

Team \_\_\_\_\_ Athlete # \_\_\_\_\_

<p><b>BM</b></p> <p><b>1N</b></p> <p>Warm Up 0:30</p>	<p><b>Dance - Add'1 A VP (X Skills)</b> Split jump/leap/straddle (min 45°) Tuck / straight jump w ¼ turn</p> <p><b>Turns:</b> Pivot, 1/2 turn on 1 foot (any technique), Fwd or bwd swing, Squat, Toe flick ½ turn</p>	<p><b>Acro - Add'1 A VP (X Skills)</b> Lever to touch beam Partial HS (lead leg &lt;45° from vert) Cross /side HS to vert (no hold) Push to bridge (1s) Candlestick roll</p>	<p><b>Dismounts - Add'1 A VP (X Skills)</b> Cartwheel to partial HS Stretch/tuck/straddle jump (90°+) HS 1/4 turn (1s) Jump w 180° or 360° of rotation Knee Scale Whip</p>	<p><b>Fall Time 0:45</b> All mounts = A VP if not in skill chart</p> <p><b>No B or higher VP</b> <b>No salto/aerial dismounts</b></p> <p style="text-align: right;"><b>Routine Time 0:30</b></p>
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**Other:** Toe flip drop knee sit, Fwd/Swd releve kick (1s), Needle kick (120°+), Arabesque (L1-2/XB only), Prone position (2s), Splits (2s), Knee scale (2s), Whip squat stand

**Requirements (0.5 Each)**

- Pivot / Squat Turn
- Stretch Jump
- 2s hold on 1 leg
- Dsmt (no salto/aerial)

**Value Parts A (4) 0.1 each**

B+ (restricted)                      0.5 off SV

SV	
Execution	_____
Artistry	/ 3
Dynamics	/ 2
Sureness	/ 2
Footwork	/ 3
Rhythm Throughout	/ 2

Judge 1 \_\_\_\_\_ Judge 2 \_\_\_\_\_ Neutral Deductions \_\_\_\_\_ Final Score \_\_\_\_\_ *courtesy score 5.0*  
 Score Range 9.50 - 10 0.2 | 9.0 - 9.475 0.5 | 8.0 - 8.975 0.7 | Below 8.0 1.00

Team \_\_\_\_\_ Athlete # \_\_\_\_\_

<b>BM</b>  <b>2N/BN</b> Warm Up 0:30	<b>Dance - Add'l A VP (X Skills)</b> Split jump/leap/straddle (min 45°) Tuck / straight jump w ¼ turn  <b>Turns:</b> Pivot, 1/2 turn on 1 foot (any technique), Fwd or bwd swing, Squat, Toe flick ½ turn	<b>Acro - Add'l A VP (X Skills)</b> Lever to touch beam Partial HS (lead leg <45° from vert) Cross /side HS to vert (no hold) Push to bridge (1s) Candlestick roll	<b>Dismounts - Add'l A VP (X Skills)</b> Cartwheel to partial HS Stretch/tuck/straddle jump (90°+) HS 1/4 turn (1s) Jump w 180° or 360° of rotation Knee Scale Whip	<b>Fall Time 0:45</b> All mounts = A VP if not in skill chart  <b>B split leaps/jump ok, other B+ restrict</b> <b>No salto/aerial dismounts</b>  <p style="text-align: right;"><b>Routine Time 0:35</b></p>
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**Other:** Toe flip drop knee sit, Fwd/Swd releve kick (1s), Needle kick (120°+), Arabesque (L1-2/XB only), Prone position (2s), Splits (2s), Knee scale (2s), Whip squat stand

**Requirements (0.5 Each)**

- ½ turn 1 ft
- Leap or jump
- HS - lead leg min 45° from vert, 2<sup>nd</sup> leg must leave BM
- Dsmt (no salto/aerial)

**Value Parts A (5) 0.1 each**

B+ (if restricted)                      0.5 off SV

SV	
Execution	_____
Artistry	/ 3
Dynamics	/ 2
Sureness	/ 2
Footwork	/ 3
Rhythm Throughout	/ 2

Judge 1 \_\_\_\_\_ Judge 2 \_\_\_\_\_ Neutral Deductions \_\_\_\_\_ Final Score \_\_\_\_\_ **courtesy score 5.0**

Score Range 9.50 - 10 0.2 | 9.0 - 9.475 0.5 | 8.0 - 8.975 0.7 | Below 8.0 1.00

Team \_\_\_\_\_ Athlete # \_\_\_\_\_

<p><b>BM</b></p> <p><b>SN</b></p> <p>Warm Up 0:45</p>	<p><b>Dance - Add'1 A VP (X Skills)</b> Split jump/leap/straddle (min 45°) Tuck / straight jump w ¼ turn</p> <p><b>Turns:</b> Pivot, 1/2 turn on 1 foot (any technique), Fwd or bwd swing, Squat, Toe flick ½ turn</p>	<p><b>Acro - Add'1 A VP (X Skills)</b> Partial HS (lead leg &lt; 45° from vert) Cross /side HS to vert (no hold) Push to bridge (1s) Candlestick roll</p>	<p><b>Dismounts - Add'1 A VP (X Skills)</b> Cartwheel to partial HS HS 1/4 turn (1s) Knee Scale Whip</p>	<p><b>Fall Time 0:45</b> All mounts = A VP if not in skill chart</p> <p><b>B split leaps/jumps ok, other B+ restrict</b></p> <p style="text-align: right;"><b>Routine Time 0:45</b></p>
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**Other:** Toe flip drop knee sit, Fwd/Swd releve kick (1s), Needle kick (120°+), Prone position (2s), Splits (2s), Knee scale (2s), Whip squat stand

**Requirements (0.5 Each)**

- Min ½ turn 1 ft
- Any Leap/Jmp
- A Acro VP (excl Lever)
- A Dsmt (excl jump)

**Value Parts A (5) 0.1 each**

B+ (if restricted)                      0.5 off SV

SV	
Execution	_____
Artistry	/ 3
Dynamics	/ 2
Sureness	/ 2
Footwork	/ 3
Rhythm Throughout	/ 2

Judge 1 \_\_\_\_\_ Judge 2 \_\_\_\_\_ Neutral Deductions \_\_\_\_\_ Final Score \_\_\_\_\_ *courtesy score 5.0*  
 Score Range 9.50 - 10 0.2 | 9.0 - 9.475 0.5 | 8.0 - 8.975 0.7 | Below 8.0 1.00

Team \_\_\_\_\_ Athlete # \_\_\_\_\_

<b>BM</b>  <b>3N</b> Warm Up 0:45	<b>Dance - Add'l A VP (X Skills)</b> Split jump/leap/straddle (min 45°) Tuck / straight jump w ¼ turn  <b>Turns:</b> Pivot, 1/2 turn on 1 foot (any technique), Fwd or bwd swing, Squat, Toe flick ½ turn	<b>Acro - Add'l A VP (X Skills)</b> Partial HS (lead leg <45° from vert) Cross /side HS to vert (no hold) Push to bridge (1s) Candlestick roll	<b>Dismounts - Add'l A VP (X Skills)</b> Cartwheel to partial HS HS 1/4 turn (1s) Knee Scale Whip	<b>Fall Time 0:45</b> All mounts = A VP if not in skill chart  *Move thru or achieve vert. If HS, no hold req & mark vert w legs joined <b>B split leaps/jumps ok</b> <b>Other B+ restrict</b>  <b>Routine Time 0:45</b>
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**Other:** Toe flip drop knee sit, Fwd/Swd releve kick (1s), Needle kick (120°+), Prone position (2s), Splits (2s), Knee scale (2s), Whip squat stand

**Requirements (0.5 Each)**

- Min ½ turn 1 ft
- Leap/Imp ≥60° split
- \*Acro vert (see description)
- A Dsmt (excl jump)

**Value Parts A (5) 0.1 each**

B+ (if restricted)                      0.5 off SV

SV	
Execution	_____
Artistry	/ 3
Dynamics	/ 2
Sureness	/ 2
Footwork	/ 3
Rhythm Throughout	/ 2

Judge 1 \_\_\_\_\_ Judge 2 \_\_\_\_\_ Neutral Deductions \_\_\_\_\_ Final Score \_\_\_\_\_ *courtesy score 5.0*  
 Score Range 9.50 - 10 0.2 | 9.0 - 9.475 0.5 | 8.0 - 8.975 0.7 | Below 8.0 1.00

Team \_\_\_\_\_ Athlete # \_\_\_\_\_

<p><b>BM</b></p> <p><b>4N</b></p> <p>Warm Up 1:00</p>	<p><b>NCAA Adopted Skill Values</b>                  Straddle pike/split jmp w a 1/4 turn <b>C</b>                  Ring or Stag-ring leap/jump (rear leg @ head) <b>D</b>                  Tourjete ¼ <b>E</b> Switch side leap ¼ <b>E</b>                  Double turn on 1 foot or double wolf turn <b>E</b>                  Salto fwd take off from 1 or 2 legs to a sit <b>D</b>                  Salto bwd lay w step-out <b>D</b>                  Salto 2 ft bwd lay thru vert then pike down to 2 ft <b>D</b></p>	<p><b>Dismount NCAA Adopted Skill Values</b>                  Gainer front lay w 1/1 off side/end <b>C</b>                  Salto fwd tucked or lay w 1 1/2 twist (off 2 ft) <b>D</b>                  Double full twist <b>D</b>                  Gainer salto tucked or lay w 1 1/2 twist to side <b>D</b>                  Gainer salto tucked w 1/1 twist off end <b>D</b>                  Salto fwd lay w 2/1 twist (off two feet) <b>E</b>                  Gainer salto bwd lay w 2/1 or 2 1/2 twist to side <b>E</b></p>	<p><b>Fall Time 0:45</b>                  All mounts = A VP if not in skill chart</p> <p>Move thru/achieve vertical (if HS, hold <b>NOT</b> req for VP credit), excl mt or dismt  <b>B dance &amp; non-flt acro ok</b>  <b>Other B+ restricted</b></p> <p style="text-align: right;"><b>Routine Time 1:00</b></p>
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**Requirements (0.5 Each)**

- Min HALF turn 1 foot
- Leap/Jmp ≥90° split
- Acro vert (see descr)
- A Dsmt (HS ¼ turn ok)

**Value Parts A (5) 0.1 each**

B+ (if restricted)                      0.5 off SV

SV	
Execution	_____
Artistry	/ 3
Dynamics	/ 2
Sureness	/ 2
Footwork	/ 3
Rhythm Throughout	/ 2

Judge 1 \_\_\_\_\_ Judge 2 \_\_\_\_\_ Neutral Deductions \_\_\_\_\_ Final Score \_\_\_\_\_ *courtesy score 5.0*  
 Score Range 9.50 - 10 0.2 | 9.0 - 9.475 0.5 | 8.0 - 8.975 0.7 | Below 8.0 1.00

Team \_\_\_\_\_ Athlete # \_\_\_\_\_

<p><b>BM</b></p> <p><b>GN</b></p> <p>Warm Up 1:00</p>	<p><b>NCAA Adopted Skill Values</b>                  Straddle pike/split jmp w a 1/4 turn <b>C</b>                  Ring or Stag-ring leap/jump (rear leg @ head) <b>D</b>                  Tourjete 1/4 <b>E</b> Switch side leap 1/4 <b>E</b>                  Double turn on 1 foot or double wolf turn <b>E</b>                  Salto fwd take off from 1 or 2 legs to a sit <b>D</b>                  Salto bwd lay w step-out <b>D</b>                  Salto 2 ft bwd lay thru vert then pike down to 2 ft <b>D</b></p>	<p><b>Dismount NCAA Adopted Skill Values</b>                  Gainer front lay w 1/1 off side/end <b>C</b>                  Salto fwd tucked or lay w 1 1/2 twist (off 2 ft) <b>D</b>                  Double full twist <b>D</b>                  Gainer salto tucked or lay w 1 1/2 twist to side <b>D</b>                  Gainer salto tucked w 1/1 twist off end <b>D</b>                  Salto fwd lay w 2/1 twist (off two feet) <b>E</b>                  Gainer salto bwd lay w 2/1 or 2 1/2 twist to side <b>E</b></p>	<p><b>Fall Time 0:45</b>                  All mounts = A VP if not in skill chart                  HS Exception - hold NOT req for VP credit                  *one ele moves thru vertical (HS not "thru vert")  <b>B Acro Flight = A</b>  <b>B dance &amp; non-flt acro ok</b>  <b>Other B+ restricted</b></p> <p style="text-align: right;"><b>Routine Time 1:00</b></p>
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**Requirements (0.5 Each)**

- Min Full turn 1 foot
- Leap/Jmp ≥90° split
- 2 Acro, 1 thru vert - isolated or in series
- A Dsmt

**Value Parts A (6) 0.1 each**

B+ (if restricted) \* 0.5 off SV

SV	
Execution	_____
Artistry	/ 3
Dynamics	/ 2
Sureness	/ 2
Footwork	/ 3
Rhythm Throughout	/ 2

Judge 1 \_\_\_\_\_ Judge 2 \_\_\_\_\_ Neutral Deductions \_\_\_\_\_ Final Score \_\_\_\_\_ *courtesy score 5.0*  
 Score Range 9.50 - 10 0.2 | 9.0 - 9.475 0.5 | 8.0 - 8.975 0.7 | Below 8.0 1.00

Team \_\_\_\_\_ Athlete # \_\_\_\_\_

<p><b>BM</b></p> <p><b>5N</b></p> <p>Warm Up 1:00</p>	<p><b>NCAA Adopted Skill Values</b>                  Straddle pike/split jmp w a 1/4 turn <b>C</b>                  Ring or Stag-ring leap/jump (rear leg @ head) <b>D</b>                  Tourjete 1/4 <b>E</b> Switch side leap 1/4 <b>E</b>                  Double turn on 1 foot or double wolf turn <b>E</b>                  Salto fwd take off from 1 or 2 legs to a sit <b>D</b>                  Salto bwd lay w step-out <b>D</b>                  Salto 2 ft bwd lay thru vert then pike down to 2 ft <b>D</b></p>	<p><b>Dismount NCAA Adopted Skill Values</b>                  Gainer front lay w 1/1 off side/end <b>C</b>                  Salto fwd tucked or lay w 1 1/2 twist (off 2 ft) <b>D</b>                  Double full twist <b>D</b>                  Gainer salto tucked or lay w 1 1/2 twist to side <b>D</b>                  Gainer salto tucked w 1/1 twist off end <b>D</b>                  Salto fwd lay w 2/1 twist (off two feet) <b>E</b>                  Gainer salto bwd lay w 2/1 or 2 1/2 twist to side <b>E</b></p>	<p><b>Fall Time 0:45</b>                  All mounts = A VP if not in skill chart</p> <p>Rolls ok if move thru vert w hand support                  Up to 1/2 twist allowed in salto dismount</p> <p><b>A/B VP allowed, all else restricted</b></p> <p style="text-align: right;"><b>Routine Time 1:00</b></p>
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**Requirements (0.5 Each)**

- Min Full turn 1 foot
- Leap/Jmp ≥120° split
- Bwd acro or B acro (see desc)
- Min A Dsmt

**Value Parts A (6) 0.1 each**

B (receive A VP credit)

C+ (restricted)                      0.5 off SV

SV	
Execution	
Artistry	/ 3
Dynamics	/ 2
Sureness	/ 2
Footwork	/ 3
Rhythm Throughout	/ 2

Judge 1 \_\_\_\_\_ Judge 2 \_\_\_\_\_ Neutral Deductions \_\_\_\_\_ Final Score \_\_\_\_\_ *courtesy score 5.0*  
 Score Range 9.50 - 10 0.2 | 9.0 - 9.475 0.5 | 8.0 - 8.975 0.7 | Below 8.0 1.00

Team \_\_\_\_\_ Athlete # \_\_\_\_\_

<p><b>BM</b></p> <p><b>6N</b></p> <p>Warm Up 1:30</p>	<p><b>NCAA Adopted Skill Values</b>                  Straddle pike/split jmp w a 1/4 turn <b>C</b>                  Ring or Stag-ring leap/jump (rear leg @ head) <b>D</b>                  Tourjete ¼ <b>E</b> Switch side leap ¼ <b>E</b>                  Double turn on 1 foot or double wolf turn <b>E</b>                  Salto fwd take off from 1 or 2 legs to a sit <b>D</b>                  Salto bwd lay w step-out <b>D</b>                  Salto 2 ft bwd lay thru vert then pike down to 2 ft <b>D</b></p>	<p><b>Dismount NCAA Adopted Skill Values</b>                  Gainer front lay w 1/1 off side/end <b>C</b>                  Salto fwd tucked or lay w 1 1/2 twist (off 2 ft) <b>D</b>                  Double full twist <b>D</b>                  Gainer salto tucked or lay w 1 1/2 twist to side <b>D</b>                  Gainer salto tucked w 1/1 twist off end <b>D</b>                  Salto fwd lay w 2/1 twist (off two feet) <b>E</b>                  Gainer salto bwd lay w 2/1 or 2 1/2 twist to side <b>E</b></p>	<p><b>Fall Time 0:45</b>                  All mounts = A VP if not in skill chart                  Series awarded regardless of # of attempts                  Up to full twist allowed in dismount</p> <p><b>A/B VP &amp; 1 C dance ok</b>  <b>C+ acro &amp; D/E restrict</b></p> <p style="text-align: right;"><b>Routine Time 1:15</b></p>
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**Requirements (0.5 Each)**

- Min Full turn 1 foot
- Leap/Jmp ≥150° split
- Acro series OR 1 ft ele
- Min A Salto/Aer Dsmt

**Value Parts** A (5) 0.1 / B (1) 0.3

C+ (when restricted)\*      0.5 off SV

SV	
Execution	_____
Artistry	/ 3
Dynamics	/ 2
Sureness	/ 2
Footwork	/ 3
Rhythm Throughout	/ 2

Judge 1 \_\_\_\_\_ Judge 2 \_\_\_\_\_ Neutral Deductions \_\_\_\_\_ Final Score \_\_\_\_\_ *courtesy score 5.0*  
 Score Range 9.50 - 10 0.2 | 9.0 - 9.475 0.5 | 8.0 - 8.975 0.7 | Below 8.0 1.00



Team \_\_\_\_\_ Athlete # \_\_\_\_\_

<p><b>BM</b></p> <p><b>PN</b></p> <p>Warm Up 1:30</p>	<p><b>NCAA Adopted Skill Values</b>                  Straddle pike/split jmp w a 1/4 turn <b>C</b>                  Ring or Stag-ring leap/jump (rear leg @ head) <b>D</b>                  Tourjete 1/4 <b>E</b> Switch side leap 1/4 <b>E</b>                  Double turn on 1 foot or double wolf turn <b>E</b>                  Salto fwd take off from 1 or 2 legs to a sit <b>D</b>                  Salto bwd lay w step-out <b>D</b>                  Salto 2 ft bwd lay thru vert then pike down to 2 ft <b>D</b></p>	<p><b>Dismount NCAA Adopted Skill Values</b>                  Gainer front lay w 1/1 off side/end <b>C</b>                  Salto fwd tucked or lay w 1 1/2 twist (off 2 ft) <b>D</b>                  Double full twist <b>D</b>                  Gainer salto tucked or lay w 1 1/2 twist to side <b>D</b>                  Gainer salto tucked w 1/1 twist off end <b>D</b>                  Salto fwd lay w 2/1 twist (off two feet) <b>E</b>                  Gainer salto bwd lay w 2/1 or 2 1/2 twist to side <b>E</b></p>	<p><b>Fall Time 0:45</b>                  All mounts = A VP if not in skill chart                  Series awarded regardless of # of attempts</p> <p><b>A/B VP &amp; C dance ok</b>  <b>C+ acro &amp; D/E restrict</b></p> <p style="text-align: right;"><b>Routine Time 1:30</b></p>
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**Requirements (0.5 Each)**

- Min Full turn 1 foot
- Leap/Jmp ≥ 150° split
- 2 non flt ele, iso/series, 1 thru vert **OR** 1 B acro
- Min A Dsmt

**Value Parts** A (6) 0.1 / B (1) 0.3

C+ (when restricted)\* 0.5 off SV

SV	
Execution	_____
Artistry	/ 3
Dynamics	/ 2
Sureness	/ 2
Footwork	/ 3
Rhythm Throughout	/ 2

Judge 1 \_\_\_\_\_ Judge 2 \_\_\_\_\_ Neutral Deductions \_\_\_\_\_ Final Score \_\_\_\_\_ *courtesy score 5.0*

Score Range 9.50 - 10 0.2 | 9.0 - 9.475 0.5 | 8.0 - 8.975 0.7 | Below 8.0 1.00

Team \_\_\_\_\_ Athlete # \_\_\_\_\_

<p><b>BM</b></p> <p><b>7N</b></p> <p>Warm Up 1:30</p>	<p><b>NCAA Adopted Skill Values</b>                  Straddle pike/split jmp w a 1/4 turn <b>C</b>                  Ring or Stag-ring leap/jump (rear leg @ head) <b>D</b>                  Tourjete 1/4 <b>E</b> Switch side leap 1/4 <b>E</b>                  Double turn on 1 foot or double wolf turn <b>E</b>                  Salto fwd take off from 1 or 2 legs to a sit <b>D</b>                  Salto bwd lay w step-out <b>D</b>                  Salto 2 ft bwd lay thru vert then pike down to 2 ft <b>D</b></p>	<p><b>Dismount NCAA Adopted Skill Values</b>                  Gainer front lay w 1/1 off side/end <b>C</b>                  Salto fwd tucked or lay w 1 1/2 twist (off 2 ft) <b>D</b>                  Double full twist <b>D</b>                  Gainer salto tucked or lay w 1 1/2 twist to side <b>D</b>                  Gainer salto tucked w 1/1 twist off end <b>D</b>                  Salto fwd lay w 2/1 twist (off two feet) <b>E</b>                  Gainer salto bwd lay w 2/1 or 2 1/2 twist to side <b>E</b></p>	<p><b>Fall Time 0:45</b>                  All mounts = A VP if not in skill chart                  Series awarded regardless of # of attempts</p> <p><b>A/B VP &amp; C dance ok</b>  <b>C+ acro &amp; D/E restrict</b></p> <p style="text-align: right;"><b>Routine Time 1:15</b></p>
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**Requirements (0.5 Each)**

- Min Full turn 1 foot
- Leap/Jmp ≥180° split
- Acro series & 1-B flt (flt may be incl in series)
- Min A Salto/Aer Dsmt

**Value Parts** A (5) 0.1 / B (2) 0.3

C+ (when restricted)\*      0.5 off SV

SV	
Execution	_____
Artistry	/ 3
Dynamics	/ 2
Sureness	/ 2
Footwork	/ 3
Rhythm Throughout	/ 2

Judge 1 \_\_\_\_\_ Judge 2 \_\_\_\_\_ Neutral Deductions \_\_\_\_\_ Final Score \_\_\_\_\_ *courtesy score 5.0*  
 Score Range 9.50 - 10 0.2 | 9.0 - 9.475 0.5 | 8.0 - 8.975 0.7 | Below 8.0 1.00

Team \_\_\_\_\_ Athlete # \_\_\_\_\_

<p><b>BM</b></p> <p><b>8N</b></p> <p>Warm Up 2:00</p>	<p><b>NCAA Adopted Skill Values</b>                  Straddle pike/split jmp w a 1/4 turn <b>C</b>                  Ring or Stag-ring leap/jump (rear leg @ head) <b>D</b>                  Tourjete ¼ <b>E</b> Switch side leap ¼ <b>E</b>                  Double turn on 1 foot or double wolf turn <b>E</b>                  Salto fwd take off from 1 or 2 legs to a sit <b>D</b>                  Salto bwd lay w step-out <b>D</b>                  Salto 2 ft bwd lay thru vert then pike down to 2 ft <b>D</b></p>	<p><b>Dismount NCAA Adopted Skill Values</b>                  Gainer front lay w 1/1 off side/end <b>C</b>                  Salto fwd tucked or lay w 1 1/2 twist (off 2 ft) <b>D</b>                  Double full twist <b>D</b>                  Gainer salto tucked or lay w 1 1/2 twist to side <b>D</b>                  Gainer salto tucked w 1/1 twist off end <b>D</b>                  Salto fwd lay w 2/1 twist (off two feet) <b>E</b>                  Gainer salto bwd lay w 2/1 or 2 1/2 twist to side <b>E</b></p>	<p><b>Fall Time 0:45</b>                  All mounts = A VP if not in skill chart                  Series awarded regardless of # of attempts</p> <p><b>A/B VP, C dance &amp; 1-C Acro ok</b>                  - lay step out (D) ok as 1-C acro above</p> <p><b>Add 1 C acro &amp; other D/E restricted</b></p> <p style="text-align: right;"><b>Routine Time 1:30</b></p>
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**Requirements (0.5 Each)**

- Min Full turn 1 foot
- Leap/Jmp ≥180° split
- Acro series w min 1 ft
- Min A salto/aer Dsmt

**Value Parts** A (4) 0.1 / B (4) 0.3

C+ (when restricted)\*      0.5 off SV

SV	
Execution	_____
Artistry	/ 3
Dynamics	/ 2
Sureness	/ 2
Footwork	/ 3
Rhythm Throughout	/ 2

Judge 1 \_\_\_\_\_ Judge 2 \_\_\_\_\_ Neutral Deductions \_\_\_\_\_ Final Score \_\_\_\_\_ *courtesy score 5.0*  
 Score Range 9.50 - 10 0.2 | 9.0 - 9.475 0.5 | 8.0 - 8.975 0.7 | Below 8.0 1.00

Team \_\_\_\_\_ Athlete # \_\_\_\_\_

<p><b>BM</b></p> <p><b>DN</b></p> <p>Warm Up 2:00</p>	<p><b>NCAA Adopted Skill Values</b>                  Straddle pike/split jmp w a 1/4 turn <b>C</b>                  Ring or Stag-ring leap/jump (rear leg @ head) <b>D</b>                  Tourjete ¼ <b>E</b> Switch side leap ¼ <b>E</b>                  Double turn on 1 foot or double wolf turn <b>E</b>                  Salto fwd take off from 1 or 2 legs to a sit <b>D</b>                  Salto bwd lay w step-out <b>D</b>                  Salto 2 ft bwd lay thru vert then pike down to 2 ft <b>D</b></p>	<p><b>Dismount NCAA Adopted Skill Values</b>                  Gainer front lay w 1/1 off side/end <b>C</b>                  Salto fwd tucked or lay w 1 1/2 twist (off 2 ft) <b>D</b>                  Double full twist <b>D</b>                  Gainer salto tucked or lay w 1 1/2 twist to side <b>D</b>                  Gainer salto tucked w 1/1 twist off end <b>D</b>                  Salto fwd lay w 2/1 twist (off two feet) <b>E</b>                  Gainer salto bwd lay w 2/1 or 2 1/2 twist to side <b>E</b></p>	<p><b>Fall Time 0:45</b>                  All mounts = A VP if not in skill chart                  Series awarded regardless of # of attempts</p> <p><b>A/B/C VP , D/E dance, 1 D/E acro ok</b>  <b>Add 1 D/E acro VP restricted</b></p> <p style="text-align: right;"><b>Routine Time 1:30</b></p>
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**Requirements (0.5 Each)**

- Min Full turn 1 foot
- Jmp/leap series w ≥180°
- Acro series & 1-B flt (flt may be incl in series)
- Min A salto/aer Dsmt

**Value Parts A (5) 0.1 / B (2) 0.3**

D+ (when restricted)\*      0.5 off SV

SV	
Execution	_____
Artistry	/ 3
Dynamics	/ 2
Sureness	/ 2
Footwork	/ 3
Rhythm Throughout	/ 2

Judge 1 \_\_\_\_\_ Judge 2 \_\_\_\_\_ Neutral Deductions \_\_\_\_\_ Final Score \_\_\_\_\_ *courtesy score 5.0*

Score Range 9.50 - 10 0.2 | 9.0 - 9.475 0.5 | 8.0 - 8.975 0.7 | Below 8.0 1.00

Team \_\_\_\_\_ Athlete # \_\_\_\_\_

<p><b>BM</b></p> <p><b>9N</b></p> <p>Warm Up 2:00</p>	<p><b>NCAA Adopted Dance &amp; Acro Skill VP</b>                  Straddle pike/split jmp w 1/4 turn <b>C</b>                  Ring or Stag-ring leap/jump <b>D</b>                  Tourjete w 1/4 turn <b>E</b>                  Switch side leap w 1/4 turn <b>E</b>                  Double turn on 1 foot <b>E</b>                  Double Wolf turn <b>E</b></p> <p>Fwd salto from 1 or 2 legs to a sit <b>D</b>                  Bwd lay w step-out <b>D</b>                  Bwd lay thru vert then pike down to 2 ft <b>D</b></p>	<p><b>NCAA Adopted Dismounts Skill VP</b>                  Gainer front lay w 1/1 tw off side/end <b>C</b>                  Salto fwd tucked or lay w 1 1/2 twist (off 2 ft) <b>D</b>                  Double full <b>D</b>                  Gainer salto tucked or lay w 1 1/2 twist to side <b>D</b>                  Gainer salto tucked w 1/1 twist off end <b>D</b>                  Salto fwd lay w 2/1 twist (off two feet) <b>E</b>                  Gainer bwd lay w 2/1 or 2 1/2 twist to side <b>E</b></p>	<p><b>Bonus</b>  <b>Acro (ex dsmt):</b> <math>BC^{\text{salto}} +1</math> <math>CC +2</math>  <b>Acro (triple, mt/dsmt ok):</b> <math>BBC +1</math> <math>BCC \pm 3</math>  <i>if triple acro has one C VP (excl dsmt series), receives 0.1 add'l CV</i></p> <p><b>Dance/Mix (ex dsmt):</b> <math>BC +1</math> <math>CC +2</math>  <b>Turn Only:</b> <math>AC +1</math></p> <p><b>Dsmt CV:</b> <math>B^{\text{acro}} + C^{\text{dsmt}} / C^{\text{dance}} + C^{\text{dsmt}} +1</math>  <i>Note: non flt B acro ok for dismount CV</i></p>	<p><b>Bonus Cont'd</b>                  Front aerial / Lay Step out in BHS series*, treat element as C for CV but award DV                  *BHS series incl BHS SO, 2ft, Gainer, or Swing down</p> <p>All mounts = A VP if not in skill chart                  Series awarded regardless of # of attempts  <b>A/B/C VP, D/E dance, 2 D acro or 1E &amp; 1D acro ok, Add'l D/E acro VP restricted</b></p> <p style="text-align: right;"><b>Routine Time 1:30</b></p>
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**Requirements (0.5 Each)**

- Min Full turn 1 foot
- Dance/mix series w  $\geq 180^\circ$
- Acro ser w min 2 B flt
- Dsmt Min B salto/aer or min C acro -> A salto

**VP** A (3) 0.1 / B (4) 0.3 / C (1) 0.5

D+ (when restricted)\* 0.5 off SV

CV (max 0.3) \_\_\_\_\_

DV (max 0.1) \_\_\_\_\_

<b>SV (9.7 base)</b>	
Execution	_____
Artistry	/ 3
Dynamics	/ 2
Sureness	/ 2
Footwork	/ 3
Rhythm Throughout	/ 2

Judge 1 \_\_\_\_\_ Judge 2 \_\_\_\_\_ Neutral Deductions \_\_\_\_\_ Final Score \_\_\_\_\_ *courtesy score 5.0*  
 Score Range 9.50 - 10 0.2 | 9.0 - 9.475 0.5 | 8.0 - 8.975 0.7 | Below 8.0 1.00

Team \_\_\_\_\_ Athlete # \_\_\_\_\_

<p><b>BM</b></p> <p><b>ON</b></p> <p>Warm Up 2:00</p>	<p><b>NCAA Adopted Dance &amp; Acro Skill VP</b>                  Straddle pike/split jmp w 1/4 turn C                  Ring or Stag-ring leap/jump D                  Tourjete w 1/4 turn E                  Switch side leap w 1/4 turn E                  Double turn on 1 foot E                  Double Wolf turn E</p> <p>Fwd salto from 1 or 2 legs to a sit D                  Bwd lay w step-out D                  Bwd lay thru vert then pike down to 2 ft D</p>	<p><b>NCAA Adopted Dismounts Skill VP</b>                  Gainer front lay w 1/1 tw off side/end C                  Salto fwd tucked or lay w 1 1/2 twist (off 2 ft) D                  Double full D                  Gainer salto tucked or lay w 1 1/2 twist to side D                  Gainer salto tucked w 1/1 twist off end D                  Salto fwd lay w 2/1 twist (off two feet) E                  Gainer bwd lay w 2/1 or 2 1/2 twist to side E</p>	<p><b>Connection Bonus</b>  <b>Acro (ex dsmt):</b> AD +1 CC BD +2 DD +3  <b>Acro (triple, mt/dsmt ok):</b> BBC +1 BCC BBD +3  <i>if triple acro has one C VP (excl dsmt series), receives 0.1 add'l CV</i></p> <p><b>Dance/Mix (ex dsmt):</b> AD BC +1 BD CC +2                  CD DD +3</p> <p><b>Turn Only:</b> AC +1</p> <p><b>Dsmt CV:</b> B<sup>acro</sup>+C<sup>dsmt</sup> / C<sup>dance</sup>+C<sup>dsmt</sup> +1  <i>Note: non fll B acro ok for dismount CV</i></p>	<p><b>Bonus Cont'd</b>                  Front aerial / Lay Step out in BHS series*, treat element as C for CV but award DV                  *BHS series incl BHS SO, 2ft, Gainer, or Swing down</p> <p>All mounts = A VP if not in skill chart                  Series awarded regardless of # of attempts                  Add'l E acro bonus given when: E Acro, +0.70 CV+DV &amp; 10.0 SV achieved</p> <p style="text-align: right;"><b>Routine Time 1:30</b></p>
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**UTL If no CV in acro series -> add'l D/E acro or E dance req (incl mt/dsmt). D/E acro dir to dsmt will not fulfill UTL. If series completed but CV not awarded due to fall, no UTL taken**

- **One (1) element MAY fulfill more than one (1) SR unless specified**

**Requirements (0.5 Each)**

- Min Full turn 1 foot
- Dance/mix ser, dance ≥180°
- Acro ser, min 2 ft w C VP
- Dsmt Min C salto/aer

**VP** A (3) 0.1 / B (3) 0.3 / C (2) 0.5

CV (max 0.5) \_\_\_\_\_

DV (max 0.5) \_\_\_\_\_

- E Acro Bonus 0.1

<b>SV (9.4 base, 10+1 max)</b>	
Execution	_____
<b>UTL</b>	0.1
No Bwd Acro	0.1
No Fwd/Swd Acro	0.1
Artistry	/ 3
Dynamics	/ 2
Sureness	/ 2
Footwork	/ 3
Rhythm Throughout	/ 2

Judge 1 \_\_\_\_\_ Judge 2 \_\_\_\_\_ Neutral Deductions \_\_\_\_\_ Final Score \_\_\_\_\_ *courtesy score 5.0*  
 Score Range 9.50 - 10 0.2 | 9.0 - 9.475 0.5 | 8.0 - 8.975 0.7 | Below 8.0 1.00