octaves All 3 positions Dominant 7th OR Diminished 7th	Dominant 7th and Diminished 7th and inversions	3 positions I-IV-I-V7-I