

Section 1

LEVEL REQUIREMENTS—L1N-L2N/BN



LEVEL 1N				
4 years & up		SV: 10.0	Bonus—None	
VAULT				
Run—Stretch Jump			<input checked="" type="checkbox"/> Raised surface	
• Accelerated run evaluated			<input checked="" type="checkbox"/> Min 8" - Max 24"	
• Speed thru out evaluated			<input checked="" type="checkbox"/> Yes—Alternate Tramp Board	
• Board lean evaluated				
• Landing evaluated				
UNEVEN BARS				
Allow	VP	W up time = 30s	Rules	
<input checked="" type="checkbox"/> X	4	1. Mount	<input checked="" type="checkbox"/> No—HB	
<input checked="" type="checkbox"/> A		2. Cast	<input checked="" type="checkbox"/> Yes—X-Skills = A	
<input type="checkbox"/> B		• No required angle	<input checked="" type="checkbox"/> Yes—A VP	
<input type="checkbox"/> C		3. 360° Circle VP	<input checked="" type="checkbox"/> No—B VP	
<input type="checkbox"/> D		4. Dismount	<input checked="" type="checkbox"/> No—Salto Dismount	
<input type="checkbox"/> E				
BALANCE BEAM				
Allow	VP	W up time = 30s	Routine time = 30s	Rules
<input checked="" type="checkbox"/> X	4	1. Pivot	OR	<input checked="" type="checkbox"/> Yes—X-Skills = A
<input checked="" type="checkbox"/> A				<input checked="" type="checkbox"/> Yes—A Acro Non-Flight
<input type="checkbox"/> B		1. Squat turn		<input checked="" type="checkbox"/> No—B Acro Non-Flight
<input type="checkbox"/> C		2. Stretch Jump		<input checked="" type="checkbox"/> No—Acro Flight
<input type="checkbox"/> D		3. 1-leg balance—2s hold required		<input checked="" type="checkbox"/> No—B Dance
<input type="checkbox"/> E		• Optional free leg position		<input checked="" type="checkbox"/> No—Salto/Aerial Dismount
		4. Dismount		
FLOOR EXERCISE				
Allow	VP	W up time = 30s	Routine time = 45s	Rules
<input checked="" type="checkbox"/> X	4	1. Dance Combo—Min (2) Leaps / Jumps	OR	<input checked="" type="checkbox"/> Yes—X-Skills = A
<input checked="" type="checkbox"/> A		• No Min Split required		<input checked="" type="checkbox"/> Yes—A Acro Non-Flight
<input type="checkbox"/> B		• Direct / Indirect		<input checked="" type="checkbox"/> No—B Acro Non-Flight
<input type="checkbox"/> C		2. Acro VP—BWD roll		<input checked="" type="checkbox"/> Yes—(1) A Acro Flight
<input type="checkbox"/> D		• Isolated / Series		<input checked="" type="checkbox"/> No—Salto/Aerial
<input type="checkbox"/> E		OR		<input checked="" type="checkbox"/> No—B Dance
		2. Acro VP—Candlestick		
		• Isolated / Series		
		3. Min 1/2 (180°) turn—1-foot		
		OR		
		3. Pivot turn		
		4. Acro VP—Min 3/4 HS—No hold required		
		• Feet must contact At / Above 45°		

LEVEL 2N / BRONZE (BN)				
4 years & up		SV: 10.0	Bonus—None	
VAULT				
Run—Jump HS—Fall flat back			<input checked="" type="checkbox"/> Raised surface <input checked="" type="checkbox"/> Min 16" - Max 48" <input checked="" type="checkbox"/> Yes—Alternate Tramp Board	
<ul style="list-style-type: none">• Accelerated run evaluated• Speed thru out evaluated• Board lean evaluated• Landing evaluated• “Feet First” VOID deduction does not apply				
UNEVEN BARS				
Allow	VP	W up time = 30s		Rules
<input checked="" type="checkbox"/> X	5	1. Mount		<input checked="" type="checkbox"/> No—HB
<input checked="" type="checkbox"/> A		2. Cast		<input checked="" type="checkbox"/> Yes—X-Skills = A
<input type="checkbox"/> B		• No required angle		<input checked="" type="checkbox"/> Yes—A VP
<input type="checkbox"/> C		3. 360° Circle VP		<input checked="" type="checkbox"/> No—B VP
<input type="checkbox"/> D		4. Dismount		<input checked="" type="checkbox"/> No—Salto Dismount
<input type="checkbox"/> E				
BALANCE BEAM				
Allow	VP	W up time = 30s	Routine time = 35s	Rules
<input checked="" type="checkbox"/> X	5	1. 1/2 (180°) turn—1-foot		<input checked="" type="checkbox"/> Yes—X-Skills = A
<input checked="" type="checkbox"/> A		2. Leap / Jump—No Min Split required		<input checked="" type="checkbox"/> Yes—A Acro Non-Flight
<input checked="" type="checkbox"/> B*		• Isolated / Series		<input checked="" type="checkbox"/> No—B Acro Non-Flight
<input type="checkbox"/> C		3. Acro VP—Handstand		<input checked="" type="checkbox"/> No—Acro Flight
<input type="checkbox"/> D		• LEAD leg Min 45° from VER		<input checked="" type="checkbox"/> Yes—B Split Jumps / Leaps = A
<input type="checkbox"/> E		• 2nd leg height optional		<input checked="" type="checkbox"/> No—Salto/Aerial Dismount
		• Must leave BM for VP		
		4. Dismount		
FLOOR EXERCISE				
Allow	VP	W up time = 30s	Routine time = 45s	Rules
<input checked="" type="checkbox"/> X	5	1. Dance Combo—Min (2) Leaps / Jumps		<input checked="" type="checkbox"/> Yes—X-Skills = A
<input checked="" type="checkbox"/> A		• (1) Min 60° split		<input checked="" type="checkbox"/> Yes—A Acro Non-Flight
<input type="checkbox"/> B		• Direct / Indirect		<input checked="" type="checkbox"/> No—B Acro Non-Flight
<input type="checkbox"/> C		2. Acro VP—Handstand—No hold required		<input checked="" type="checkbox"/> Yes—(2) A Acro Flight
<input type="checkbox"/> D		• Between 45°-VER		<input checked="" type="checkbox"/> No—Salto/Aerial
<input type="checkbox"/> E		• Mark feet together		<input checked="" type="checkbox"/> No—B Dance
		3. Min 1/2 (180°) turn—1-foot		
		4. Acro VP—Cartwheel		
		• Isolated / Series		

Section 1

LEVEL REQUIREMENTS—LSN-L3N



LEVEL SILVER (SN)

5 years & up

SV: 10.0

Bonus—None

VAULT

Run—Jump HS—Fall flat back (SV = 9.50)

- “Feet First” VOID deduction does not apply

OR

Run—FHS

Run— $\frac{1}{4}$ - $\frac{1}{2}$ on, Repulsion off

- Accelerated run evaluated
- Speed thru out evaluated
- Board lean evaluated
- Landing evaluated

- ☒ Raised surface
- ☒ Min 24" - Max 56"
- ☒ Yes—Alternate Tramp Board
- ☒ Over Resi
- ☒ Min 24" - Max 56"
- ☒ Yes—Alternate Tramp Board

UNEVEN BARS

Allow	VP	W up time = 45s	Rules
<input checked="" type="checkbox"/> X	5	1. Mount	<input checked="" type="checkbox"/> Yes—HB
<input checked="" type="checkbox"/> A		2. Cast	<input checked="" type="checkbox"/> Yes—X-Skills = A
<input type="checkbox"/> B		• 45° Min below HOR	<input checked="" type="checkbox"/> Yes—A VP
<input type="checkbox"/> C		3. 360° Circle VP	<input checked="" type="checkbox"/> No—B VP
<input type="checkbox"/> D		4. Dismount	<input checked="" type="checkbox"/> No—Salto Dismount
<input type="checkbox"/> E			

BALANCE BEAM

Allow	VP	W up time = 45s	Routine time = :45s	Rules
<input checked="" type="checkbox"/> X	5	1. Min 1/2 (180°) turn 1-foot	<input checked="" type="checkbox"/> Yes—X-Skills = A	
<input checked="" type="checkbox"/> A		2. Leap / Jump—No Min Split required	<input checked="" type="checkbox"/> Yes—A Acro Non-Flight	
<input checked="" type="checkbox"/> B*		• Isolated / Series	<input checked="" type="checkbox"/> No—B Acro Non-Flight	
<input type="checkbox"/> C		3. Acro VP—A Acro Non Flight	<input checked="" type="checkbox"/> No—Acro Flight	
<input type="checkbox"/> D		• No X-skill lever	<input checked="" type="checkbox"/> Yes—B Split Leaps/Jumps = A	
<input type="checkbox"/> E		4. A Dismount	<input checked="" type="checkbox"/> Yes—A Salto/Aerial Dismount	
		• No Jumps	(allowed, not required)	

FLOOR EXERCISE

Allow	VP	W up time = 45s	Routine time = 1:00m	Rules
<input checked="" type="checkbox"/> X	5	1. Dance Combo—Min (2) Leaps / Jumps	<input checked="" type="checkbox"/> Yes—X-Skills = A	
<input checked="" type="checkbox"/> A		• No Min Split required	<input checked="" type="checkbox"/> Yes—A Acro Non-Flight	
<input type="checkbox"/> B		• Direct / Indirect	<input checked="" type="checkbox"/> No—B Acro Non-Flight	
<input type="checkbox"/> C		2. Acro pass—Min (2) A Acro VP	<input checked="" type="checkbox"/> Yes—A Acro Flight	
<input type="checkbox"/> D		• Direct	<input checked="" type="checkbox"/> No—B Acro Flight	
<input type="checkbox"/> E		3. 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> Yes—(1) A Salto/Aerial	
		4. Acro VP—(1) A Acro Flight	<input checked="" type="checkbox"/> Yes—B Dance = A	
		• Isolated / Series	<input checked="" type="checkbox"/> SR4 separate from SR2	

LEVEL 3N

6 years & up

SV: 10.0

Bonus—None

VAULT

Run—FHS

Run— $\frac{1}{4}$ - $\frac{1}{2}$ on, Repulsion off

- Accelerated run evaluated
- Speed thru out evaluated
- Board lean evaluated
- Landing evaluated

- ☒ Over Resi
- ☒ Min 24" - Max 56"
- ☒ Yes—Alternate Tramp Board

UNEVEN BARS

Allow	VP	W up time = 45s	Rules
<input checked="" type="checkbox"/> X	5	1. Mount—Glide swing or glide variation	<input checked="" type="checkbox"/> Yes—HB
<input checked="" type="checkbox"/> A		2. Cast	<input checked="" type="checkbox"/> Yes—X-Skills = A
<input type="checkbox"/> B		• 45° Min below HOR	<input checked="" type="checkbox"/> Yes—A VP
<input type="checkbox"/> C		3. 360° Circle VP	<input checked="" type="checkbox"/> No—B VP
<input type="checkbox"/> D		4. Dismount	<input checked="" type="checkbox"/> No—Salto Dismount
<input type="checkbox"/> E			

BALANCE BEAM

Allow	VP	W up time = 45s	Routine time = 45s	Rules
<input checked="" type="checkbox"/> X	5	1. Min 1/2 (180°) turn 1-foot	<input checked="" type="checkbox"/> Yes—X-Skills = A	
<input checked="" type="checkbox"/> A		2. Leap / Jump—Min. 60° split	<input checked="" type="checkbox"/> Yes—A Acro Non-Flight	
<input checked="" type="checkbox"/> B*		• Isolated / Series	<input checked="" type="checkbox"/> No—B Acro Non-Flight	
<input type="checkbox"/> C		3. Acro VP—Moves Thru / Achieves VER	<input checked="" type="checkbox"/> No—Acro Flight	
<input type="checkbox"/> D		• If HS—No hold required	<input checked="" type="checkbox"/> Yes—B Split Leaps/Jumps = A	
<input type="checkbox"/> E		• Must mark VER w legs joined	<input checked="" type="checkbox"/> Yes—A Salto/Aerial Dismount	
		4. A Dismount	(allowed, not required)	
		• No Jumps		

FLOOR EXERCISE

Allow	VP	W up time = 45s	Routine time = 1:00m	Rules
<input checked="" type="checkbox"/> X	5	1. Dance Combo—Min (2) Leaps / Jumps	<input checked="" type="checkbox"/> Yes—X-Skills = A	
<input checked="" type="checkbox"/> A		• (1) Min 90° split	<input checked="" type="checkbox"/> Yes—A Acro Non-Flight	
<input type="checkbox"/> B		• Direct / Indirect	<input checked="" type="checkbox"/> No—B Acro Non-Flight	
<input type="checkbox"/> C		2. Acro pass—Min (2) 'A' Acro VP	<input checked="" type="checkbox"/> Yes—A Acro Flight	
<input type="checkbox"/> D		• (1) Must be a Round off	<input checked="" type="checkbox"/> No—B Acro Flight	
<input type="checkbox"/> E		3. 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> Yes—(1) A Salto/Aerial	
		4. Acro VP—Contain / Pass thru Bridge	<input checked="" type="checkbox"/> No—B Dance	
		OR	<input checked="" type="checkbox"/> HS not thru VER, cannot fulfill SR4	
		4. Acro VP—BWD Ext. Roll HS thru VER	<input checked="" type="checkbox"/> SR4 separate from SR2	
		• Isolated / Series		

Section 1

LEVEL REQUIREMENTS—L4N-LGN



LEVEL 4N

6 years & up		SV: 10.0	Bonus—None
VAULT			
Run—FHS			<input checked="" type="checkbox"/> Over Resi
Run— $\frac{1}{4}$ - $\frac{1}{2}$ on, Repulsion off			<input checked="" type="checkbox"/> Min 24" - Max 56"
Run—RO—BHS			<input checked="" type="checkbox"/> No Alternate Tramp Board
• Speed thru out evaluated			
• Landing evaluated			
UNEVEN BARS			
Allow	VP	W up time = 1:00s	Rules
<input checked="" type="checkbox"/> X	5	1. Glide Kip-LB	<input checked="" type="checkbox"/> Yes—HB
<input checked="" type="checkbox"/> A		OR	<input checked="" type="checkbox"/> Yes—X-Skills = A
<input checked="" type="checkbox"/> B*		1. Long Hang Kip-HB	<input checked="" type="checkbox"/> Yes—A VP
<input type="checkbox"/> C		2. Cast—BWD Hip Circle	<input checked="" type="checkbox"/> No—B VP
<input type="checkbox"/> D		• Cast Min 20° below HOR	<input checked="" type="checkbox"/> Yes—B In bar Circles = A
<input type="checkbox"/> E		3. Tap swing	<input checked="" type="checkbox"/> Yes—A Salto Dismount
		• Hips Min 45° below HB-both sides	(allowed, not required)
		4. A HB Dismount	
BALANCE BEAM			
Allow	VP	W up time = 1:00s	Routine time = 1:00m
<input checked="" type="checkbox"/> X*	5	1. Min 1/2 (180°) turn 1-foot	<input checked="" type="checkbox"/> Yes—A Acro Non-Flight
<input checked="" type="checkbox"/> A		2. Leap / Jump—Min. 90° split	<input checked="" type="checkbox"/> Yes—B Acro Non-Flight = A
<input checked="" type="checkbox"/> B*		• Isolated / Series	<input checked="" type="checkbox"/> No—Acro Flight
<input type="checkbox"/> C		3. Acro VP—Move Thru / Achieve VER	<input checked="" type="checkbox"/> Yes—B Dance = A
<input type="checkbox"/> D		• If HS = no hold required	<input checked="" type="checkbox"/> Yes—A Salto/Aerial Dismount
<input type="checkbox"/> E		• Exclude Mount / Dismount	(allowed, not required)
		4. A Dismount	
FLOOR EXERCISE			
Allow	VP	W up time = 1:00s	Routine time = 1:00m
<input type="checkbox"/> X	5	1. Dance Combo—Min (2) Leaps / Jumps	<input checked="" type="checkbox"/> Yes—A Acro Non-Flight
<input checked="" type="checkbox"/> A		• (1) Min 90° split	<input checked="" type="checkbox"/> Yes—B Acro Non-Flight = A
<input checked="" type="checkbox"/> B*		• Direct / Indirect	<input checked="" type="checkbox"/> Yes—A Acro Flight
<input type="checkbox"/> C		2. Acro Pass—Min (2) A Acro Flight	<input checked="" type="checkbox"/> Yes—B Acro Flight = A
<input type="checkbox"/> D		• Direct	<input checked="" type="checkbox"/> Yes—A Salto/Aerial
<input type="checkbox"/> E		3. Min 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> No—B Salto/Aerial
		4. Acro Pass—Min (2) Acro Flight	<input checked="" type="checkbox"/> Yes—B Dance = A
		• Direct	<input checked="" type="checkbox"/> SR4 separate from SR2
		OR	
		4. Isolated FWD Salto	

LEVEL GOLD (GN)

6 years & up		SV: 10.0	Bonus
VAULT			
Run—FHS			<input checked="" type="checkbox"/> Over Table
Run— $\frac{1}{2}$ on ($\frac{1}{4}$ — $\frac{1}{4}$) on, Repulsion off			<input checked="" type="checkbox"/> Max 135 cm—
• 9.5 SV - Alternate Tramp Board			Manufacturer setting
• Speed thru out evaluated			
• Landing evaluated			
UNEVEN BARS			
Allow	VP	W up time = 1:00m	Rules
<input checked="" type="checkbox"/> X	6	1. Squat / Straddle / Stoop on ► jump to HB	<input checked="" type="checkbox"/> Yes—HB
<input checked="" type="checkbox"/> A		OR	<input checked="" type="checkbox"/> Yes—X-Skills = A
<input checked="" type="checkbox"/> B*		1. Squat / Straddle / Stoop Circle ► jump to HB	<input checked="" type="checkbox"/> Yes—A VP
<input type="checkbox"/> C		• FWD / BWD	<input checked="" type="checkbox"/> No—B VP
<input type="checkbox"/> D		2. Cast or VP—Min HOR	<input checked="" type="checkbox"/> Yes—B In bar Circles = A
<input type="checkbox"/> E		3. 360° Circle VP	<input checked="" type="checkbox"/> Yes—A Salto Dismount
		4. A HB Dismount	(allowed, not required)
BALANCE BEAM			
Allow	VP	W up time = 1:00m	Routine time = 1:00m
<input checked="" type="checkbox"/> X*	6	1. Min 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> Yes—A Acro Non-Flight
<input checked="" type="checkbox"/> A		2. Leap/Jump—Min 90° split	<input checked="" type="checkbox"/> Yes—B Acro Non-Flight = A
<input checked="" type="checkbox"/> B*		• Isolated / Series	<input checked="" type="checkbox"/> Yes—B Acro Flight = A
<input type="checkbox"/> C		3. Acro VP—(2) Acro—(1) thru VER	<input checked="" type="checkbox"/> Yes—B Dance = A
<input type="checkbox"/> D		• Isolated / Series	<input checked="" type="checkbox"/> Yes—A Salto/Aerial Dis
<input type="checkbox"/> E		4. A Dismount	(allowed, not required)
FLOOR EXERCISE			
Allow	VP	W up time = 1:00m	Routine time = 1:00m
<input type="checkbox"/> X	6	1. Dance Combo—Min (2) Leaps / Jumps	<input checked="" type="checkbox"/> Yes—A Acro Non-Flight
<input checked="" type="checkbox"/> A		• (1) Min 120° split	<input checked="" type="checkbox"/> Yes—B Acro Non-Flight
<input checked="" type="checkbox"/> B*		• Direct / Indirect	<input checked="" type="checkbox"/> Yes—A Acro Flight
<input type="checkbox"/> C		2. Acro pass—Min (2) A Acro Flight	<input checked="" type="checkbox"/> Yes—B Acro Flight = A
<input type="checkbox"/> D		• Direct	<input checked="" type="checkbox"/> Yes—A Salto/Aerial
<input type="checkbox"/> E		3. Min 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> Yes—B Salto, no twist = A
		4. Acro VP—Flight / Salto / Aerial	<input checked="" type="checkbox"/> Yes—B Aerial = A
		• Isolated / Series	<input checked="" type="checkbox"/> Yes—B Dance = A
			<input checked="" type="checkbox"/> SR4 separate from SR2

Section 1

LEVEL REQUIREMENTS—L5N-L6N



LEVEL 5N				LEVEL 6N			
6 years & up		SV: 10.0	Bonus—None	6 years & up		SV: 10.0	Bonus—None
VAULT				VAULT			
FHS			<input checked="" type="checkbox"/> Up to Resi—No Table	FHS			<input checked="" type="checkbox"/> Over table
$\frac{1}{2}$ on ($\frac{1}{4}$ — $\frac{1}{4}$)			<input checked="" type="checkbox"/> Min 24" - Max 56"	$\frac{1}{2}$ on ($\frac{1}{4}$ — $\frac{1}{4}$)			<input checked="" type="checkbox"/> Mat stack—Min 32" - Max 64"
RO Entry-FF			<input checked="" type="checkbox"/> No—Alternate Tramp Board	RO Entry-FF			<input checked="" type="checkbox"/> Max 135 cm—
• Speed thru out evaluated				• Evaluation stops w foot/back contact			Manufacturer setting
• Evaluation stops w foot/back touch (may miss feet and go to back)				• Not required to touch feet prior to landing on back			<input checked="" type="checkbox"/> Pit Pillow top mat allowed
• FHS MUST touch feet				• FHS MUST touch feet			
UNEVEN BARS				UNEVEN BARS			
Allow	VP	W up time = 1:00m	Rules	Allow	VP	W up time = 1:30m	Rules
<input type="checkbox"/> X		1. 360° In Bar Circle VP	<input checked="" type="checkbox"/> Yes—HB	<input type="checkbox"/> X		1. 360° In Bar Circle VP	<input checked="" type="checkbox"/> Yes—A VP
<input checked="" type="checkbox"/> A	6	• Clear / Stalder / Pike Sole	<input checked="" type="checkbox"/> No—X-Skills	<input checked="" type="checkbox"/> A	5	• Clear / Stalder / Pike Sole	<input checked="" type="checkbox"/> Yes—B VP
<input checked="" type="checkbox"/> B*		• Finish clear support, any angle	<input checked="" type="checkbox"/> Yes—A VP	<input checked="" type="checkbox"/> B	1	• Finish clear support, any angle	<input checked="" type="checkbox"/> Yes—C Circle HS = B
<input checked="" type="checkbox"/> C*		2. Cast—Min HOR	<input checked="" type="checkbox"/> Yes—B In-bar circles = A	<input checked="" type="checkbox"/> C*		2. Cast—Above HOR	<input checked="" type="checkbox"/> Yes—D Stalder HS = B
<input checked="" type="checkbox"/> D*		3. 2nd 360° Circle VP	<input checked="" type="checkbox"/> Yes—C Circle HS = A	<input checked="" type="checkbox"/> D*		3. 2nd Circle VP	<input checked="" type="checkbox"/> Yes—Max B Salto Dismount, \uparrow 1/1
<input type="checkbox"/> E		OR	<input checked="" type="checkbox"/> (1) tap swing allowed	<input type="checkbox"/> E		OR	twist
		3. 2nd Cast—Min HOR	no penalty, no VP			3. 2nd Cast—Above HOR	
		4. A HB Salto Dismount	<input checked="" type="checkbox"/> Yes—Salto Dismount			4. Min A HB Salto Dismount	
BALANCE BEAM				BALANCE BEAM			
Allow	VP	W up time = 1:00m Routine time = 1:00m	Rules	Allow	VP	W up time = 1:30m Routine time = 1:15m	Rules
<input type="checkbox"/> X		1. Min 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> Yes—Acro Non-Flight	<input type="checkbox"/> X		1. Min 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A	6	2. Leap / Jump—Min 120° split	<input checked="" type="checkbox"/> Yes—Acro Flight	<input checked="" type="checkbox"/> A	5	2. Leap / Jump—Min 150° split	<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> B*		• Isolated / Series	<input checked="" type="checkbox"/> Yes—B Dance = A	<input checked="" type="checkbox"/> B	1	• Isolated / Series	<input checked="" type="checkbox"/> Yes—B Dance
<input type="checkbox"/> C		3. Acro—BWD Acro VP	<input checked="" type="checkbox"/> SR3 Rolls if thru VER and	<input checked="" type="checkbox"/> C*		3. Acro Series—(2) Acro Non-Flight	<input checked="" type="checkbox"/> Yes—(1)-C Dance = B
<input type="checkbox"/> D		OR	w hand support	<input type="checkbox"/> D		• Direct	<input checked="" type="checkbox"/> Yes—Salto/Aerial Dis \uparrow 1/1
<input type="checkbox"/> E		3. Acro—Any B Acro VP	<input checked="" type="checkbox"/> Yes—Salto/Aerial Dis \uparrow 1/2	<input type="checkbox"/> E		OR	
		4. Min A Dismount				3. Acro VP—(1) Acro-Flight	
						• Isolated / Series	
						4. Min A Salto / Aerial Dismount	
FLOOR EXERCISE				FLOOR EXERCISE			
Allow	VP	W up time = 1:00m Routine time = 1:00m	Rules	Allow	VP	W up time = 1:30m Routine time = 1:15m	Rules
<input type="checkbox"/> X		1. Dance Combo—Min (2) Leaps/Jumps	<input checked="" type="checkbox"/> Yes—Acro Non-Flight	<input type="checkbox"/> X		1. Dance Combo—Min (2) Leaps / Jumps	<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A	6	• (1) Min 120° split	<input checked="" type="checkbox"/> Yes—A Acro Flight	<input checked="" type="checkbox"/> A	5	• (1) Min 150° split	<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> B*		• Direct / Indirect	<input checked="" type="checkbox"/> Yes—B Acro Flight = A	<input checked="" type="checkbox"/> B	1	• Direct / Indirect	<input checked="" type="checkbox"/> Yes—B Salto
<input type="checkbox"/> C		2. Acro Series—Min (3) Acro VP	<input checked="" type="checkbox"/> Yes—A Salto/Aerial	<input checked="" type="checkbox"/> C*		2. Acro Series—Min (3) A Acro VP	<input checked="" type="checkbox"/> Yes—B Aerial
<input type="checkbox"/> D		• Flight / Salto / Aerial	<input checked="" type="checkbox"/> Yes—B Salto, no twist = A	<input checked="" type="checkbox"/> D		• Min (2) Acro-Flight + (1) Salto	<input checked="" type="checkbox"/> Yes—B Dance
<input type="checkbox"/> E		• Direct	<input checked="" type="checkbox"/> Yes—B Aerial = A	<input checked="" type="checkbox"/> E		• Direct	<input checked="" type="checkbox"/> Yes—(1)-C Dance = B
		3. Min 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> Yes—B Dance = A			3. Min 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> SR2 may not fulfill SR4
		4. Acro VP—Salto / Aerial	<input checked="" type="checkbox"/> SR2 may not fulfill SR4			4. Acro VP—Min A Salto	unless isolated/diff series
		• Isolated / Series	unless isolated/diff series			• Isolated / Series	

Section 1

LEVEL REQUIREMENTS—LPN-L7N



LEVEL PLATINUM (PN)

6 years & up

SV: 10.0

Bonus—None

VAULT

Platinum VT Chart

- No drill-type vaults

- ☒ Over Table
- ☒ Max 135 cm—
Manufacturer setting

UNEVEN BARS

Allow	VP	W up time = 1:30m	Rules
<input type="checkbox"/> X		1. Glide kip or Kip variation—LB or HB	<input checked="" type="checkbox"/> Yes—A VP
<input checked="" type="checkbox"/> A	6	2. Cast above HOR	<input checked="" type="checkbox"/> Yes—B VP
<input checked="" type="checkbox"/> B	1	OR	<input checked="" type="checkbox"/> Yes—C Circle HS = B
<input checked="" type="checkbox"/> C*		2. Clear support VP above HOR	<input checked="" type="checkbox"/> Yes—D Stalder HS = B
<input checked="" type="checkbox"/> D*		3. Min B 360° Circle VP	<input checked="" type="checkbox"/> (1) tap swing allowed no penalty, no VP
<input type="checkbox"/> E		4. Min A HB Dismount	<input checked="" type="checkbox"/> Yes—Salto dismount (allowed, not required)

BALANCE BEAM

Allow	VP	W up time = 1:30m	Routine time = 1:30m	Rules
<input type="checkbox"/> X		1. Min 1/1 (360°) turn 1-foot		<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A	6	2. Leap / Jump—Min 150° split		<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> B	1	• Isolated / Series		<input checked="" type="checkbox"/> No—C Acro
<input checked="" type="checkbox"/> C*		3. Acro—(2) Acro Non-Flight		<input checked="" type="checkbox"/> Yes—C Dance = B
<input type="checkbox"/> D		• (1) thru VER		<input checked="" type="checkbox"/> Yes—Salto/Aerial Dismount
<input type="checkbox"/> E		• Isolated / Series		
		OR		
		3. Acro VP—(1) B Acro VP		
		• Isolated / Series		
		4. Min A Dismount		

FLOOR EXERCISE

Allow	VP	W up time = 1:30m	Routine time = 1:30m	Rules
<input type="checkbox"/> X		1. Dance Combo—Min (2) Leaps / Jumps		<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A	6	• (1) Min 150° split		<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> B	1	• Direct / Indirect		<input checked="" type="checkbox"/> Yes—Salto/Aerial
<input checked="" type="checkbox"/> C*		2. Acro pass—Min (2) Acro Flight		<input checked="" type="checkbox"/> No—C Acro
<input type="checkbox"/> D		3. Additional Dance—Min B		<input checked="" type="checkbox"/> Yes—C Dance = B
<input type="checkbox"/> E		• Isolated / Series / Mixed Series		<input checked="" type="checkbox"/> SR3 may not be part of SR1
		4. Acro VP—Min A Salto		
		• Isolated / Series		

LEVEL 7N

7 years & up

SV: 10.0

Bonus—None

VAULT

FHS

1/2 on (1/4—1/4)

RO Entry-FF

- Evaluation stops w foot/back contact
- Feet not required to touch prior to landing on back

- ☒ Over Table
- ☒ Mat stack—Min 32" - Max 64"
- ☒ Max 135 cm—
Manufacturer setting
- ☒ Pit Pillow top mat allowed

UNEVEN BARS

Allow	VP	W up time = 1:30m	Rules
<input type="checkbox"/> X		1. B 360° In bar Circle VP	<input checked="" type="checkbox"/> Yes—A VP
<input checked="" type="checkbox"/> A	5	• Clear / Stalder / Pike Sole	<input checked="" type="checkbox"/> Yes—B VP
<input checked="" type="checkbox"/> B	2	2. Cast—Min 45° above HOR*	<input checked="" type="checkbox"/> Yes—C Circle HS = B
<input checked="" type="checkbox"/> C*		3. 2nd Circle VP—Min B	<input checked="" type="checkbox"/> Yes—C Cast HS 1/2 = B
<input checked="" type="checkbox"/> D*		4. Min A HB Salto Dismount	<input checked="" type="checkbox"/> Yes—D Stalder HS = B
<input type="checkbox"/> E			<input checked="" type="checkbox"/> Yes—Salto dismount

BALANCE BEAM

Allow	VP	W up time = 1:30m	Routine time = 1:15m	Rules
<input type="checkbox"/> X		1. Min 1/1 (360°) turn 1-foot		<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A	5	2. Leap / Jump—Min. 180° split		<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> B	2	• Isolated / Series		<input checked="" type="checkbox"/> No—C Acro
<input checked="" type="checkbox"/> C*		3. Acro Series—Min (2) Acro Non-Flight		<input checked="" type="checkbox"/> Yes—C Dance = B
<input type="checkbox"/> D		• Direct		<input checked="" type="checkbox"/> Yes—Salto/Aerial Dismount
<input type="checkbox"/> E		AND (1) B Acro Flight		
		OR		
		3. Acro Series—Min (2) Acro VP		
		• (1) a B Acro Flight		
		• Direct		
		4. Min A Salto / Aerial Dismount		

FLOOR EXERCISE

Allow	VP	W up time = 1:30m	Routine time = 1:30m	Rules
<input type="checkbox"/> X		1. Dance Combo—Min (2) Leaps / Jumps		<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A	5	• (1) Min 180° split		<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> B	2	• Direct / Indirect		<input checked="" type="checkbox"/> Yes—Salto/Aerial
<input checked="" type="checkbox"/> C*		2. Acro Series—Min (3) Acro VP		<input checked="" type="checkbox"/> No—C Acro
<input type="checkbox"/> D		• (1) a BWD LO 2-feet (No twist)		<input checked="" type="checkbox"/> Yes—C Dance = B
<input type="checkbox"/> E		3. Additional Dance—Min B		<input checked="" type="checkbox"/> SR3 may not be part of SR1
		• Isolated / Series / Mixed Series		
		4. Acro Series—Min (2) Acro Flight/Salto		
		• (1) a FWD Salto		

Section 1

LEVEL REQUIREMENTS—L8N-LDN



LEVEL 8N

7 years & up

SV: 10.0

Bonus—None

VAULT

Level 8 VT Chart

- ☒ Over Table
- ☒ Max 135 cm—
Manufacturer setting

UNEVEN BARS

Allow	VP	W up time = 2:00m	Rules
<input type="checkbox"/> X		1. Min B 360° In-bar Circle VP	<input checked="" type="checkbox"/> Yes—(2) C VP = B
<input checked="" type="checkbox"/> A	4	• Clear hip / Stalder / Pike Sole	<input checked="" type="checkbox"/> Yes—C Circle HS = B
<input checked="" type="checkbox"/> B	4	2. Min B Turn / Flight	<input checked="" type="checkbox"/> Yes—D Stalder HS = B
<input checked="" type="checkbox"/> C*		3. Circle to OR pass thru HS	<input checked="" type="checkbox"/> Yes—C Cast/Circle 1/2
<input checked="" type="checkbox"/> D*		• Separate from SR #1	<i>pirouette</i> VP's = B
<input type="checkbox"/> E		4. Min A HB Salto Dismount	(Not counted as part of (2) C VP = B)

BALANCE BEAM

Allow	VP	W up time = 2:00m	Routine time = 1:30m	Rules
<input type="checkbox"/> X		1. Min 1/1 (360°) turn 1-foot		<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A	4	2. Leap / Jump—Min 180° split		<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> B	4	• Isolated / Series		<input checked="" type="checkbox"/> Yes—(1) C Acro VP = B OR
<input checked="" type="checkbox"/> C*		3. Acro Series—Min (2) Acro Flight		(1) D BWD LO-SO = B
<input checked="" type="checkbox"/> D*		• Direct		<input checked="" type="checkbox"/> Yes—C Dance = B
<input type="checkbox"/> E		OR		<input checked="" type="checkbox"/> Yes—Salto/Aerial Dismount
		3. Acro Series—Min (1) Acro Non-Flight		
		AND (1) B Acro Flight		
		• Direct		
		4. Min A Salto / Aerial Dismount		

FLOOR EXERCISE

Allow	VP	W up time = 2:00m	Routine time = 1:30m	Rules
<input type="checkbox"/> X		1. Dance Combo—Min (2) Leaps / Jumps		<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A	4	• (1) Min 180° split		<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> B	4	• Direct / Indirect		<input checked="" type="checkbox"/> Yes—Salto/Aerial
<input checked="" type="checkbox"/> C*		2. Acro Series—Min (3) Acro Flight / Salto		<input checked="" type="checkbox"/> Yes—(1) C Acro = B
<input type="checkbox"/> D		• Min (1) A Salto		<input checked="" type="checkbox"/> Yes—C Dance = B
<input type="checkbox"/> E		• Direct		<input checked="" type="checkbox"/> No—D VP
		3. Additional Dance—Min B		<input checked="" type="checkbox"/> SR3 may not be part of SR1
		• Isolated / Series / Mixed Series		
		4. Acro VP—Min B Salto		
		• Isolated / Series		

LEVEL DIAMOND (DN)

8 years & up

SV: 10.0

Bonus—None

VAULT

Level Diamond VT Chart

- ☒ Over Table
- ☒ Max 135 cm—
Manufacturer setting

UNEVEN BARS

Allow	VP	W up time = 2:00m	Rules
<input type="checkbox"/> X		1. Min B 360° Circle VP	<input checked="" type="checkbox"/> Yes—C VP = B
<input checked="" type="checkbox"/> A	5	2. Cast or circle VP	<input checked="" type="checkbox"/> Yes—(1) D/E VP = B
<input checked="" type="checkbox"/> B	2	• Finish Min 45° from VER	<input checked="" type="checkbox"/> Yes—D Stalder HS = B
<input checked="" type="checkbox"/> C*		3. Additional 'B' VP	(Not counted as part of
<input checked="" type="checkbox"/> D*		4. Min A HB Salto Dismount	(1) D/E VP = B)
<input checked="" type="checkbox"/> E*			

BALANCE BEAM

Allow	VP	W up time = 2:00m	Routine time = 1:30m	Rules
<input type="checkbox"/> X		1. Min 1/1 (360°) turn 1-foot		<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A	5	2. Leap / Jump series—Min (2)—Min (1) 180° split		<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> B	2	• Direct		<input checked="" type="checkbox"/> Yes—(1) D/E Acro = B
<input checked="" type="checkbox"/> C*		3. Acro Series—Min (2) Acro Non-Flight		<input checked="" type="checkbox"/> Yes—C Dance = B
<input checked="" type="checkbox"/> D*		• Direct		<input checked="" type="checkbox"/> Yes—D/E Dance = B
<input checked="" type="checkbox"/> E*		AND (1) Min B Acro Flight		<input checked="" type="checkbox"/> Yes—Salto/Aerial Dismount
		OR		
		3. Acro Series—Min (2) Acro w (1) Min B Acro Flight		
		• Direct		
		4. Min A Salto / Aerial Dismount		

FLOOR EXERCISE

Allow	VP	W up time = 2:00m	Routine time = 1:30m	Rules
<input type="checkbox"/> X		1. Dance Combo—Min (2) Leaps / Jumps		<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A	5	• (1) Min 180° split		<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> B	2	• Direct / Indirect		<input checked="" type="checkbox"/> Yes—Salto/Aerial
<input checked="" type="checkbox"/> C*		2. Acro Series—Min (2) Acro A Flight		<input checked="" type="checkbox"/> Yes—(1) D/E Acro = B
<input checked="" type="checkbox"/> D*		• (1) a Salto		<input checked="" type="checkbox"/> Yes—C Dance = B
<input checked="" type="checkbox"/> E*		3. Additional Dance—Min B		<input checked="" type="checkbox"/> Yes—D/E Dance = B
		• Isolated / Series / Mixed Series		<input checked="" type="checkbox"/> SR3 may not be part of SR1
		4. Acro Series—Min (2) Acro Flight / Salto		
		• (1) a B Salto		

Section 1

LEVEL REQUIREMENTS—L9N-L10N



LEVEL 9N

9 years & up

SV: 9.7 + 0.3CV ^{OR} +0.2CV + 0.1DV

VAULT

Level 9 VT Chart

- ☒ Over Table
- ☒ Max 135 cm—
Manufacturer setting

UNEVEN BARS

Allow	VP	W up time = 2:30m	Rules
<input type="checkbox"/> X		1. Min B 360° In-bar Circle VP	<input checked="" type="checkbox"/> Yes—(1) E + (1) D ^{OR} (2) D = C
<input checked="" type="checkbox"/> A	3	• Clear hip / Stalder / Pike Sole	
<input checked="" type="checkbox"/> B	4	2. Min B Flight	<input checked="" type="checkbox"/> Yes—D Stalder HS = C
<input checked="" type="checkbox"/> C	1	3. Min B LA Turn	(Not counted as part of (2) D = C)
<input checked="" type="checkbox"/> D*		4. Min B HB Salto Dismount	
<input checked="" type="checkbox"/> E*			

BALANCE BEAM

Allow	VP	W up time = 2:00m Routine time = 1:30m	Rules
<input type="checkbox"/> X		1. Min 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A	3	2. Leap/Jump Series—Min (2) VP—Min (1) 180° split	<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> B	4	• Direct	<input checked="" type="checkbox"/> Yes—(1) E Acro+(1) D Acro ^{OR} (2) D Acro = C
<input checked="" type="checkbox"/> C	1	^{OR}	<input checked="" type="checkbox"/> Yes—D/E Dance = C
<input checked="" type="checkbox"/> D*		2. Mixed Series—Min (1) Leap/Jump—Min 180° split	<input checked="" type="checkbox"/> Yes—Salto/Aerial Dismount
<input checked="" type="checkbox"/> E*		AND (1) Min A Acro	
		• Direct	
		3. Acro Series—Min (2) B Acro Flight/Salto	
		• Direct	
		4. Min B Salto Dismount	
	^{OR}	4. Min C Acro ➤ Min. A Salto Dismount	
		• Direct	

FLOOR EXERCISE

Allow	VP	W up time = 2:00m Routine time = 1:30m	Rules
<input type="checkbox"/> X		1. Dance Combo—Min (2) Leaps / Jumps	<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A	3	• (1) Min 180° split	<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> B	4	• Direct / Indirect	<input checked="" type="checkbox"/> Yes—Salto/Aerial
<input checked="" type="checkbox"/> C	1	2. Acro Series—Min (2) Acro Saltos	<input checked="" type="checkbox"/> Yes—(1) E Acro+(1) D Acro ^{OR} (2) D Acro = C
<input checked="" type="checkbox"/> D*		• Min (1) B Salto	<input checked="" type="checkbox"/> Yes—D/E Dance = C
<input checked="" type="checkbox"/> E*		• Direct / Indirect	<input checked="" type="checkbox"/> SR3 may not be part of SR1
		3. Additional Dance—Min C	
		• Isolated / Series / Mixed Series	
		4. Acro Pass—Min (2) Acro Flight / Salto	
		• (1) Min B Salto	
	^{OR}	4. Acro VP—(1) Min C Salto	
		• Isolated	

LEVEL 10N

9 years & up

SV: 9.4—Max +0.5DV / Max +0.5CV
E Acro VP, +0.70 max CV and DV Bonus

VAULT

Level 10 VT Chart

- ☒ Over Table
- ☒ Max 135 cm—
Manufacturer setting

UNEVEN BARS

Allow	VP	W up time = 2:30m	Rules
<input type="checkbox"/> X		1. Min (2) Bar changes	<input checked="" type="checkbox"/> No Restrictions
<input checked="" type="checkbox"/> A	3	2. Min (2) C Flight	<input checked="" type="checkbox"/> One (1) element may fulfill more than one (1) SR unless specified (NCAA)
<input checked="" type="checkbox"/> B	3	• Different	
<input checked="" type="checkbox"/> C	2	^{OR}	
<input checked="" type="checkbox"/> D		2. (1) B Flight + (1) D Flight	
<input checked="" type="checkbox"/> E		3. Min C LA Turn	
		4. Min C HB Salto Dismount	

BALANCE BEAM

Allow	VP	W up time = 2:00m Routine time = 1:30m	Rules
<input type="checkbox"/> X		1. Min 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> No Restrictions
<input checked="" type="checkbox"/> A	3	2. Leap/Jump series—Min (2) VP—Min (1) 180° split	<input checked="" type="checkbox"/> One (1) element may fulfill more than one (1) SR unless specified (NCAA)
<input checked="" type="checkbox"/> B	3	• Direct	
<input checked="" type="checkbox"/> C	2	^{OR}	
<input checked="" type="checkbox"/> D		2. Mixed Series—Min (1) Leap/Jump—Min 180° split	
<input checked="" type="checkbox"/> E		AND (1) Min A Acro	
		• Direct	
		3. Acro Series—(2) Acro Flight / Saltos	
		• (1) Min C VP	
		• May include Mount	
		4. Min C Salto / Aerial Dismount	

FLOOR EXERCISE

Allow	VP	W up time = 2:00m Routine time = 1:30m	Rules
<input type="checkbox"/> X		1. Dance Combo—Min (2) Leaps / Jumps	<input checked="" type="checkbox"/> No Restrictions
<input checked="" type="checkbox"/> A	3	• (1) Min 180° split	<input checked="" type="checkbox"/> One (1) element may fulfill more than one (1) SR unless specified (NCAA)
<input checked="" type="checkbox"/> B	3	• Direct / Indirect	
<input checked="" type="checkbox"/> C	2	2. Acro Series—Min (2) Saltos	
<input checked="" type="checkbox"/> D		• (1) Min B VP	
<input checked="" type="checkbox"/> E		• Indirect / Direct	<input checked="" type="checkbox"/> SR3 may not be part of
		• Same / Different	
		3. Additional Dance—Min C	
		• Isolated / Series / Mixed Series	
		4. Acro VP—(1) Min 'C' Salto	

ELEMENT RULES CLARIFICATIONS



ELEMENT RULES CLARIFICATIONS

Acro Flight

- Acro-Flight (F) = Skill w both hands/feet free of support

Acro Non Flight

- Acro-Non Flight (NF) = Skills w hand/foot/body support thru entirety
- Dive / Hecht roll = NOT considered flight for fulfilling SR flight requirements (FX only)

Acro Salto

- Salto takes off 2-feet, lands w/o hand support
- Salto replaces Acro-Flight if allowable

Aerial

- Acro from 1-foot, no hand support
- Aerial replace Acro-Flight if allowable
- Aerials do not replace Saltos

Arabian Salto

- Arabian Salto = BWD takeoff, 1/2 (180°) turn, FWD salto, considered FWD salto element

Courtesy Score

- Min Courtesy Score = 5.00

D/E

- D/E performed 2x = DV bonus awarded 1x

Direct / Indirect

- **Direct** = Skill/VP/elements performed w/o:
 - BM/FX: Stop between VP
 - BM/FX: Extra step/non-VP element between VP
 - BM: Foot touching BM between VP
 - BM: Lack of balance between VP
 - BM: Additional/excessive arm swing between VP
- **Indirect Acro—FX only:** Directly connected acro elements (w/wo flight) or non-acro VP performed between Acro/Saltos
 - Cartwheel-Chassé-cartwheel
 - FWD Salto step-out-RO-BWD Salto
- **Indirect Dance—FX only:** (2) or more skills performed in a series connected by non-VP movements (running, chasse, assemble)
 - Run-Split leap-Chassé-Step-Step-Side leap

Fall Times—UB/BM

- 45s to resume routine; 10s warning (UB/BM)
- After 45s fall time, routine terminated

ELEMENT RULES CLARIFICATIONS

Isolated / In Series

- **Isolated** = Skill/VP performed w/o direct/indirect connection to another skill/VP
- **In Series** = Skill/VP performed in connection to one (1) or more skills/VP (See Direct/Indirect connection)

“Min” / “Max”

- “Min” = May exceed requirement, may not exceed level allowable
- “Max” = May not exceed requirement or what is listed as allowed

Mount Board/Block

- Only manufactured mount block/folded panel on 8” skill cushion allowed
- Springboards placed only on landing/supplemental mats—may not be placed on 8” mat
- Allowable to mount (w/wo board/block) from 4” mat (sting mat on top or under matting)-UB/BM

Mount Board/Block Removal

- **GN-10N**—Mount springboards/blocks must be removed immediately following mount—UB/BM

Restricted Skill

- Restricted VP considered in chronological order
- Deduct 0.50 from SV—No VP/SR/CV/DV
- -0.30 No Dismount deduction—NOT applied to restricted dismount

Salto/Salto Dismount Landing

- Salto/Salto Dismount fails to land feet first = Ø VP/ SR plus deduct 0.50 fall
 - -0.30 ‘No Dismount’ deduction NOT applied:
 - UB/BM Dismount
 - FX Last Salto VP performed in a pass or series

Same / Different

- **Same** = Elements considered to be ‘same’ are assigned same number (A—102a and A—102a)
- **Different** = Elements considered to be in the same family, but are different, are assigned a sub number (A-102a and A—102b)
 - 1/4 turn will not change a VP unless it has a different assigned N° in Technical Handbook
 - EX: Pike jump = Pike jump 1/4 (90°) = same VP

ELEMENT RULES CLARIFICATIONS

Score Range

- 9.5 - 10.0 = 0.20
- 9.0 - 9.475 = 0.50
- 8.0 - 8.975 = 0.70
- Below 8.0 = 1.00

Skill/VP Credit

- Skills w/no specific completion/landing requirements given VP credit if more than 1/2 the skill is completed w/o spot before a fall
 - Credit for BM Acro if at least 1-foot touches BM (Exceptions: *Swing down skills/skills to 1-knee*)

Start Value (SV)

- Must be flashed at all Levels

SR Fulfillment

- Skill cannot fulfill more than (1) SR
- **EXCEPTION:** 10N allowed per NCAA rules—See 10N Events

SR Substitute

- Specific skills listed for SR requirements MAY NOT be substituted

Value Parts (VP)

- A = 0.10
- B = 0.30
- C = 0.50

Value Part (VP) 2 x

- VP credit awarded 2x’s if skill is in different connection
- May perform an isolated skill 1x + 2nd time in connection

X Skill Sets

- X-Skill = A—Skills used by L1N-3N
- 4N/GN UB only
- 5N-10N No X-skills
- 4N/GN BM Exception: X-504, X-505 (HS: No hold req’d)

EVENT RULES CLARIFICATIONS



VT RULES CLARIFICATIONS

VT Landing

- Vaults not landing bottom of feet 1st = VOID—Does not apply to drill-style VT

VT One-Arm

- Vaults w 1-arm = Deduct 1.00 (CJ)
Athlete with disability not included

VT Safety Zone Mat

- Required for RO/FHS entry vaults

VT Hand Mat

- Recommended for RO/FHS entry vaults

VT Barks

- Athletes allowed three (3) run attempts
- All levels: Vault attempt falls back to board = No score awarded

VT Scoring

- All vault attempts are scored independently of any other vault performed / attempted

VT Mat Measurement

- All vault measurements are from the bare floor to the top of the mat

VT Table Measurement

- Measurement is from the bare floor to the top of the table

VT Pit Pillow

- 6N/7N allowed to use Pit Pillow top mat (4' x 6' x 8") if available

UB RULES CLARIFICATIONS

UB Mount Skill

- Skill used as a mount is different than same skill used w/in routine

UB Direct Connect/CV

- Direct connection D/E flight to B flight upgrades B flight to C VP—L10N only

UB Cast Amplitude

- 1N-GN = No amplitude deduction for cast/in-bar circling skills—only execution evaluation

UB Release VP/CV/DV

- Release skills receive VP w hand touch of bar
- No CV/DV bonus with fall

UB In-Bar

- "In-bar" Skill = VP in Skill Sets 3-6-7
 - #3 = Clear/Hip Circles
 - #6 = Stalder Circles
 - #7 = Pike Sole Circles

UB VP/SR w Fall

- Award VP/SR if completes more than 1/2 of skill unassisted before fall, except skills w specific amplitude requirements

UB Same Bar Release

- Same Bar D release or any E release = additional +0.1 DV bonus—L10N only

UB Uncharacteristic Element

- Deduction = 0.30

UB Same VP

- Same skill performed LB/HB = different

UB Broken Grip

- Broken grip = May repeat routine as last competitor in squad
- If not enough recovery time, allotted time increased until athlete is safe (not over 5m)—Common sense must prevail

BM RULES CLARIFICATIONS

BM Mount VP

- All mounts = A VP if not listed in Table

BM X-Skill Exceptions

- 4N/GN may use BM X-Skills: X-504, X-505
- HS (no hold req'd) fulfills SR3 (achieves VER, does not go thru VER)

BM Acro Credit

- Award credit for Acro if at least 1-foot touches beam (*Exceptions: Swing down skills or skills to 1-knee*)

BM SR Acro Series Credit

- Awarded regardless of # of attempts
- SR credit if foot touches BM on 2nd skill w/fall

BM VP Credit

- VP not given more than 2x per skill
- Execution deductions apply for skills performed regardless of VP credit

BM/FX "Dance"

- "Dance" = Skill sets #1-Leaps/Jumps & #2-Turns
- May be performed Isolated, in Series (other Dance), Mixed Series (Dance + Acro)

FX RULES CLARIFICATIONS

FX Stretch Jump

- Not considered a skill

FX Additional Matting

- Additional FX mat must not cover boundary line, to be marked w tape/chalk—Failure = deduct 0.10 (CJ)

FX Coaches on Mat

- 8N-10N: Coaches NOT allowed on FX to aid an athlete = deduct 0.30 (CJ)

FX Entry/Exit

- Unless otherwise stated, all VP have optional entry and exit positions

FX SR Dance Combo

- Leap/Jump SR fulfilled w:

- (2) Leap skills, same or different
- (2) Jump skills same or different
- (1) jump + (1) leap—direct/indirect connected

FX Diagonal Matting

- Max two (2) mats (sting mat, 4" or 8")
- One (1) mat per tumbling pass—Acceptable to have both mats on opposite ends of diagonal
- Sting mat placed on top of 4" or 8" mat does not count as one of two (2) allowable mats
- Mats may stay on FX or removed by coach
- No penalty for coach on FX removing a mat

LEVEL SPECIAL RULES CLARIFICATIONS



LEVEL RULES CLARIFICATIONS

UB—1N-GN: Tap Swing

EXCEPTIONS

- Tap swings and casts at any angle considered A elements, not considered an “extra” element
- Only subject to rhythm deductions, dynamics and execution errors

UB—3N Glide swing/Glide variation

- Any X-skill or A VP that contains a glide action

UB— GN / 5N / 6N / PN / 7N Extra Swing

- Exception to extra swing: Tap swing, counterswing performed prior to salto FWD dismount = no extra swing deduction

UB—1N-GN Cast-Dismount

- UB Skill X-201 Cast-Hips leave bar PLUS any allowable dismount = two (2) A VP

UB—6N Swings

- Swings considered “extra” when the swing does not result in a skill = 0.30 deduction

UB—All Levels—Straddle Back

- if directly connected to D/E REL (w/o FWD counterswing)
- B-503—1/2 turn Straddle Back = C VP
- B-208b—Straddle Back = C VP

UB—In-Bar Circles / Circles

- In-bar circle VP w 1/2 turn on same side of bar, short of upswing HS (HOR—21°) = B VP
- Circle VP w 1/2 turn on short side of bar, (HOR—21°) = A VP

UB—PN Glide kip or Kip variation

- Any VP initiating a glide swing action ending in front support.
- Run-out Glide does not fulfill this SR

LEVEL RULES CLARIFICATIONS

UB—5N / PN: Tap Swing

- Level allowed (1) tap swing w/o penalty (No VP)
- Other tap swings are “extra” receive 0.30 deduction plus general execution deductions—(Max 0.50 each sequence if “extra” occurs)
- Deduct 0.30 when swing does not result in a skill

UB—5N / 6N / PN / 7N / DN Cast

- Cast achieves SR but short as B VP = Reward A VP

UB—5N / 6N / PN / 7N / 8N / DN / 9N / 10N

- Refer to specific Level casting amplitude charts for proper deductions

UB—8N Cast

- No cast amplitude deductions prior to:
- **B—705b:** HB Pike Sole 1/2 (180°) turn over LB
- **B—406:** HB Long swing FWD 1/2 (180°) turn over LB

UB—7N / PN / 8N Cast

- No cast amplitude deductions prior to:
- **B—503:** HB Swing 1/2 (180°) flight BWD over LB

ALL LEVELS

Fulfilling Special Requirement (SR)

- Skill cannot fulfill more than one (1) SR
- **EXCEPTION: 10N**

Special Requirements (SR)

4 Special Requirements (SR)—UB

Missing Special Requirement (SR)

Missing SR = -0.50 each

Allowed Elements

- ☒ A • Within each Level, each event
- ☒ B displays A-C-D-E VP allowed
- ☒ C* • Asterisk (*) allows Level to
- ☐ D perform VP based on specific
- ☐ E declared criteria

Missing Elements

Missing: A = 0.1 each

Missing B = 0.3 each

Missing C = 0.5 each

Level Order

- 1N / 2N-BN / SN / 3N / 4N / GN / 5N / 6N / PN / 7N / 8N / DN / 9N / 10N

Section 5

UB—BONUS PRINCIPLES



CONNECTION VALUE BONUS — LEVELS 9N/10N

UB		
	+0.1	+0.2
DIRECT — 10N <i>Includes Mounts/ Dismounts</i>	CC (2→ any Skill Set) <i>•Both w Turn/Flight</i> CC (1→ any Skill Set + 1→ 3/6/7) <i>•Both w Turn/Flight</i> CC (2→ 3/6/7) <i>•Must be different-Ø Turn/Flight req.</i> CD+	DD+
DIRECT — 9N <i>Includes Mounts/ Dismounts</i>	CC (2→ any Skill Set) CC (any Skill Set) <i>•One w Turn/Flight</i> CC (2→ 3/6/7) <i>•Must be different-Ø Turn/Flight req.</i>	CC (2→ any Skill Set) <i>•Both w Turn/Flight</i>

VP+ = L9 Bonus applies to more difficult VP (ex: CD+ = CE AND DD+ = DE)

UB CV EXCEPTIONS

TURN & FLIGHT REQUIREMENT

VP in Table of Elements displays either REL symbol or Turn degree symbol-any degree

RELEASE Bar-Bar RELEASE LB-HB RELEASE HB-LB AND/OR 180° 360° 540° 720°

UB EXAMPLES

EXAMPLE #1: CC Cast HS 1/2 in HS + Hecht to HB

Total	DV	CV	
	Level 10N		
+0.1		+0.1	
•'CC' = +0.1			
	Level 9N		
+0.2		+0.2	
•'CC' = +0.2			

Cast HS 1/2 in HS

Clear counter hecht to HB

UB EXAMPLES

EXAMPLE #2: DC Giant 1/1 + Double Tuck dismount

Total	DV	CV	
	Level 10N		
+0.2	+0.1	+0.1	
•'D' VP = +0.1			
•'DC' = +0.1			
	Level 9N		
+0.3	+0.1	+0.2	
•'D' VP = +0.1			
•'DC' → 'CC' = +0.2			

BWD Giant 1/1

BWD 2/1 Tuck Flyaway

BONUS

LEVEL 9N	LEVEL 10N
DV BONUS = Max +0.1	DV BONUS = Max +0.5
+0.1 One 'D' ^{OR} allowed 'E' VP	+0.1 Each 'D' VP
+0.2 'E' VP Bonus—Not awarded—10N only	+0.2 Each 'E' VP—10N only
+0.1 DV Same bar 'D' REL ^{OR} 'E' REL—10N only	+0.1 DV Same bar 'D' REL ^{OR} 'E' REL—10N only
+0.1 Max DV Bonus (Award DV bonus once per VP, Ø if fall/spot)	+0.5 Max DV Bonus (Award DV bonus once per VP, Ø if fall/spot)
CV BONUS = Max +0.3 VP from Skill Sets 3 / 6 / 7	CV BONUS = Max +0.5 VP from Skill Sets 3 / 6 / 7
+0.1 —CC = No Turn/Flight—either VP	+0.1 —CC+ = No Turn/Flight—either same VP
+0.1 —CC = Turn/Flight—one VP	+0.1 —CC+ = Turn/Flight—one VP
+0.2 —CC = Turn/Flight—both same VP	+0.1 —CC+ = Turn/Flight—both same VP
+0.2 —CC = Turn/Flight—both different VP	+0.1 —CC+ = Turn/Flight—both different VP
+0.2 —DD = Turn/Flight—both different VP	
+0.2 —DD = No Turn/Flight—either same VP	
VP from all Skill Sets	VP from all Skill Sets
+0.1 —CC—No Turn ^{OR} Flight—either same 'C'	Ø —CC = No Turn ^{OR} Flight—either same 'C'
+0.1 —CC—No Turn ^{OR} Flight—either different 'C'	Ø —CC = No Turn ^{OR} Flight—either different 'C'
+0.1 —CC—Yes Turn ^{OR} Flight—one (1) 'C'	Ø —CC = Yes Turn ^{OR} Flight—one (1) 'C'
+0.2 —CC—Yes Turn ^{OR} Flight—both same 'C'	+0.1 —CC = Yes Turn ^{OR} Flight—both same 'C'
+0.2 —CC—Yes Turn ^{OR} Flight—both different 'C'	+0.1 —CC = Yes Turn ^{OR} Flight—both different 'C'
+0.2 —CD+ → (Treat as CC)	+0.1 —CD+ = No Turn ^{OR} Flight—'C' or 'D' VP
	+0.1 —CD+ = Yes Turn ^{OR} Flight—'C' or 'D' VP
+0.2 —DD+ → (Treat as CC)	+0.2 —DD+ = No Turn ^{OR} Flight—either same 'D'
	+0.2 —DD+ = No Turn ^{OR} Flight—either different 'D'
	+0.2 —DD+ = Yes Turn ^{OR} Flight—either same 'D'
	+0.2 —DD+ = Yes Turn ^{OR} Flight—either different 'D'
+0.3 Max CV Bonus (('D/E' VP = 'C' for CV bonus award rules)	+0.5 Max CV Bonus

GENERAL SV & 'E' BONUS

9.7 Beginning SV (full VP difficulty)	9.4 Beginning SV (full VP difficulty)
+0.3 CV ^{AND/OR} DV total Bonus award (+0.1 DV and +0.2 CV ^{OR} +0.3 CV)	+0.6 CV ^{AND} DV total Bonus award (+0.5 DV max and +0.5 CV max)
10.0 SV includes Bonus (max out at 10.0)	10.0 SV includes Bonus (max out at 10.0)
10.0 Max SV	10.0 Max SV
+0.1 Must include: 'E' VP, +0.70 max CV and DV Bonus —10.0 SV required—10N only	+0.1 Must include: 'E' VP, +0.70 max CV and DV Bonus —10.0 SV required—10N only
	10.1 "Bonus SV" (Flash as "10.0 +1")

BONUS RULES

VP performed in any order w/in connection, unless specified

VP performed in direct connection for CV Bonus

No Bonus if fall/spot

Award DV for eligible VP regardless of prior VP fall/spot (but not awarded DV) on prior eligible VP

Award 2x CV for same VP if performed in different order

Section 5

UB—BONUS EXAMPLES



EXAMPLE #1: CCD

Total	DV	CV	XDV	
				Level 10N
+0.2	+0.1	+0.1		
•'D' VP = +0.1 •'CC' = \emptyset (no turn or flight) •'CD' = +0.1				
				Level 9N
+0.4	+0.1	+0.3		
•'D' VP = +0.1 •'CC' = +0.1 •'CD' → 'CC' = +0.2				

C-502b

HS-HB—Giant FWD—REV grip—HS—Upswing extended/hips

FWD Giant Straight

C-504a

HS-HB—Giant FWD—REV grip—HS—1/2 turn—In HS

FWD Giant 1/2

D-407 RELEASE HB-LB

Hang HB—Face In—Long swing FWD—BWD salto—Stretch—Between bars—Clear support—REG/cross grip LB (Pak)

Pak Salto

EXAMPLE #2: DDC

Total	DV	CV	XDV	
				Level 10N
+0.5	+0.2	+0.3		
•'D' VP = +0.1 •'D' VP = +0.1 •'DD' = +0.2 •'DC' = +0.1				
				Level 9N
+0.4	+0.1	+0.3		
•'D' VP = +0.1 •'D' VP = \emptyset (max 0.1 DV) •'DD' → 'CC' = +0.1 •'DC' → 'CC' = +0.2				

D-601a

HB/LB—HS—Stalder BWD—HS

BWD Stalder HS

D-404a

HS-HB—Giant BWD—HS—1/1 turn—In HS

BWD Giant 1/1

C-811

HB—Long swing FWD—BWD salto—LO—1-1/2 twist—End face in (Flyaway)

BWD LO 1-1/2 Flyaway

EXAMPLE #3: CD

Total	DV	CV	XDV	
				Level 10N
+0.2	+0.1	+0.1		
•'D' VP = +0.1 •'CD' = +0.1				
				Level 9N
+0.3	+0.1	+0.2		
•'D' VP = +0.1 •'CD' → 'CC' = +0.2				

C-404a

HS-HB—Giant BWD HS—1/2 turn

BWD Giant 1/2

D-406 RELEASE HB-LB

HS/hang HB—Long swing FWD—1/2 turn—Flight—To HS LB (Bail HS/Overshoot HS)

HS Bail HS

EXAMPLE #4 :DD Stalder HS X 2 (same)

Total	DV	CV	XDV	
				Level 10N
+0.3	+0.1	+0.2		
•'D' VP = +0.1 •'D' VP = \emptyset (only once) •'DD' = +0.2				
				Level 9N
+0.2	+0.2			
•'D' VP = +0.1 •'D' VP = \emptyset (max 0.1 DV) •'DD' = +0.2 (exception)				

D-601a

HB/LB—HS—Stalder BWD—HS

BWD Stalder HS

D-601a

HB/LB—HS—Stalder BWD—HS

BWD Stalder HS

EXAMPLE #5 :CD (turn/flight in only (1) VP)

Total	DV	CV	XDV	
				Level 10N
+0.2	+0.1	+0.1		
•'D' VP = +0.1 •'CD' = +0.1				
				Level 9N
+0.2	+0.1	+0.1		
•'D' VP = +0.1 •'CD' → 'CC' = +0.1				

C-301

HB/LB—Clear hip circle BWD—REG grip—HS

Clear hip HS

D-406 RELEASE HB-LB

HS/hang HB—Long swing FWD—1/2 turn—Flight—To HS LB (Bail HS/Overshoot HS)

HS Bail HS

EXAMPLE #6: CED

	DV	CV	XDV	
				Level 10N
+0.7	+0.4	+0.3	+0.1	
•'E' VP = +0.2 •'D' VP = +0.1 •'E' REL* = +0.1 •'CE' = +0.1 •'ED' = +0.2 *Eligible for '10+1'				
				Level 9N
+0.4	+0.1	+0.3		
•'E' → 'D' VP = +0.1 •'D' VP = \emptyset (max 0.1 DV) •'CE' → 'CC' = +0.1 •'ED' → 'CC' = +0.2				

C-301

HB/LB—Clear hip circle BWD—REG grip—HS

Clear hip HS

E-409c RELEASE HB-HB

HB—Long swing FWD—1/2 turn—FWD salto—Pike (Deltchev)

Deltchev Pike

D-407 RELEASE HB-LB

Hang HB—Face In—Long swing FWD—BWD salto—Stretch—Between bars—Clear support—REG/cross grip LB (Pak)

Pak Salto

EXAMPLE #7 :CD (Ø turn/flight) (Different)

Total	DV	CV	XDV	
				Level 10N
+0.2	+0.1	+0.1		
•'D' VP = +0.1 •'CD' = +0.1				
				Level 9N
+0.2	+0.1	+0.1		
•'D' VP = +0.1 •'CD' → 'CC' = +0.1				

C-701a

LB/HB—Pike sole circle BWD—HS

BWD Sole HS

D-601a

HB/LB—HS—Stalder BWD—HS

BWD Stalder HS

EXAMPLE #8 'D' REL, same bar

Total	DV	CV	XDV	
				Level 10N
+0.2	+0.2			
•'D' VP = +0.1 •Same bar 'D' REL = +0.1				
				Level 9N
+0.1	+0.1			
•'D' VP = +0.1 (Not eligible for Same Bar REL)				

D-408a RELEASE HB-HB

HS-HB—Giant BWD—Counter reverse hecht—Straddle—Over HB—Hang HB (Tkatchev—Davydova)

Tkatchev

Section 5

BM—BONUS PRINCIPLES



CONNECTION VALUE BONUS — LEVELS 9N/10N

Award CV bonus to only VP Flight skills

BM

+0.1 +0.2 +0.3

VP+ = Bonus applies also to more difficult VP (ex: CC+ = CC / CD / CE)

ACRO DIRECT Include mounts AD+ CC+ DD+
BC-(L9) BD+

ACRO DIRECT Include mts/dis BBC BCC+ BBD+

DANCE/MIXED DANCE/DANCE No dismounts AD+ BD+ CD+
BC CC DD+

DANCE TURNS Turns on 1-foot AC S = Salto/Aerial
CA J = Jump
A = Acro
D = Dance
Dt = Dismount

BM DISMOUNT Flight not required BACDt C^DCDt

BM CV EXCEPTIONS

Total	DV	CV	XCV	Level 9N / 10N
+0.1		+0.1		'BC' Acro Flight Direct = (L9N only)
+0.3	+0.1	+0.2		'BD' Acro Flight Direct: FF + LO—Stretch/Pike DWN 2-ft
+0.1			+0.1	(3) Acro Flight Direct: Min 1-'C' (Ø dismount, yes mount)

BM FF EXCEPTION

•BWD LO-SO and FWD Aerial = 'D' for DV but 'C' for CV in FF series
•FF SO | FF 2-ft | Gainer FF | FF swing DWN; any order

BM FF EXCEPTION EXAMPLES

Total	DV	CV	XCV	Level 9N / 10N
+0.2	+0.1	+0.1		FF + LO-SO → 'BD' Treat as BC (9N)
+0.1	+0.1	Ø		FF + LO-SO → 'BD' Treat as BC (10N)
+0.3	+0.1	+0.2		Split jump + LO-SO → 'BD' No FF series (9N, 10N)
+0.3	+0.1	+0.2		RO + LO-SO → 'BD' No FF series (9N, 10N)
+0.2	+0.1	+0.1		FWD Aerial + FF → 'DB' Treat as CB (9N)
+0.1	+0.1	Ø		FWD Aerial + FF → 'DB' Treat as CB (10N)
+0.3	+0.1	+0.2		FWD Aerial + BWD tuck → 'DC' No FF series (9N, 10N)

BM 3-ACRO SERIES EXAMPLES

Total	DV	CV	XCV	Level 10N
+0.6	+0.2	+0.3	+0.1	RO-FF Mount + FF + LO-SO → 'DBD'
				•'DBD'→'DBC' = +0.3 'D' = +0.1 'D' = +0.1 (3) Acro = +0.1
+0.5	+0.2	+0.2	+0.1	FF + LO-SO + LO-SO → 'BDD'
				•'BDD'→'BCC' = +0.3 'D' = +0.1 'D' = Ø (3) Acro = +0.1
+0.3	+0.1	+0.1	+0.1	FWD Aerial + FF + FF → 'DBB'
				•'DBB'→'CBB' = +0.1 'D' = +0.1 (3) Acro = +0.1
+0.6	+0.2	+0.3	+0.1	FWD Aerial + FF + LO-SO → 'DBD'
				•'DBD'→'CBC' = +0.3 'D' = +0.1 'D' = +0.1 (3) Acro = +0.1

BONUS

LEVEL 9N

DV BONUS = Max +0.1

+0.1	One 'D' Acro ^{QB} allowed 'E' Acro
+0.2	'E' VP Bonus—Not awarded—10N only
+0.1	Max DV Bonus (Award DV bonus once per VP, Ø if fall/spot)

CV BONUS = Max +0.3

Acro Direct	
+0.1	—BC = Yes mounts—L9 only
Ø	—AD+ = Yes mounts → Treat as AC
+0.1	—BBC = Yes mounts/dismounts
+0.2	—CC = Yes mounts
+0.1	—BD+ = Yes mounts → Treat as BC
+0.2	—DD+ = Yes mounts → Treat as CC
+0.3	—BCC+ = Yes mounts/dismounts
+0.1	—BBD+ = Yes mounts/dismounts → Treat as BBC

Dance/Mix

Ø	—AD+ = No dismounts → Treat as AC
+0.1	—BC+ = No dismounts
+0.1	—BD+ = No dismounts → Treat as BC
+0.2	—CC = No dismounts
+0.2	—CD+ = No dismounts → Treat as CC
+0.2	—DD+ = No dismounts → Treat as CC

Dance Turns

+0.1	—AC ^{QB} CA = 1-foot turns
------	-------------------------------------

BM Dismount

+0.1	—BACDT = Flight not required
+0.1	—C ^D CDT = Flight not required
+0.3	Max CV Bonus

(‘D/E’ VP = ‘C’ for CV bonus award rules)

LEVEL 10N

DV BONUS = Max +0.5

+0.1	Each 'D' VP
+0.2	Each 'E' VP—10N only
+0.5	Max DV Bonus (Award DV bonus once per VP, Ø if fall/spot)

CV BONUS = Max +0.5

Acro Direct	
+0.1	—BC = Yes mounts—L9N only
+0.1	—AD+ = Yes mounts
+0.1	—BBC = Yes mounts/dismounts
+0.2	—CC = Yes mounts
+0.2	—BD+ = Yes mounts
+0.3	—DD+ = Yes mounts
+0.3	—BCC+ = Yes mounts/dismounts
+0.3	—BBD+ = Yes mounts/dismounts

Dance/Mix

+0.1	—AD+ = No dismounts
+0.1	—BC+ = No dismounts
+0.2	—BD+ = No dismounts
+0.2	—CC = No dismounts
+0.3	—CD+ = No dismounts
+0.3	—DD+ = No dismounts

Dance Turns

+0.1	—AC ^{QB} CA = 1-foot turns
------	-------------------------------------

BM Dismount

+0.1	—BACDT = Flight not required
+0.1	—C ^D CDT = Flight not required
+0.5	Max CV Bonus

GENERAL SV & 'E' BONUS

9.7	Beginning SV (full VP difficulty)	9.4	Beginning SV (full VP difficulty)
+0.3	CV ^{AND/OR} DV total Bonus award (+0.1 DV and +0.2 CV ^{QB} +0.3 CV)	+0.6	CV ^{AND} DV total Bonus award (+0.5 DV max and +0.5 CV max)
10.0	SV including Bonus	10.0	SV including Bonus
10.0	Max SV	10.0	Max SV
+0.1	Must include: 'E' Acro VP, +0.70 max CV and DV Bonus—10.0 SV required—10N only	+0.1	Must include: 'E' Acro VP, +0.70 max CV and DV Bonus—10.0 SV required—10N only
		10.1	"Bonus SV" (Flash as "10.0 +1")

BONUS RULES

VP performed in any order w/in connection, unless specified (3-ele. connection, order performed may allow added CV)

VP performed in direct connection for CV Bonus

No Bonus if fall/spot

Award DV for eligible VP regardless of prior VP fall/spot (but not awarded DV) on prior eligible VP

Award 2x CV for same VP if performed in different order

Section 5

BM—BONUS EXAMPLES



EXAMPLE #1: BBD (3) Acro

Total	DV	CV	XDV	FF → 'B' + FF → 'B' + LO-SO → 'D'
Level 10N				
+0.3	+0.1	+0.1	+0.1	
•'D' VP = +0.1 •'BBD' → 'BBC' = +0.1 (FF series downgrade) •(3) Acro = +0.1				
Level 9N				
+0.3	+0.1	+0.1	+0.1	
•'D' Acro = +0.1 •'BBD' → 'BBC' = +0.1 •(3) Acro = +0.1				

B-707 FLIGHT ACRO

BHS—Step out—Cross/Cross—2-legs/1-leg

BHS SO

B-707 FLIGHT ACRO

BHS—Step out—Cross/Cross—2-legs/1-leg

BHS SO

D-811b SALTO

BWD salto—LO-SO—Cross/Cross—2-legs/1-Alternate

BWD LO-SO

EXAMPLE #2: CBC (3) Acro:

Total	DV	CV	XDV	FF 1-arm → 'C' + Gainer FF → 'B' + Tuck Open Swing down → 'C'
Level 10N				
+0.4		+0.3	+0.1	
•'D' VP = ∅ •'CBC' = +0.3 •(3) Acro = +0.1				
Level 9N				
+0.4		+0.3	+0.1	
•'D' VP = ∅ •'CBC' = +0.3 •(3) Acro = +0.1				

C-707a FLIGHT ACRO

BHS—Step out—1-arm—Cross/Cross—1-leg/1-leg

BHS SO 1-arm

B-711 FLIGHT ACRO

Gainer BHS—Cross/Cross—1-leg/1-leg

Gainer BHS

C-710a FLIGHT ACRO

BHS—Tuck/stretch hips in flight swing down—Cross/Cross—2-legs/Cross Straddle sit (Chen Flic)

BHS Tuck-Open Swing Down

EXAMPLE #3: CA Turns

Total	DV	CV	XDV	1/1 'L' Turn → 'C' + 1/1 Turn → 'A'
Level 10N				
+0.1		+0.1		
•'D' = ∅ •'CA' = +0.1 (T+T)				
Level 9N				
+0.1		+0.1		
•'D' = ∅ (not Acro) •'CA' = +0.1				

C-305a

1/1 turn—FWD 'L'—Leg 45°> HOR

1/1 FWD 'L' high

A-301

1/1 turn—1-leg—Free leg optional

1/1 Turn

EXAMPLE #4: BC Acro + Dismount

Total	DV	CV	XDV	Valdez → 'B' + BWD Gainer LO 1/1 (360°) twist → 'C'
Level 10N				
+0.1	∅	+0.1		
•'D' VP = ∅ •'BC' = +0.1 (A+Dt)				
Level 9N				
+0.1	∅	+0.1		
•'D' VP = ∅ •'BC' = +0.1				

B-704a NON-FLIGHT ACRO

Valdez—BWO—Cross/Cross—EXT tuck sit/1-leg

Valdez

C-910

Gainer BWD salto—LO—1/1 twist—Side of BM

Side Gainer BWD LO 1/1

EXAMPLE #5: DC Acro + Dismount

Total	DV	CV	XDV	FWD Aerial → 'D' + FWD Gainer LO 1/1 (360°) twist → 'C'
Level 10N				
+0.2	+0.1	+0.1		
•'D' VP = +0.1 •'DC' = +0.1 (A+Dt)				
Level 9N				
+0.2	+0.1	+0.1		
•'D' Acro = +0.1 •'DC' → 'CC' = +0.1				

D-712a AERIAL

FWD Aerial—Cross/Cross—1-leg/1-leg

FWD Aerial

C-908

Gainer FWD salto—LO—1/1 twist—Side of BM

Side Gainer FWD LO 1/1

EXAMPLE #6: DBB Mixed

Total	DV	CV	XDV	Switch leap Mount → 'D' + Split Jump → 'B' + Flyspring SO → 'B'
Level 10N				
+0.3	+0.1	+0.2		
•'D' VP = +0.1 •'DB' = +0.2 (D+B) •'BB' = ∅ (D+A)				
Level 9N				
+0.2	+0.1	+0.1		
•'D' = +0.1 •'DB' → 'CB' = +0.1 •'BB' = ∅				

D-101

Free leap—1-foot to 1-foot—Switch split leap FWD—180°—End of BM

Switch leap to 1-foot

B-207

Split jump—180° front split—Cross/Cross—2-legs/2-legs

Split Jump

B-705b FLIGHT ACRO

FHS—Step out—Flight before—Cross/Cross/2-legs/1-leg

Flyspring SO

EXAMPLE #7: DDE (3) Acro:

Total	DV	CV	10.1	FWD Aerial → 'D' + SWD Aerial → 'D' + BWD Gainer 2/1 Twist LO → 'E'
Level 10N				
+0.9	+0.4	+0.4	+0.1	
•'E' VP = +0.2 •'D' VP = +0.1 •'D' VP = +0.1 •'DD' = +0.3 (A+A) •'DE' = +0.1 (A+Dt) Eligible for '10+1'				
Level 9N				
+0.3	+0.1	+0.2		
•'D' Acro = +0.1 •'D' Acro = ∅ (maxed out) •'E' Acro = ∅ (restricted -50) •'DD' → 'CC' = +0.2 •'DE' → 'CQ' = ∅				

D-712a AERIAL

FWD Aerial—Cross/Cross—1-leg/1-leg

FWD Aerial

D-715a AERIAL

SWD Aerial—Cross/Cross—1-leg/1-leg

SWD Aerial

E-910b

Gainer BWD salto—LO—2/1 twist—Side of BM

Side Gainer BWD LO 2/1

Section 5

FX—BONUS PRINCIPLES



CONNECTION VALUE BONUS — LEVELS 9N/10N

CV bonus awarded only Saltos/Aerials
unless otherwise specified

FX

+0.1 +0.2 +0.3

VP+ = Bonus applies also to more difficult VP (ex: CC+ = CC / CD / CE)

ACRO INDIRECT	Saltos & Aerials	ASCS+ A/BSA/BSCS BSCS	BSDS+ ASASDS+ CSCS ASES	CSDS+
ACRO DIRECT	Saltos & Aerials	ASCS BSBS ASASCS	ASASDS A/BSDS+ BSCS+	CSCS+
DANCE/MIXED		BD+ CC DSAJ	CD+ DD+ S = Salto/Aerial J = Jump A = Acro D = Dance	

FX CV EXCEPTIONS

Level 9N / 10N

•Direct connect turns + jumps/hops (2 OR 1-foot take off) receive CV if w/o stop, extra steps, hops, foot repositioning

BONUS

LEVEL 9N

DV BONUS = Max +0.1

- +0.1 One 'D' OR allowed 'E' VP
- +0.2 'E' VP Bonus—Not awarded—10N only
- +0.1 Double salto or 'E' salto in last pass—10N only
- +0.1 Max DV Bonus
(Award DV bonus once per VP, Ø if fall/spot)

CV BONUS = Max +0.3

Acro (saltos) Indirect

- +0.1 —ASCS+
- +0.1 —ASASCS
- +0.1 —BSCS
- +0.1 —BDS+ → Treat as BC
- +0.1 —ASASDS+ → Treat as AAC
- +0.2 —CSCS
- +0.1 —ASES → Treat as AC
- +0.2 —CDS+ → Treat as CC

Acro (saltos) Direct

- +0.1 —ASCS
- +0.1 —BSBS
- +0.1 —ASDS+ → Treat as AC
- +0.2 —BSCS+
- +0.3 —CSCS+

Dance/Mix

- Ø —BD+ → Treat as BC
- +0.1 —CC+
- +0.1 —CD+ → Treat as CC
- +0.1 —DD+ → Treat as CC
- Ø —DSAJ → Treat as CA

- +0.3 Max CV Bonus
(‘D/E’ VP = ‘C’ for CV bonus award rules)

LEVEL 10N

DV BONUS = Max +0.5

- +0.1 Each 'D' VP
- +0.2 Each 'E' VP—10N only
- +0.1 Double salto in last pass or 'E' salto—10N only
- +0.5 Max DV Bonus
(Award DV bonus once per VP, Ø if fall/spot)

CV BONUS = Max +0.5

Acro (saltos) Indirect

- +0.1 —ASDS+
- +0.1 —ASASCS
- +0.1 —BSCS
- +0.2 —BDS+
- +0.2 —ASASDS+
- +0.2 —CSCS
- +0.2 —ASES
- +0.3 —CDS

Acro (saltos) Direct

- +0.1 —ASCS
- +0.1 —BSBS
- +0.2 —ASDS+
- +0.2 —BSCS+
- +0.3 —CSCS+

Dance/Mix

- +0.1 —BD+
- +0.1 —CC+
- +0.2 —CD+
- +0.2 —DD+
- +0.1 —DSAJ

- +0.5 Max CV Bonus

GENERAL SV & 'E' BONUS

- | | |
|--|--|
| 9.7 Beginning SV (full VP difficulty) | 9.4 Beginning SV (full VP difficulty) |
| +0.3 CV AND/OR DV total Bonus award
(+0.1 DV and +0.2 CV OR +0.3 CV) | +0.6 CV AND DV total Bonus award
(+0.5 DV max and +0.5 CV max) |
| 10.0 SV including Bonus | 10.0 SV including Bonus |
| +0.1 Must include 'E' Acro VP, +0.70 max CV and DV Bonus—10.0 SV required—10N only | +0.1 Must include 'E' Acro VP, +0.70 max CV and DV Bonus—10.0 SV required—10N only |
| 10.0 Max SV | 10.1 "Bonus SV" (Flash as "10.0 +1") |

BONUS RULES

- VP performed in any order w/in connection, unless specified
- VP performed in direct connection for CV Bonus, unless specified
- No Bonus if fall/spot
- Award DV for eligible VP regardless of prior VP fall/spot (but not awarded DV) on prior eligible VP
- Award 2x CV for same VP if performed in different order
- Direct connection applied prior to indirect connection principle

Section 5

FX—BONUS EXAMPLES



EXAMPLE #1 CC Dance

Total	DV	CV	XDV	2/1 turn → 'C' + Popa → 'C'
	Level 10N			
+0.1		+0.1		
•'CC' = +0.1				
	Level 9N			
+0.1		+0.1		
•'CC' = +0.1				

C-201

2/1 (720°) turn—Free leg optional

2/1 Turn

C-110

Straddle pike/Side split jump—1/1 (360°) turn—180° side split—2-legs/2-legs (Popa)

Popa

EXAMPLE #2: CB Direct

Total	DV	CV	XDV	RO + FF + 1-1/2 Twist → 'C' + FWD LO → 'B'
	Level 10N			
+0.2		+0.2		
•'CB' = +0.2				
	Level 9N			
+0.2		+0.2		
•'CB' = +0.2				

C-804a SALTO

BWD salto—Pike/LO—1-1/2 (540°) twist—2-legs/2-legs

BWD LO 1-1/2

B-603a SALTO

FWD salto—Layout—2-legs/2-legs

FWD LO

EXAMPLE #3: DD

Total	DV	CV	XDV	Switch leg 1/1 → 'D' + Split jump Ring 1/1 → 'D'
	Level 10N			
+0.4	+0.2	+0.2		
•'D' VP = +0.1				
•'D' VP = +0.1				
•'DD' = +0.2				
	Level 9N			
+0.2	+0.1	+0.1		
•'D' = +0.1				
•'D' = Ø (only eligible x 1)				
•'DD' → 'CC' = +0.1				

D-105a

Switch leg leap—1/1 (360°) turn (Frolova)

Switch 1/1

D-108b

Split jump—Ring—1/1 (360°) turn (Johnson)

Split Jump Ring 1/1

EXAMPLE #4: AD Last Pass

Total	DV	CV	XDV	Last Pass: FWD Tuck SO → 'A' + RO + 2/1 tuck → 'D'
	Level 10N			
+0.3	+0.2	+0.1		
•'D' = +0.1				
•'AD' = +0.1				
•Last pass Double Salto or 'E' VP = +0.1				
	Level 9N			
+0.2	+0.1	+0.1		
•'D' Acro = +0.1				
•'AD' → 'AC' = +0.1				
•Last pass Double Salto or 'E' VP = +0.1				

A-601b SALTO

FWD salto—Tuck—Step out—2-legs/1-leg

FWD Tuck SO

D-805 SALTO

BWD Double salto—Tuck—2-legs/2-legs

Double Tuck

EXAMPLE #5: AACC

Total	DV	CV	XDV	RO + Whip → 'A' + Whip → 'A' + 1-1/2 → 'C' + FWD LO 1/1 → 'C'
	Level 10N			
+0.4	Ø	+0.4		
•'D' VP = Ø				
•'AAC' = +0.1				
•'CC' = +0.3				
	Level 9N			
+0.4	Ø	+0.4		
•'D' VP = Ø				
•'AAC' = +0.1				
•'CC' = +0.3				

A-802 SALTO

Whip back—2-legs/2-legs

Whip

A-802 SALTO

Whip back—2-legs/2-legs

Whip

C-804a SALTO

BWD salto—Pike/LO—1-1/2 (540°) twist—2-legs/2-legs

BWD LO 1-1/2

C-603 SALTO

FWD salto—Layout—1/1 (360°) twist—2-legs/2-legs

FWD LO 1/1

EXAMPLE #6: CDB Dance

Total	DV	CV	XDV	Switch 1/4 → 'C' + Split Ring 1/1 → 'D' + Straddle 1/2 prone → 'B'
	Level 10N			
+0.4	+0.1	+0.3		
•'D' = +0.1				
•'CD' = +0.2				
•'DB' = +0.1				
	Level 9N			
+0.2	+0.1	+0.1		
•'D' = +0.1				
•'CD' → 'CC' = +0.1				
•'DB' → 'CB' = Ø				

C-105b

Switch leg split leap—1/4 (90°) turn—45°/Straddle split (Johnson)

Switch 1/4

D-108b

Split jump—Ring—1/1 (360°) turn (Johnson)

Split Jump Ring 1/1

B-108b

Straddle pike/Side split jump—180° split—1/2 (180°) turn—Prone landing (Shushunova—1/2)

Shushunova 1/2

ALL LEVELS — VAULT DEDUCTIONS

FIRST FLIGHT	SUPPORT/REPULSION	SECOND FLIGHT	LANDING
POOR LEG / FOOT FORM	POOR LEG / FOOT FORM	POOR LEG / FOOT FORM	FEET (See Chart p28)
↑0.10 Poor foot form		↑0.10 Poor foot form	0.05 Feet land hip-width or closer—Never join
↑0.10 Crossed legs		↑0.10 Crossed legs	0.10 Feet land more than hip-width apart
↑0.20 Separated legs		↑0.20 Separated legs	↑0.10 Slight hop—Feet adjust—Feet stagger
↑0.30 Bent legs	↑0.30 Bent legs—In support	↑0.30 Bent legs	0.10 Steps—Each (entire foot lifts/slides) (max 0.40)
BODY POSITION TECHNIQUE	BODY POSITION TECHNIQUE	BODY POSITION TECHNIQUE	↑0.15 Medium step—Each
↑0.20 Excessive arch		↑0.30 Stretch position—Hip angle (136°-179°)	0.20 Large Step—Jump (Approximately 3-ft)
↑0.30 Excessive pike	↑0.20 Arch	↑0.30 Stretch position—Excessive Arch	ARMS / TRUNK
↑0.30 Incomplete LA turn		↑0.10 Exactness of LA turn	↑0.10 Arm swings—for balance
		↑0.30 Insufficient Tuck / Pike	↑0.20 Trunk movement—for balance
		↑0.30 Fail to maintain stretch—Pike down	↑0.20 Poor body posture
SPECIFIC TO LEVEL	↑0.20 Shoulder Angle	BODY POSITION TIMING	↑0.30 Squat on landing (see Chart p28)
LEVELS 1N-3N	BODY POSITION TIMING	↑0.30 Late completion of twist—Salto VT	PERFORMANCE
↑0.30 Lack of accelerated run	↑0.30 Prescribed LA turn begun too early	↑0.20 Insufficient / late extension—Tuck / Pike	↑0.30 LA Turn incomplete (see Chart p28)
↑0.30 Body lean—board contact	↑0.30 Early tuck in repulsion—Salto VT	0.30 Total absence of extension—Tuck / Pike	↑0.30 Deviate from straight direction
Ø Height deduction		↑0.10 Under rotation—Salto VT	↑0.50 Dynamics
LEVELS 1N-5N	ARMS/HANDS/HEAD EXACTNESS	ARMS/HANDS/HEAD EXACTNESS	FALLS / TOUCHES
↑0.50 Speed thru out	↑0.10 Staggered / Alternate hands—All VT**		↑0.30 Brush / Touch w hand(s)—No support
Ø Height deduction	↑0.20 Alternate repulsion—All VT**		0.50 Fall / Support on 1 or both hands
LEVELS 2N/BN	0.30 Simultaneous hops w both hands		0.50 Fall against VT table
↑0.30 Fail to finish/show flat-back position	0.10 Steps/hops w hands each (max 0.30)		0.50 Fall off / Against Mat stack
LEVELS 5N-7N	↑0.50 Arms bent (Slight bend lead arm Tsuk VT OK)		VOID Fail to land bottom of feet first
1.00 Fail to land top of resi	VOID No hand contact on Table		VOID Land on table top (in any position)
LEVELS 6N-7N	2.00 Head touch-support (0.5 bent arms included) **Exception - 3/4 - 1/1 turn on	0.20 Brush / Hit of body / head on Table end	SPOT / COACH
↑0.30 Lack of Rotation	TECHNICAL EXACTNESS		LEVELS 1N-10N
Ø Distance Deduction	↑0.30 Fail to pass thru VER	↑0.50 Insufficient height	0.50 Spot assist—Landing
CHIEF JUDGE	↑0.30 Too long in support (L8/D/9/10 no salto VT)	↑0.30 Insufficient distance	LEVELS 2N-5N
VOID No Safety Zone Mat—YUR / FHS	↑0.50 Angle of Repulsion (L8/D/9/10 no salto VT)	1.00 Touch only 1-hand (Each judge)	1.00 Spot assist—During VT (Not incl. landing)
0.30 Incorrect apparatus specs	Off by VER = 0.00		LEVELS 6N-7N
0.20 Exceed W-up time (After warning)	1° - 45° = 0.05 - 0.25		1.00 Spot between board / table
0.20 Fail to begin w/in 30s of signal	46° past VER to HOR = 0.30 - 0.50		LEVEL PN
0.50 Vaults w/o signal—1st VT not judged, apply deduction to 2nd VT	Balk = All levels: Vault attempt falls back to board = No score awarded		1.00 Spot assist—Post-flight (PN Salto VT only)
0.10 Fail to present before/after VT each	VOID VT Score = 5.0 = Vault performed, does not return to board		LEVELS 8N-10N
0.20 Incorrect attire/jewelry (after 1st warning)			0.50 Coach between Board / Table (Except YU/FH—No Penalty)
1.00 Touch w one hand (if 1/2 panel agrees)			1.00 Spot assist—Post-flight (8N Salto VT only)
Term Exceed fall time—End VT			VOID Spot assist—During VT (DN, 9N, 10N)

Courtesy Score 5.0 = 2N/BN, SN, 3N, 4N, 5N, 6N, 7N vault attains hand support, lands/falls on top of table/mat stack (does not return to board)

Section 7

UB DEDUCTIONS



ALL LEVELS — UNEVEN BAR DEDUCTIONS

UB	TECHNICAL PERFORMANCE
↑0.10	Under rotation—Release/flight elements
↑0.10	Precision of handstand positions—Thru out
↑0.10	Extension of glides / swing into Kips
↑0.10	Amplitude → Casts (5N / PN / DN) (see Chart p27)
↑0.20	Amplitude of elements
↑0.20	Angle of Turns in HS / Turns after HS (Healy) (see Chart p27)
↑0.20	Amplitude → Casts (6N / 7N) (see Chart p27)
↑0.30	Height of salto dismount
↑0.30	Extension (open) of Tuck / Pike body position—Prior to landing Dismount
↑0.30	Amplitude → Casts (8N / 9N / 10N) (see Chart p27)
↑0.30	Amplitude → In-bar Circles (5N - 10N) (see Chart p27)
UB	ARTISTRY OF PERFORMANCE
↑0.10	Poor rhythm in elements/connections
↑0.10	Hesitation in jump or swing to HB
↑0.20	Dynamics
	• Insufficient swingful execution—Thru out
	• Energy not maintained—Thru out
	• Fail to make difficult look effortless
UB	EXCESSIVE PREPARATION/COMPLETION
↑0.10	Touch, brush apparatus/mat—Foot/feet
0.20	Hit apparatus—Foot/feet
0.30	Hit mat—Foot/feet
0.30	Uncharacteristic movement—To complete VP
0.30	Grasp apparatus—To avoid a fall
0.30	Intermediate (extra) swing/cast (Max 0.50 per occurrence) (5N - 10N)
0.50	Full support on mat—Foot/feet (During routine)
0.50	Spot assist on element (No SR/No VP)
UB	SPECIFIC EXECUTION
0.10	Land too close to bar on dismount
0.30	No dismount (Deduct from SV) (Not applied to Restricted VP)

GENERAL EXECUTION DEDUCTIONS

ALL	GENERAL EXECUTION
0.05	Flex / Sickle feet during VP
↑0.10	Legs / Knees crossed
↑0.20	Legs / Knees separated
↑0.20	Exactness of body shape—Tuck / Pike (Stretched - Arch or Hip Angle - 136° - 179°)
↑0.20	Fail to maintain stretched body position (Pike down)
↑0.30	Bent arms—In support
↑0.30	Bent knees (or Fail to Bend Knees 90° in Baby Giant)
ALL	GENERAL LANDING EXECUTION
	FEET
0.05	Feet land hip-width or closer—Never join on dismount (stuck landings only) (see Chart p28)
0.10	Feet land more than hip-width apart (stuck landings only) (see Chart p28)
↑0.10	Slight hop—Feet adjust—Feet staggered (see Chart p28)
0.10	Steps—Each (entire foot lifts/slides) (max 0.40) (see Chart p28)
↑0.15	Medium step—Each (see Chart p28)
0.20	Large step or jump
	ARMS / TRUNK
↑0.10	Arm swings—For balance
↑0.20	Trunk movement—For balance
↑0.20	Poor body posture—Landing elements
↑0.30	Squat—Upon landing (see Chart p28)
	PERFORMANCE
↑0.10	Deviation from straight direction
↑0.20	Incomplete turn / twist (see Chart p28)
	FALLS / TOUCHES
↑0.30	Brush / touch of landing surface w hand(s)
0.50	Spot assist on landing
0.50	Fall / Support on apparatus / mat—On hand(s)
0.50	Fail to land bottom of feet first on dismount—Fall (No VP/SR; Do not apply 'No Dismount -0.30')

CHIEF JUDGE DEDUCTIONS — UB

0.30	Incorrect apparatus specs	0.50	Starts exercise before signal	0.30	Fail to remove board after mount (4N-10N)	0.20	Incorrect attire/jewelry (after 1st warning)
0.30	Use of supplementary mats	0.20	Fail to begin w/in 30s of signal	0.20	Verbal cues by coach/team (after warning)	0.20	Incorrect padding (Heels/hips)
0.20	Exceeds warm-up time (After warning)	0.50	3rd run approach—Mounts	0.20	Coach instructs gymnast during routine	1.00	Short routine < 5 elements (L6N-L10N only)
0.10	Fail to present before/after routine—each	0.30	Board on unpermitted surface	Term	Exceeds fall time—End exercise		

BM / FX DEDUCTIONS



ALL LEVELS — BM / FX DEDUCTIONS

BM	FX	TECHNICAL PERFORMANCE
↑0.10	↑0.10	Body position/alignment—Dance
↑0.20	↑0.20	Legs not parallel to BM/FX in Split/Straddle/Pike
↑0.10	↑0.10	Turn elements not performed in high relevé
↑0.30	↑0.30	Relaxed/incorrect footwork in non-VP—Thru out
↑0.30	↑0.30	Relaxed / Incorrect body alignment / position / posture in non-VP—Thru out
↑0.20	↑0.20	Insufficient split when required—Dance/Acro <i>(by level)</i> <i>(see Chart p28)</i>
↑0.10	↑0.10	Feet apart—Landing Side jumps/Jumps
↑0.20	↑0.20	Height—Leaps/Jumps/Hops
↑0.20	-	Height—Acro Flight/Aerials
↑0.30	↑0.30	Height—Saltos/Dismount
↑0.30	↑0.30	Extension <i>(open)</i> Tuck/Pike body position—Prior to land Acro VP/Dismount
BM	FX	ARTISTRY OF PERFORMANCE
↑0.10	↑0.10	Lack of precision—Dance element
-	↑0.10	Rhythm—During direct connection
↑0.20	-	Rhythm—Connections—Dance/Mixed/Acro <i>(not BWD flight)</i>
↑0.20	-	Sureness of performance—Thru out
↑0.20	-	Insufficient variation in rhythm/tempo in non-VP—Thru out
↑0.20	↑0.20	Dynamics
↑0.30	↑0.30	Artistry/presentation—Originality/creativity
BM	FX	EXCESSIVE PREPARATION/COMPLETION
0.20	-	Support of 1-leg against side of BM
0.30	-	Grasp apparatus—To avoid a fall
↑0.30	-	Additional movements to maintain balance on beam
↑0.10	-	Hesitation in jump, press, swing to Handstand
0.10	0.10	Concentration pause <i>(2s)</i> → <i>(Each time)</i>
0.20	0.10	Concentration pause <i>(+2s)</i> → <i>(Each time)</i>
0.50	0.50	Spot assist—Element <i>(No SR/No VP)</i>
BM	FX	SPECIFIC EXECUTION
0.10	-	Land too close to BM on dismount
↑0.30	-	Direction of gainer dismount off end of BM
-	↑0.30	Poor relationship of music & movement thru out
0.30	-	No dismount <i>(Deduct from SV)</i> <i>(Not applied to Restricted VP)</i>
0.05	-	Fail to hold ending position 1s

GENERAL EXECUTION DEDUCTIONS

ALL GENERAL EXECUTION	
0.05	Flexed/sickled feet during VP
↑0.10	Legs/knees crossed
↑0.20	Legs/knees separated
↑0.20	Exactness of body shape—Tuck/Pike <i>(Stretched - Arch or Hip angle - 136-179°)</i> <i>(see Chart p28)</i>
↑0.20	Fail to maintain stretched body position <i>(Pike down)</i> <i>(see Chart p28)</i>
↑0.20	Incomplete turn/twist <i>(see Chart p28)</i>
↑0.30	Bent arms in support
↑0.30	Bent legs
ALL GENERAL LANDING EXECUTION	
FEET	
0.05	Feet land hip-width or closer—Never join heels on dismount <i>(stuck landings only)</i> <i>(see Chart p28)</i>
0.10	Feet land more than hip-width apart <i>(stuck landings only)</i> <i>(see Chart p28)</i>
↑0.10	Slight hop—Feet adjust—Feet staggered <i>(see Chart p28)</i>
0.10	Steps—Each <i>(entire foot lifts/slides)</i> <i>(max 0.40)</i> <i>(see Chart p28)</i>
↑0.15	Medium step—Each <i>(see Chart p28)</i>
0.20	Large step or jump (3 feet+) <i>(Max 0.40)</i>
ARMS / TRUNK	
↑0.10	Arm swings—For balance
↑0.20	Trunk movements—For balance
↑0.20	Poor / Incorrect body posture—Landing elements
↑0.30	Squat upon landing <i>(see Chart p28)</i>
PERFORMANCE	
↑0.10	Deviation from straight direction
FALLS / TOUCHES	
↑0.30	Brush/touch landing surface with hand(s)
0.50	Spot assist on landing
0.50	Fall or support on hand(s) on apparatus or mat
0.50	Fail to land on bottom of feet first on Saltos/Aerials/Dismount - fall <i>(No VP/SR)</i>

CHIEF JUDGE DEDUCTIONS — BM / FX

BM	FX	BM	FX	BM	FX	FX
0.30	-	0.20	0.20	0.20	0.20	0.10
0.30	0.30	0.50	-	0.20	0.20	0.10
0.20	0.20	0.30	-	0.20	0.20	0.30
0.10	0.10	0.30	-	0.10	0.10	1.00
0.50	0.50	0.20	0.20	1.00	1.00	1.00
				-	Term	

Section 9

UB / BM / FX "ONE DEDUCTIONS SHEET"

Changes/Adds/Deletes NOT highlighted to keep a deduction sheet clean



ALL LEVELS — UB / BM / FX DEDUCTIONS

UB	BM	FX	TECHNICAL PERFORMANCE
Rotation & Turn			
↑0.10	-	-	Under rotation→ Release / Flight
↑0.20	-	-	Angle of Turns in HS / Turns after HS (Healy) <i>(VP always awarded) (see Chart p27)</i>
↑0.30	↑0.30	↑0.30	Lack extension (<i>open</i>) of Tuck/Pike—Prior to land→ Acro / Dismount
Precision			
-	↑0.10	↑0.10	Not performed in high relevé→ Turn elements <i>OR</i> Lack of precision→Dance VP
↑0.10	-	-	Precision→ Handstand positions→Thru out
↑0.10	-	-	Lack of Extension→ Glides / swing into Kips
-	↑0.10	↑0.10	Body position / Alignment→ Dance
-	↑0.10	↑0.10	Feet apart→ Landing Side Jumps / Jumps
-	↑0.20	↑0.20	Insufficient required split→ Dance / Acro <i>(see Chart p28)</i>
-	↑0.20	↑0.20	Legs not parallel to BM / FX→ Split / Straddle / Pike
-	↑0.30	↑0.30	Relaxed / Incorrect footwork→ Thru out <i>(Non-VP)</i>
-	↑0.30	↑0.30	Relaxed / Incorrect / Insufficient→ Leg / Body position / Flexibility→ Thru out <i>(Non-VP)</i>
Amplitude			
↑0.10	-	-	Amplitude → Casts <i>(5N / PN / DN)</i>
↑0.20	-	-	Amplitude → Casts <i>(6N / 7N)</i>
↑0.20	↑0.20	↑0.20	Amplitude / Height → Leaps / Jumps / Hops / Acro Flight / Aerials / UB Elements
↑0.30	↑0.30	↑0.30	Amplitude / Height → Saltos / Dismount
↑0.30	-	-	Amplitude → Casts <i>(8N / 9N / 10N)</i>
↑0.30	-	-	Amplitude → In-bar Circles <i>(5N - 10N)</i>
UB	BM	FX	ARTISTRY OF PERFORMANCE
Rhythm			
-	0.10	0.10	Concentration pause <i>(2s)→ (Each time)</i>
-	0.20	0.10	Concentration pause <i>(+2s)→ (Each time)</i>
↑0.10	-	-	Hesitate → Jump / Press / Swing to Handstand <i>OR</i> Hesitate → Jump to HB
↑0.10	-	↑0.10	Rhythm during → Direct connection <i>OR</i> Poor rhythm → Elements / Connections
-	↑0.20	-	Rhythm → Connections Dance / Mixed / Acro <i>(not BWD flight)</i>
-	↑0.20	-	Lack of Rhythm / Tempo variation→ Thru out
Sureness / Dynamics / Artistry			
-	↑0.20	-	Sureness of performance → Thru out
↑0.20	↑0.20	↑0.20	Dynamics / Insuff Swingful execution / Energy not maintained / Effortless→ Thru out
-	↑0.30	↑0.30	Artistry / Presentation→ Originality / Creativity
UB	BM	FX	PREPARATION/COMPLETION
↑0.10	-	-	Touch / Brush apparatus / Mat → w/ Foot / Feet
-	↑0.30	-	Additional movements → Maintain balance
0.20	0.20	-	Support of 1-leg against side of BM <i>OR</i> Hit Foot / Feet on apparatus
0.30	0.30	-	Grasp apparatus → To avoid a fall <i>OR</i> Hit Foot / Feet → On Mat
0.30	0.30	-	Supplemental support / Uncharacteristic movement → To complete VP
0.30	-	-	Intermediate (extra) Swing / Cast <i>(Max 0.50 per occurrence) (5N-10N)</i>
0.50	-	-	Full support on Foot / Feet on mat→ During routine
UB	BM	FX	SPECIFIC EXECUTION
-	-	0.05	Fail to hold ending position 1s
0.10	0.10	-	Land too close to BM / UB → Dismount
0.30	0.30	-	No dismount <i>(Deduct from SV) (Not applied to Restricted VP)</i>
-	-	↑0.30	Poor relationship of Music / Movement → Thru out
-	↑0.30	-	Direction of gainer dismount → Off end of BM

GENERAL EXECUTION DEDUCTIONS

ALL	GENERAL EXECUTION
Legs	
0.05	Flex / Sickle feet→ During VP
↑0.10	Legs / Knees crossed
↑0.20	Legs / Knees separated
↑0.30	Bent legs
Arms	
↑0.30	Bent arms → In support
Torso	
↑0.20	Exactness of body shape→ Tuck / Pike <i>(Stretched - Arch/Hip angle - 136° - 179°) (see Chart p28)</i>
↑0.20	Fail to maintain→ Stretch body position <i>(Pike down)</i>
↑0.20	Incomplete Turn / Twist <i>(see Chart p28)</i>
ALL	GENERAL LANDING EXECUTION
Feet	
0.05	Feet land hip-width or closer → Never join → Dismount <i>(stuck landings only) (see Chart p28)</i>
0.10	Feet land more than hip-width apart (stuck landings only) <i>(see Chart p28)</i>
↑0.10	Slight hop / Feet adjust / Feet staggered <i>(see Chart p28)</i>
0.10	Steps-Each (entire foot lifts/slides) <i>(max 0.40) (see Chart p28)</i>
↑0.15	Medium step—Each <i>(see Chart p28)</i>
0.20	Large Step / Jump <i>(Max 0.40)</i>
Arms / Torso	
↑0.10	Arm swings→ For balance
↑0.20	Trunk movements→ For balance
↑0.20	Poor body posture→ On landing
↑0.30	Brush / Touch→ Landing surface with hand(s)
Landing Deviation	
↑0.10	Deviate → From straight direction
↑0.30	Squat → On landing <i>(see Chart p28)</i>
Falls / Spot	
0.50	Fall / Support on hand(s)→ On Apparatus / Mat
0.50	Spot assist→ Landing
0.50	Spot assist→ Element <i>(No SR/No VP)</i>
0.50	Fail to land bottom of feet first→ Saltos / Aerials / Dismount <i>(Fall) (No VP/SR)</i>

CHIEF JUDGE DEDUCTIONS — UB / BM / FX

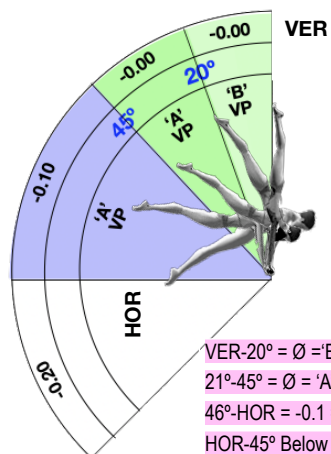
UB	BM	FX	UB	BM	FX
0.30	0.30	-	0.50	0.50	-
0.30	0.30	0.30	0.30	0.30	-
0.20	0.20	0.20	0.30	0.30	-
0.10	0.10	0.10	0.20	0.20	0.20
0.50	0.50	0.50	0.20	0.20	-
0.20	0.20	0.20	0.20	0.20	0.20
-	0.20	0.20	0.20	-	-
-	0.10	0.10	-	-	1.00
-	-	0.10	-	-	1.00
-	-	0.10	1.00	1.00	1.00
-	-	0.30	Terminate	Exceed	fall time

Section 10

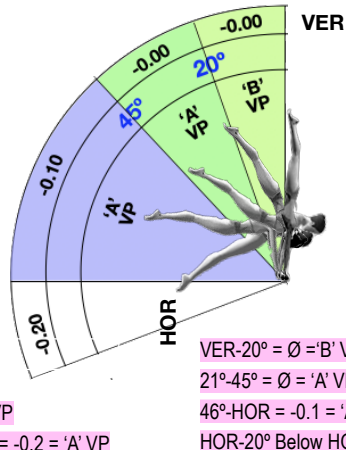
UB CAST, SWING, CIRCLE ANGLES



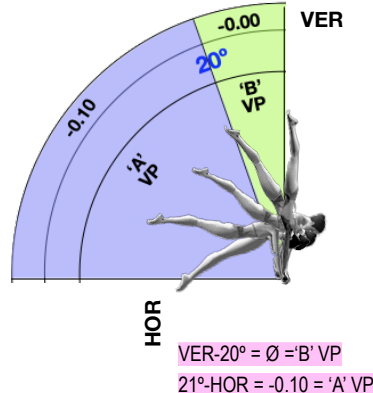
6N CASTING



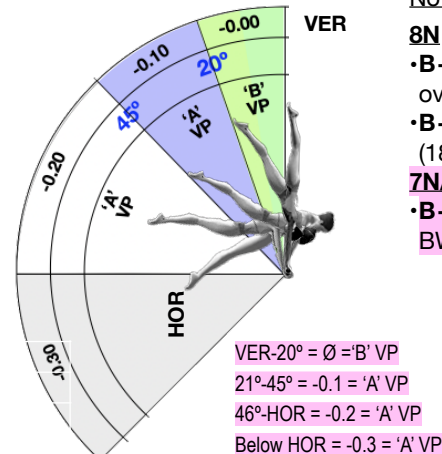
7N CASTING



5N, PN, DN CASTING



8N, 9N, 10N CASTING



EXCEPTIONS

No cast angle deductions prior to VP

8N

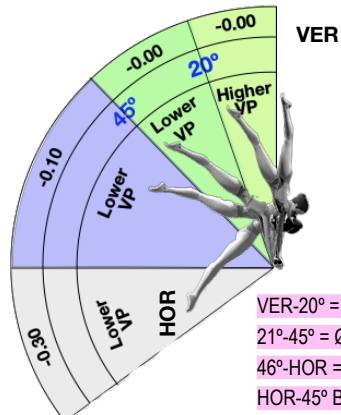
- B-705b: HB Pike Sole 1/2 (180°) turn over LB
- B-406: HB Long swing FWD 1/2 (180°) turn over LB

7N/PN/8N

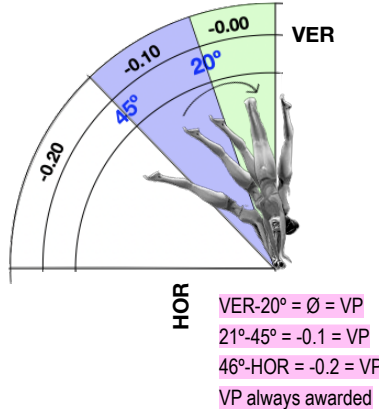
- B-503: HB Swing 1/2 (180°) flight BWD over LB

NOTE: Levels w cast/circle angle requirements = A VP for any attempt not attaining the higher VP

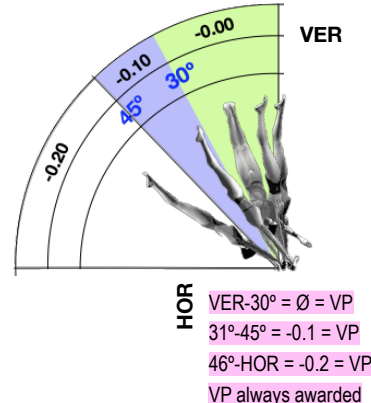
5N-10N CLEAR HIP/PIKE/STALDER CIRCLE



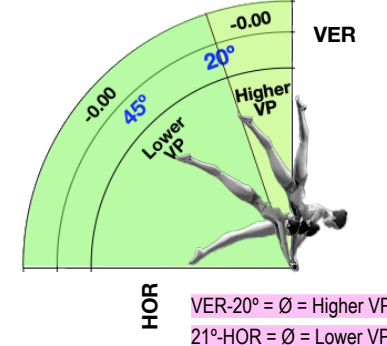
URNS IN HANDSTANDS



1/1 TURN AFTER HS (Healy)



FLIGHT TO HS HB > LB



BAR GRIPS

Most Popular Grips

- Regular/Over**—Both overhand, palms away
- Reverse/Under**—Both underhand, palms face up
- Mixed**—(1) hand regular (1) hand reverse
- Cross Mixed**—Mixed grip w (1) arm crossed over
- 'L' /EI (Eagle)**—360° twist from under, thumbs out
- Mixed 'L'**—(1) hand reverse, (1) hand 'L'

BAR TURNS

Most Popular Bar Turn techniques

- Regular**—(2) hand changes, (1) before, (1) after HS
- Healy**—360° turn, 1-arm, after HS; finishes in Mixed-'L'/'L'; prior skill has (1) hand in under grip
- Higgins**—Leads w back of body; 1-hand does not move; finishes Mixed 'L'/'L'; usually next element is FWD Giant
- Blind**—BWD Giant, 1/2 turn, completes near HS

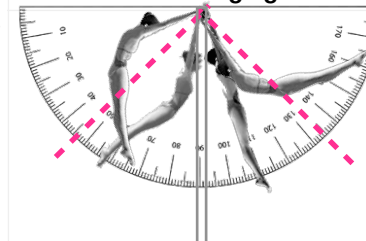
IN-BAR DROP

Acceptable Arch or "Flair"



TAP SWING

45° / 45° ↓ Hanging VER



Section 11

LEAPS, JUMPS, TURN ANGLES



BM—Split Jump / Leap Element

3N	4N/GN	5N	6N/PN	7N/8N/DN/9N/10N
Min 60°	Min 90°	Min 120°	Min 150°	Min 180°

FX—Split Jump / Leap Element

BM and FX:
Insufficient split when required $\uparrow 0.20$
Not within 45° of required split =
Lower VP & Ø SR

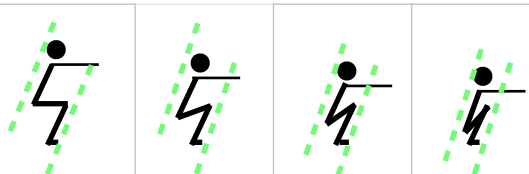
3N/4N	GN/5N	6N/PN	7N/8N/DN/9N/10N
Min 90°	Min 120°	Min 150°	Min 180°
 50° - 59° = 0.05 40° - 49° = 0.10 30° - 39° = 0.15 Below 30° = 0.20	 80° - 89° = 0.05 70° - 79° = 0.10 60° - 69° = 0.15 Below 60° = 0.20	 110° - 119° = 0.05 100° - 109° = 0.10 90° - 99° = 0.15 Below 90° = 0.20	 140° - 149° = 0.05 130° - 139° = 0.10 120° - 129° = 0.15 Below 120° = 0.20

Squat—Landings— $\uparrow 0.30$

0.00 -0.10 -0.20 -0.30

Represents lowest part of squat on landing

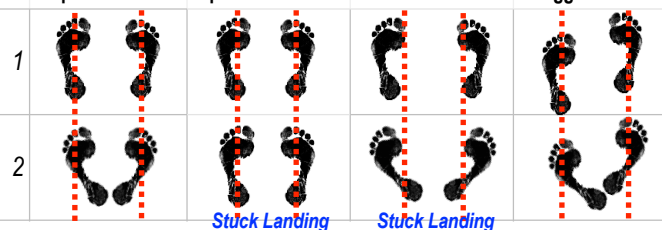
Safe: Back (spine) & shins (tibia, fibula) should be parallel



Feet—Landings

0.00 -0.05 -0.10 -0.10

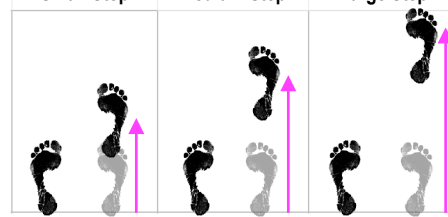
Hip width-close Hip width-no close Wide-no touch Staggered-touch



Step—Landings

-0.10 -0.15 -0.20

Small Step Medium Step Large Step



Turn Element W/ 1/2

Less than 360° Turning Element

1/1, 2/1, 3/1 Turning Element

An element does not change value w addition of 1/4 (90°) turn, unless a VP exists in NGA Technical Handbook

Ø	0.05 - 0.20	Ø	0.05 - 0.20	Ø	Ø	Ø	0.05 - 0.10	0.15 - 0.20	Ø
Deduction	Deduction	Deduction	Deduction	Deduction	Deduction	Deduction	Deduction	Deduction	Deduction
Complete 180° 1/2 (180°) VP	Award credit for 1/2 (180°) VP	Complete 270° 3/4 (270°) VP	Award credit for 3/4 (270°) VP	Award credit for 1/2 (180°) VP	Award credit for 1/4 (90°) VP	Complete Higher VP	Short 1° - 44° Higher VP	Short 45° - 89° Higher VP	Short 89° + Lower VP
VP: 1/2, 1-1/2, 2-1/2 Dance turn VP: 1/2, 1-1/2, 2-1/2 Acro w/Twist VP: 1/2, 1-1/2 VT w/wo Salto VP: 1/2, 1-1/2, 2-1/2 Dis w/Twist		VP: 3/4 Dance VP: Jump 3/4 turn				VP: 1/1, 2/1, 3/1 Dance turn VP: 1/1, 2/1, 3/1 Acro w/Twist VP: 1/1, 2/1 VT w/wo Salto VP: 1/1, 2/1, 3/1 Dis w/Twist			

Ideal Positions

Tuck



Pike



Layout



Wolf



Straddle Pike



Straddle



Ring Leap



Sheep Jump



Cat Leap



UB Choice of Elements

0.10 Choice of Elements not up to competitive level

1. Standards: "Up to competitive level"
 - a. Single bar release min D VP
OR
 - a. Release E VP
OR
 - a. Min (2) D Release VP
OR
 - a. Min (2) E VP
2. Exercise must have:
 - a. Min D Dismount
OR
 - a. C Dismount in bonus combination
3. More than (1) squat/stoop on LB w/wo sole circle to grasp HB = Deduct .10 each time
EXCEPTION: Following UB fall, gymnast allowed to perform cast squat/pike-on to resume routine w/o deduction. Once gymnast performs a planned squat/stoop-on, only additional planned squat/stoop on(s) subject to 0.10 each deduction.

Composition will reflect changes after NCAA rulings published in fall of each year

BM Choice of Elements

0.10 Choice of Elements not up to competitive level

1. Standards: "Up to competitive level"
 - a. Flight series performed on BM w/o CV, required to have: (VP performed & stopped on BM)
 - 1) Additional D/E Acro VP
OR
 - 1) E Dance VP (Including mounts)
 - b. D/E Acro VP directly connected to dismount CANNOT fulfill "Up to level requirement" (UTL)
EXCEPTION: Acro Series completed but not awarded CV due to FALL, UTL 0.1 deduction is not applied

BM Lack of Variety

0.10 Lack BWD Acro

- Min A

0.10 Lack FWD/SWD Acro

- Min A

1. Standards: BWD, FWD/SWD: "Lack of variety in Acro choice"
 - a. Must be from Mounts, Rolls, Walkovers/ Cartwheels, Saltos
 - b. Round off = SWD element
 - c. Jump BWD-FF w 1/2 (180°) twist—FWD walkover (Arabian) = FWD element
 - d. Tic-Toc = FWD or BWD element
 - e. Jump BWD-FF w 1/4 or 3/4 to HS = BWD element
 - f. Press HS (cross/side) w/wo 1/1 turn—Walkout (Mount included) = FWD element

BM Insufficient Use of Entire Beam

0.05 Each

1. Insufficient level of changes thru out routine
2. Spatially (use entire length of beam)
3. Failure to show movement/choreography in FWD/ SWD/BWD

FX Choice of Elements

0.10 Choice of Elements not up to competitive level

1. All routines must include
 - a. One (1) E Acro/Dance
OR
 - a. Two (2) different D VP—One (1) an Acro
 - b. Acro dismount, min C salto in bonus connection
OR
 - b. Min D salto
2. Two (2) tumbling passes must include
 - a. Min D in one (1) pass
 - b. Min D
OR
 - b. +0.20 CV in other pass
Any order

EXCEPTION: One (1) Acro pass routine does not meet UTL requirement

FX Lack of Variety

0.10 Lack Dance Bonus Skill Set 1 or 2

- Min +0.1 CV OR +0.10 D/E Bonus

0.10 Lack Variety in Acro VP

- Missing min A BWD salto

0.10 Lack (2) Directions Acro Salto BWD & FWD/SWD

- Min A Salto