

Team _____ Athlete # _____

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|---|---|--|---|--|
| <p>UB</p> <p>1N</p> <p>Warm Up 0:30</p> | <p>Mounts - Add'1 A VP (X Skill) Jump to front support Pullover - 1 or 2 feet, w/or w/o run Glide swing to stand Single leg jam from glide or run Run out glide kip</p> | <p>Skills - Add'1 A VP (X Skills) Cast w hips off bar Stride circle fwd/bwd Single leg basket swing to clear support Single leg bent knee swing Bwd pike seat drop (peach basket swing) Cast shoot through Long hang pullover from swing Single leg cut fwd / bwd Tap swing-counterswing Baby Giant (long hang pullover) on LB Fwd hip circle w bent knees</p> | <p>Dsmt - Add'1 A VP (X Skills) Underswing LB (2 VP if preceded by cast) Cast off to stand 3/4 fwd circle to stand Squat on - jump down (2 VP)</p> | <p>Clarifications No cast/in bar circling amp deductions VP/SR awarded if > 1/2 skill completed unassisted before falling Same skill LB & HB = diff elements Cast PLUS any allowable dsmt = 2 A VP Uncharacteristic Movement = 0.3 (all levels)</p> <p>No B+ VP skills No High Bar No Salto dismounts No Extra cast/swing deductions</p> |
|---|---|--|---|--|

Requirements (0.5 Each)

- Mount
- Cast (any angle)
- 360° VP
- Dsmt (No HB/salto)

Value Parts

A (4) 0.1 each

B+ (restricted) 0.5 off SV

| | |
|-----------|-------|
| SV | |
| Execution | _____ |
| Dynamics | / 2 |

Judge 1 _____ Judge 2 _____ ND _____ 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>UB</p> <p>2N/BN</p> <p>Warm Up 0:30</p> | <p>Mounts - Add'1 A VP (X Skill) Jump to front support Pullover - 1 or 2 feet, w/or w/o run Glide swing to stand Single leg jam from glide or run Run out glide kip</p> | <p>Skills - Add'1 A VP (X Skills) Cast w hips off bar Stride circle fwd/bwd Single leg basket swing to clear support Single leg bent knee swing Bwd pike seat drop (peach basket swing) Cast shoot through Long hang pullover from swing Single leg cut fwd / bwd Tap swing-counterswing Baby Giant (long hang pullover) on LB Fwd hip circle w bent knees</p> | <p>Dsmt - Add'1 A VP (X Skills) Underswing LB (2 VP if preceded by cast) Cast off to stand 3/4 fwd circle to stand Squat on - jump down (2 VP)</p> | <p>Clarifications No cast/in bar circling amp deductions VP/SR awarded if > 1/2 skill completed unassisted before falling Same skill LB & HB = diff elements Cast PLUS any allowable dsmt = 2 A VP Uncharacteristic Movement = 0.3 (all levels)</p> <p>No B+ VP skills No High Bar No Salto dismounts No Extra cast/swing deductions</p> |
|--|---|--|---|--|

Requirements (0.5 Each)

- Mount
- Cast (any angle)
- 360° VP
- Dsmt (No HB/salto)

Value Parts

A (5) 0.1 each

B+ (restricted) 0.5 off SV

| | |
|-----------|-------|
| SV | |
| Execution | _____ |
| Dynamics | / 2 |

Judge 1 _____ Judge 2 _____ ND _____ 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>UB</p> <p>SN</p> <p>Warm Up 0:45</p> | <p>Mounts - Add'1 A VP (X Skill) Jump to front support Pullover - 1 or 2 feet, w/or w/o run Glide swing to stand Single leg jam from glide or run Run out glide kip</p> | <p>Skills - Add'1 A VP (X Skills) Cast w hips off bar Stride circle fwd/bwd Single leg basket swing to clear support Single leg bent knee swing Bwd pike seat drop (peach basket swing) Cast shoot through Long hang pullover from swing Single leg cut fwd / bwd Tap swing-counterswing Baby Giant (long hang pullover) on LB Fwd hip circle w bent knees</p> | <p>Dsmt - Add'1 A VP (X Skills) Underswing LB (2 VP if preceded by cast) Tap swing 1/2 turn Cast off to stand 3/4 fwd circle to stand Squat on - jump down (2 VP)</p> | <p>Clarifications No cast/in bar circling amp deductions VP/SR awarded if > 1/2 skill completed unassisted before falling Same skill LB & HB = diff elements Cast PLUS any allowable dsmt = 2 A VP Uncharacteristic Movement = 0.3 (all levels)</p> <p>No B+ VP skills No Salto dismounts No Extra cast/swing deductions</p> |
|---|---|--|---|--|

Requirements (0.5 Each)

- Mount
- Cast (min 45° below hor)
- 360° VP
- Dsmt (no saltos)

Value Parts

A (5) 0.1 each

B+ (restricted) 0.5 off SV

| | |
|-----------|-------|
| SV | |
| Execution | _____ |
| Dynamics | / 2 |


Judge 1 _____ Judge 2 _____ ND _____ 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>UB</p> <p>3N</p> <p>Warm Up 0:45</p> | <p>Mounts - Add'1 A VP (X Skill) Jump to front support Pullover - 1 or 2 feet, w/or w/o run Glide swing to stand Single leg jam from glide or run Run out glide kip</p> | <p>Skills - Add'1 A VP (X Skills) Cast w hips off bar Stride circle fwd/bwd Single leg basket swing to clear support Single leg bent knee swing Bwd pike seat drop (peach basket swing) Cast shoot through Long hang pullover from swing Single leg cut fwd / bwd Tap swing-counterswing Baby Giant (long hang pullover) on LB Fwd hip circle w bent knees</p> | <p>Dsmt - Add'1 A VP (X Skills) Underswing LB (2 VP if preceded by cast) Tap swing 1/2 turn Cast off to stand 3/4 fwd circle to stand Squat on - jump down (2 VP)</p> | <p>Clarifications No cast/in bar circling amp deductions VP/SR awarded if > 1/2 skill completed unassisted before falling Same skill LB & HB = diff elements Cast PLUS any allowable dsmt = 2 A VP Uncharacteristic Movement = 0.3 (all levels)</p> <p>No B⁺ VP skills No Salto dismounts No Extra cast/swing deductions</p> |
|---|---|--|---|---|

Requirements (0.5 Each)

- Mount - glide swing or glide variation
- Cast (min 45° below hor)
- 360°  VP
- Dsmt (no saltos)

Value Parts

A (5) 0.1 each

B+ (restricted)

0.5 off SV

| | |
|-----------|-------|
| SV | |
| Execution | _____ |
| Dynamics | / 2 |

Judge 1 _____ Judge 2 _____ ND _____ 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>UB</p> <p>4N</p> <p>Warm Up 1:00</p> | <p>Mounts - Add'1 A VP (X Skill) Jump to front support Pullover 1 or 2 feet, w/or w/o run Glide swing to stand Single leg jam from glide or run Run out glide kip</p> | <p>Skills - Add'1 A VP (X Skills) Cast w hips off bar Stride circle fwd/bwd Single leg basket swing to clear support Single leg bent knee swing Bwd pike seat drop (peach basket swing) Cast shoot through Long hang pullover from swing Single leg cut fwd / bwd Tap swing-counterswing Baby Giant (long hang pullover) on LB Fwd hip circle w bent knees</p> | <p>Dsmt - Add'1 A VP (X Skills) Underswing LB (2 VP if preceded by cast) Tap swing 1/2 turn Cast off to stand 3/4 fwd circle to stand Squat on - jump down (2 VP)</p> <p>Dismount must be from high bar to receive SR</p> | <p>Clarifications No cast/in bar circling amp deductions VP/SR awarded if > 1/2 skill completed unassisted before falling Same skill LB & HB = diff elements Cast PLUS any allowable dsmt = 2 A VP Uncharacteristic Movement = 0.3 (all levels) Underswing-counterswing will not fulfill SR3</p> <p>No B+ VP skills except in-bar ○ No Extra cast/swing deductions NO</p> |
|---|---|--|--|--|

Requirements (0.5 Each)

- Kip (either bar; run out kip, single/double leg jam ok)
- Cast-BHC (cast ≥20° ↓ hor)
- Tap Swing (hips ≥ 45° ↓ hor)
- 'A' HB Dsmt

Value Parts

A (5) 0.1 each
 B in-bar ○ award as A VP

B+ (if restricted) 0.5 off SV

| | |
|-----------|-------|
| SV | |
| Execution | _____ |
| Dynamics | / 2 |

Judge 1 _____ Judge 2 _____ ND _____ 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>UB</p> <p>GN</p> <p>Warm Up 1:00</p> | <p>Mounts - Add'1 A VP (X Skill) Jump to front support Pullover - 1 or 2 feet, w/or w/o run Glide swing to stand Single leg jam from glide or run Run out glide kip</p> | <p>Skills - Add'1 A VP (X Skills) Cast w hips off bar Stride circle fwd/bwd Single leg basket swing to clear support Single leg bent knee swing Bwd pike seat drop (peach basket swing) Cast shoot through Long hang pullover from swing Single leg cut fwd / bwd Tap swing-counterswing Baby Giant (long hang pullover) on LB Fwd hip circle w bent knees</p> | <p>Dsmt - Add'1 A VP (X Skills) Underswing LB (2 VP if preceded by cast) Tap swing 1/2 turn Cast off to stand 3/4 fwd circle to stand Squat on - jump down (2 VP)</p> <p>Dismount must be from high bar to receive SR</p> | <p>Clarifications No cast/in bar circling amp deductions VP/SR awarded if > 1/2 skill completed unassisted before falling Same skill LB & HB = diff elements Cast PLUS any allowable dsmt = 2 A VP Uncharacteristic Movement = 0.3 (all levels)</p> <p>No B+ VP skills except in-bar <input checked="" type="radio"/> No TWISTING Salto Dismounts Extra cast/swing deductions NO</p> |
|---|---|--|--|--|

Requirements (0.5 Each)

- Squat/Straddle/Stoop on, with or without circle - jump to HB
- Cast/VP min Horiz
- 360° VP
- 'A' HB Dsmt

Value Parts

A (6) 0.1 each
 B in-bar award as A VP

B+ (if restricted) 0.5 off SV

| | |
|-----------|-------|
| SV | |
| Execution | _____ |
| Dynamics | / 2 |

Judge 1 _____ Judge 2 _____ ND _____ 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 style="font-size: 2em; margin: 0;">UB</p> <p style="font-size: 2em; margin: 10px 0 0 0;">5N</p> <p style="margin: 0;">Warm Up 1:00</p> | <p>Clarifications</p> <p>Up to .30 amp ded for in-bar circling skills, plus execution (See Angle Chart, p. 27)</p> <p>Cast amplitude: Each cast ↓ HOR = 0.1 ded plus execution</p> <p>Cast achieves SR but short of 'B' cast, award 'A' value part</p> <p>1 tap swing allowed w/o penalty (no VP). Add'l tap swings 0.3 ded (max 0.5 per occur)</p> <p>Dir change (ex: back hip circle into squat on) is an extra cast deduction, 0.30</p> <p>VP/SR awarded if > 1/2 skill completed unassisted before falling</p> <p>Same skill LB & HB = diff elements, Uncharacteristic Movement = 0.3 (all levels)</p> | <p>A/B VP ok</p> <p>C in-bar ○ HS ok/D Stalder HS ok (award B)</p> <p>Max ½ twist allowed in salto dsmt</p> <p>Swing 1/2 turn + add'l swing prior to FWD flyaway dsmt - no penalty, no VP, yes execution</p> <p>Extra cast/swing deductions YES</p> |
|---|--|---|

Requirements (0.5 Each)

- 360° In-Bar ○ VP to clear support
- Cast Min horiz
- 2nd 360° ○ VP or 2nd cast Min horiz
- 'A' Salto Dsmt HB

Value Parts A (6) 0.1 each
B/C In Bar ○ ok, credit as A VP

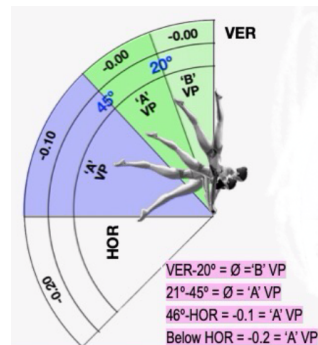
C+ (if restricted) * 0.5 off SV

| | |
|-----------|-------|
| SV | |
| Execution | _____ |
| Dynamics | / 2 |

Judge 1 _____ Judge 2 _____ ND _____ 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>UB</p> <p>6N</p> <p>Warm Up 1:30</p> | <p>Clarifications Cast achieves SR but short of 'B' cast, 'A' VP awarded</p> <p>VP/SR awarded if > 1/2 skill completed unassisted before falling Same skill LB & HB = diff elements No amplitude deduction for 10°-45° from VER on all circling VP Uncharacteristic Movement = 0.3 (all levels)</p> | <p>Casting</p>  | <p>A/B VP ok C in-bar HS ok/D Stalder HS ok (award as B)</p> <p>Max full twist allowed in salto dsmt</p> <p>Swing 1/2 turn + add'l swing prior to FWD flyaway dsmt - no penalty, no VP, yes execution</p> <p>Extra cast/swing deductions YES</p> <p>Circling skill amp deduct apply</p> |
|---|---|---|--|

Requirements (0.5 Each)

- 360° In-Bar **HS** Skil to Clear Supportl
- Cast **↑**horiz
- 2nd **HS** OR 2nd cast **↑**horiz
- Min 'A' HB Salto Dsmt (max full twist ok)

Value Parts A (5) 0.1 / B (1) 0.3
C+ in-bar **HS** award as B VP

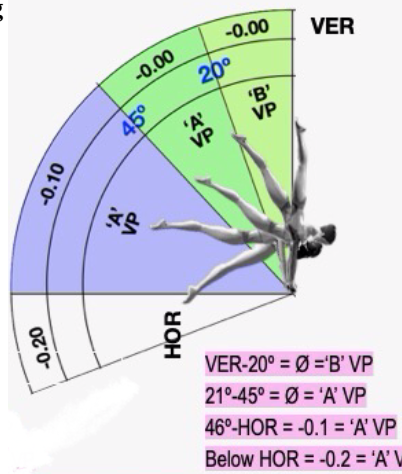
C+ (if restricted) 0.5 off SV

| | |
|-----------|-------|
| SV | |
| Execution | _____ |
| Dynamics | / 2 |

Judge 1 _____ Judge 2 _____ ND _____ 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>UB</p> <p>PN</p> <p>Warm Up 1:30</p> | <p>Clarifications</p> <p>Cast amplitude: Each cast 46° - Horizontal = <u>0.10</u> deduction</p> <p>Cast amplitude: Each cast ↓ Horizontal = <u>0.2</u> deduction</p> <p>Cast achieves SR but short of 'B' cast, award 'A' value part.</p> <p>1 tap swing allowed w/o penalty (no VP). Add'l tap swings <u>0.3</u> deduction (max 0.5 per occur)</p> <p>Dir change (ex: back hip circle into squat on) is an extra cast ded, 0.30</p> <p>VP/SR awarded if > 1/2 skill completed unassisted before falling</p> <p>Same skill LB & HB = diff elements</p> <p>No amplitude deduction for 10°-45° from VER on all circling VP</p> <p>Uncharacteristic Movement = 0.3 (all levels)</p> | <p>Casting</p>  <p>VER-20° = Ø = 'B' VP 21°-45° = Ø = 'A' VP 46°-HOR = -0.1 = 'A' VP Below HOR = -0.2 = 'A' VP</p> | <p>A/B VP ok</p> <p>C in-bar ○ HS ok/D Stalder HS ok (award as B)</p> <p>Salto dsmt not required</p> <p>Swing 1/2 turn + add'l swing prior to FWD flyaway dsmt - no penalty, no VP, yes execution</p> <p>Extra cast/swing deductions YES</p> <p>Circling skill amp deduct apply</p> |
|---|---|---|---|

Requirements (0.5 Each)

- Glide kip or Kip variation (no run out glide) - LB or HB
- Cast/VP w clr support ↑ hor
- Min 'B' 360° Circle VP
- Min 'A' HB Dsmt

Value Parts A (6) 0.1 / B (1) 0.3
 C+ in-bar ○ HS award as B VP

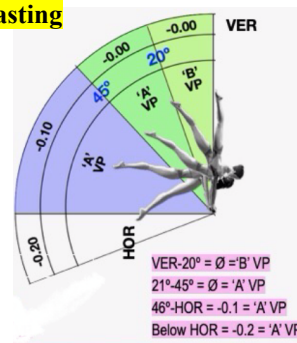
C+ (if restricted) 0.5 off SV

| | |
|-----------|-------|
| SV | |
| Execution | _____ |
| Dynamics | / 2 |

Judge 1 _____ Judge 2 _____ ND _____ 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>UB</p> <p>7N</p> <p>Warm Up 1:30</p> | <p>NCAA Adopted Skill Values:</p> <p>Uprise backward to handstand on HB with 1/2 turn D</p> <p>1 1/2 pirouette (turn is in handstand, not a Healy) E</p> <p>Toe on front pike w 1/2 twist dismount D</p> <p>Stalder or clear support front tuck or pike w 1/2 twist dismount D</p> <p>Flyaway double full D Double tuck flyaway w 1/2 twist E</p> <p>Front Flyaway 1 1/2 dismount D</p> <p>Front Flyaway 2/1 Twist dismount E</p> <p>Stalder fwd/bwd to HS w or w/o 1/2 turn D</p> <p>Stalder fwd/bwd to HS w full turn E</p> | <p>Casting</p>  | <p>A/B VP ok</p> <p>C Cast HS 1/2 Pirouette ok (award as B)</p> <p>C in-bar ○ HS ok/D Stalder HS ok (award as B)</p> <p>Swing 1/2 turn + add'l swing prior to FWD flyaway dsmt - no penalty, no VP, yes execution</p> <p>Award VP/SR if > 1/2 skill completed unassisted before falling</p> <p>Uncharacteristic Movement = 0.3 (all levels)</p> <p>Same skill LB & HB = diff elements</p> <p>No amp deduction for 10°-45° from VER on all circling VP</p> <p>Extra cast/swing deductions YES</p> |
|---|--|--|--|

Requirements (0.5 Each)

- 'B' 360° In Bar ○
- Cast ≥45° ↑ horiz
- 2nd ○ min 'B'
- Min 'A' HB Salto Dsmt

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

C+ (if restricted) 0.5 off SV

| | |
|-----------|-------|
| SV | |
| Execution | _____ |
| Dynamics | / 2 |

Judge 1 _____ Judge 2 _____ ND _____ 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>UB</p> <p>8N</p> <p>Warm Up 2:00</p> | <p>Clarifications Award VP/SR if > ½ skill complete unassisted before falling</p> <p>Same skill LB & HB = diff elements Uncharacteristic Movement = 0.3 No amp ded for 10°-45° from VER on all circling VP</p> | <p>NCAA Adopted Skill Values Uprise backward to handstand on HB with 1/2 turn D 1 1/2 pirouette (turn is in handstand, not a Healy) E Toe on front pike w ½ twist dismount D Stalder or clear support front tuck or pike w ½ twist dismount D Flyaway double full D Double tuck flyaway w ½ twist E Front Flyaway 1 1/2 dismount D Front Flyaway 2/1 Twist dismount E Stalder fwd/bwd to HS w or w/o ½ turn D Stalder fwd/bwd to HS w full turn E</p> | <p>A/B VP ok</p> <p>Max 2 C VP allowed in addition to:</p> <ul style="list-style-type: none"> • C Cast HS ½ Pirouette ok (award as B) • C in-bar ○ HS ok (award as B) • D Stalder HS ok (award as B) <p>Extra cast/swing deductions YES NO Cast amplitude deduction prior to bail</p> |
|---|--|--|---|

Requirements (0.5 Each)

- Min 'B' 360° In Bar ○
- Min 'B' turn / flight
- Circle to / pass thru HS
- Min 'A' HB Salto Dsmt

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

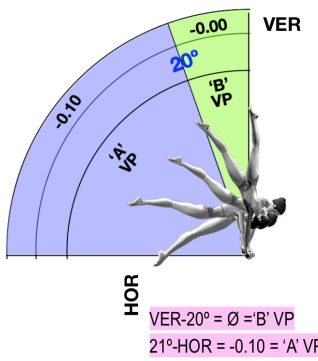
C+ (if restricted) 0.5 off SV

| | |
|-----------|-------|
| SV | |
| Execution | _____ |
| Dynamics | / 2 |


Judge 1 _____ Judge 2 _____ ND _____ 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>UB</p> <p>DN</p> <p>Warm Up 2:00</p> | <p>Clarifications Award VP/SR if > ½ skill completed unassisted before falling</p> <p>Same skill LB & HB = diff elements</p> <p>Uncharacteristic Movement = 0.3</p> | <p>NCAA Adopted Skill Values Uprise backward to handstand on HB with 1/2 turn D 1 1/2 pirouette (turn is in handstand, not a Healy) E Toe on front pike w ½ twist dismount D Stalder or clear support front tuck or pike w ½ twist dismount D Flyaway double full D Double tuck flyaway w ½ twist E Front Flyaway 1 1/2 dismount D Front Flyaway 2/1 Twist dismount E Stalder fwd/bwd to HS w or w/o ½ turn D Stalder fwd/bwd to HS w full turn E</p> | <p>Casting</p>  | <p>A/B/C VP ok</p> <p>Max 1 D/E VP allowed in addition to:</p> <ul style="list-style-type: none"> D Stalder HS ok (award as B) <p>Extra cast/swing deductions YES</p> <p>Circling skill amp deduct apply</p> |
|---|---|--|---|--|

Requirements (0.5 Each)

- Min 'B' 360° in bar 
- Cast or Circle VP, Min 45° from Vertical
- Add 1 'B' VP
- Min 'A' HB Salto Dsmt

Value Parts A (5) 0.1 / B (2) 0.3
Allowable C+ VP award as B VP

D+ (if restricted) 0.5 off SV

| | |
|-----------|-------|
| SV | |
| Execution | _____ |
| Dynamics | / 2 |

Judge 1 _____ Judge 2 _____ ND _____ 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>UB</p> <p>9N</p> <p>Warm Up 2:30</p> | <p>Clarifications Award VP/SR if > 1/2 skill completed unassisted before falling Same skill LB & HB = diff elements Uncharacteristic Movement = 0.3 CV Bonus: +0.1 C-C one element w turn or flight +0.1 2 diff 3/6/7 elements +0.2 C-C each with turn or flight EXCEPTION +0.2 Stalder HS (D) + Stalder HS (D)</p> | <p>NCAA Adopted Skill Values Uprise backward to handstand on HB with 1/2 turn D 1 1/2 pirouette (turn is in handstand, not a Healy) E Toe on front pike w 1/2 twist dismount D Stalder or clear support front tuck or pike w 1/2 twist dismount D Flyaway double full D Double tuck flyaway w 1/2 twist E Front Flyaway 1 1/2 dismount D Front Flyaway 2/1 Twist dismount E Stalder fwd/bwd to HS w or w/o 1/2 turn D Stalder fwd/bwd to HS w full turn E</p> | <p>A/B/C VP ok</p> <p>Max 1-D & 1-E or 2-D VP allowed in addition to:</p> <ul style="list-style-type: none"> D Stalder HS ok (award as C) <p>Extra cast/swing deductions YES</p> |
|---|---|--|---|

Requirements (0.5 Each)

- Min 'B' 360° In Bar ○
- Min 'B' Flight
- Min 'B' LA Turn
- Min 'B' HB Salto Dsmt

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) _____

| | |
|------------------------------|-------|
| SV (9.7 base, max 10) | |
| Execution | _____ |
| Dynamics | / 2 |

Judge 1 _____ Judge 2 _____ ND _____ Final Score _____ *courtesy score 5.0*

Team _____ Athlete # _____

| | | | |
|---|--|---|---|
| <p>UB</p> <p>ON</p> <p>Warm Up 2:30</p> | <p>Clarifications Award VP/SR if completes > 1/2 of the skill unassisted before falling Same skill LB & HB = diff elements B release HB->LB upgraded to C if directly follows D/E release on HB UTL/Comp (must fulfill 1 & 2 below, or flat 0.1 deduction applied): 1 - Sing bar release min D OR E release OR min 2 D releases OR min 2 E skills AND 2 - D dsmt OR C dsmt in bonus combination</p> | <p>CV Bonus: +0.1 2 diff 3/6/7 elements +0.1 C-C each with turn or flight +0.1 C-D/E +0.2 D/E-D/E</p> <p>Single bar D release or any E release +1 DV</p> <p><i>Add 1 E bonus given when: E VP, +0.70 CV+DV & 10.0 SV achieved</i></p> | <p>NCAA Adopted Skill Values Uprise backward to handstand on HB with 1/2 turn D 1 1/2 pirouette (turn is in handstand, not a Healy) E Toe on front pike w 1/2 twist dismount D Stalder / clear support front tuck or pike w 1/2 twist dismount D Flyaway double full D Double tuck flyaway w 1/2 twist E Front Flyaway 1 1/2 dismount D Front Flyaway 2/1 Twist dismount E Stalder fwd/bwd to HS w or w/o 1/2 turn D Stalder fwd/bwd to HS w full turn E</p> |
|---|--|---|---|

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

Requirements (0.5 Each)

- Min 2 bar changes
- Min 2 flights (2 'C' or 1 'D' & 1 'B')
- Min 'C' w LA Turn
- Min 'C' HB Salto Dsmt

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

CV (max 0.5) _____

DV (max 0.5) _____

'E' Bonus +1

SV (9.4 base, 10+1 max)

UTL 0.1

| | |
|-----------|-------|
| Execution | _____ |
| Dynamics | / 2 |

Judge 1 _____ Judge 2 _____ ND _____ 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