

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

<p><b>UB</b></p> <p><b>1N</b></p> <p>Warm Up 0:30</p>	<p><b>Mounts - Add'1 A VP (X Skill)</b>                  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><b>Skills - Add'1 A VP (X Skills)</b>                  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><b>Dsmt - Add'1 A VP (X Skills)</b>                  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><b>Clarifications</b>                  No cast/in bar circling amp deductions                  VP/SR awarded if &gt; 1/2 skill completed unassisted before falling                  Same skill LB &amp; HB = diff elements                  Cast PLUS any allowable dsmt = 2 A VP                  Uncharacteristic Movement = 0.3 (all levels)</p> <p><b>No B+ VP skills</b>  <b>No High Bar</b>  <b>No Salto dismounts</b>  <b>No Extra cast/swing deductions</b></p>
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**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><b>UB</b></p> <p><b>2N/BN</b></p> <p>Warm Up 0:30</p>	<p><b>Mounts - Add'1 A VP (X Skill)</b>                  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><b>Skills - Add'1 A VP (X Skills)</b>                  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><b>Dsmt - Add'1 A VP (X Skills)</b>                  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><b>Clarifications</b>                  No cast/in bar circling amp deductions                  VP/SR awarded if &gt; 1/2 skill completed unassisted before falling                  Same skill LB &amp; HB = diff elements                  Cast PLUS any allowable dsmt = 2 A VP                  Uncharacteristic Movement = 0.3 (all levels)</p> <p><b>No B+ VP skills</b>  <b>No High Bar</b>  <b>No Salto dismounts</b>  <b>No Extra cast/swing deductions</b></p>
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**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><b>UB</b></p> <p><b>SN</b></p> <p>Warm Up 0:45</p>	<p><b>Mounts - Add'1 A VP (X Skill)</b>                  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><b>Skills - Add'1 A VP (X Skills)</b>                  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><b>Dsmt - Add'1 A VP (X Skills)</b>                  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><b>Clarifications</b>                  No cast/in bar circling amp deductions                  VP/SR awarded if &gt; 1/2 skill completed unassisted before falling                  Same skill LB &amp; HB = diff elements                  Cast PLUS any allowable dsmt = 2 A VP                  Uncharacteristic Movement = 0.3 (all levels)</p> <p><b>No B+ VP skills</b>  <b>No Salto dismounts</b>  <b>No Extra cast/swing deductions</b></p>
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**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><b>UB</b></p> <p><b>3N</b></p> <p>Warm Up 0:45</p>	<p><b>Mounts - Add'1 A VP (X Skill)</b>                  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><b>Skills - Add'1 A VP (X Skills)</b>                  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><b>Dsmt - Add'1 A VP (X Skills)</b>                  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><b>Clarifications</b>                  No cast/in bar circling amp deductions                  VP/SR awarded if &gt; 1/2 skill completed unassisted before falling                  Same skill LB &amp; HB = diff elements                  Cast PLUS any allowable dsmt = 2 A VP                  Uncharacteristic Movement = 0.3 (all levels)</p> <p><b>No B<sup>+</sup> VP skills</b>  <b>No Salto dismounts</b>  <b>No Extra cast/swing deductions</b></p>
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**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*

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

<p><b>UB</b></p> <p><b>4N</b></p> <p>Warm Up 1:00</p>	<p><b>Mounts - Add'1 A VP (X Skill)</b>                  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><b>Skills - Add'1 A VP (X Skills)</b>                  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><b>Dsmt - Add'1 A VP (X Skills)</b>                  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><b>Dismount must be from high bar to receive SR</b></p>	<p><b>Clarifications</b>                  No cast/in bar circling amp deductions                  VP/SR awarded if &gt; 1/2 skill completed unassisted before falling                  Same skill LB &amp; 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><b>No B+ VP skills except in-bar</b> ○  <b>No Extra cast/swing deductions NO</b></p>
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**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*


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

<p><b>UB</b></p> <p><b>GN</b></p> <p>Warm Up 1:00</p>	<p><b>Mounts - Add'1 A VP (X Skill)</b>                  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><b>Skills - Add'1 A VP (X Skills)</b>                  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><b>Dsmt - Add'1 A VP (X Skills)</b>                  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><b>Dismount must be from high bar to receive SR</b></p>	<p><b>Clarifications</b>                  No cast/in bar circling amp deductions                  VP/SR awarded if &gt; 1/2 skill completed unassisted before falling                  Same skill LB &amp; HB = diff elements                  Cast PLUS any allowable dsmt = 2 A VP                  Uncharacteristic Movement = 0.3 (all levels)</p> <p><b>No B+ VP skills except in-bar</b>   <b>No TWISTING Salto Dismounts</b>  <b>Extra cast/swing deductions NO</b></p>
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**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;"><b>UB</b></p> <p style="font-size: 2em; margin: 10px 0 0 0;"><b>5N</b></p> <p style="margin: 0;">Warm Up 1:00</p>	<p><b>Clarifications</b></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 &gt; 1/2 skill completed unassisted before falling</p> <p>Same skill LB &amp; 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>
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**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

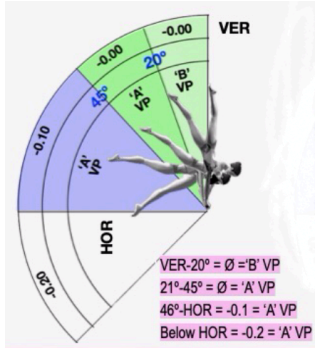
C+ (if restricted) \*                      0.5 off SV

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><b>UB</b></p> <p><b>6N</b></p> <p>Warm Up 1:30</p>	<p><b>Clarifications</b> Cast achieves SR but short of 'B' cast, 'A' VP awarded</p> <p>VP/SR awarded if &gt; 1/2 skill completed unassisted before falling Same skill LB &amp; HB = diff elements No amplitude deduction for 10°-45° from VER on all circling VP Uncharacteristic Movement = 0.3 (all levels)</p>	<p><b>Casting</b></p> 	<p>A/B VP ok C in-bar <input checked="" type="radio"/> 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>
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**Requirements (0.5 Each)**

- 360° In-Bar  Skil to Clear Supportl
- Cast  horiz
- 2<sup>nd</sup>  OR 2<sup>nd</sup> 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

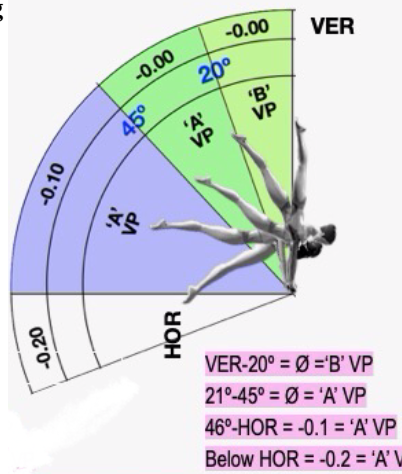
SV	
Execution	_____
Dynamics	/ 2

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><b>UB</b></p> <p><b>PN</b></p> <p>Warm Up 1:30</p>	<p><b>Clarifications</b></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><b>Dir change (ex: back hip circle into squat on) is an extra cast ded, 0.30</b></p> <p>VP/SR awarded if &gt; 1/2 skill completed unassisted before falling</p> <p>Same skill LB &amp; 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><b>Casting</b></p> 	<p><b>A/B VP ok</b></p> <p><b>C in-bar ○ HS ok/D Stalder HS ok (award as B)</b></p> <p><b>Salto dsmt not required</b></p> <p><b>Swing 1/2 turn + add'l swing prior to FWD flyaway dsmt - no penalty, no VP, yes execution</b></p> <p><b>Extra cast/swing deductions YES</b></p> <p><b>Circling skill amp deduct apply</b></p>
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**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

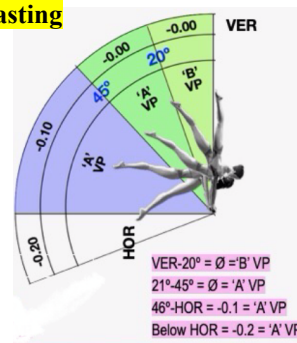
C+ (if restricted) 0.5 off SV

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><b>UB</b></p> <p><b>7N</b></p> <p>Warm Up 1:30</p>	<p><b>NCAA Adopted Skill Values:</b></p> <p>Uprise backward to handstand on HB with 1/2 turn <b>D</b></p> <p>1 1/2 pirouette (turn is in handstand, not a Healy) <b>E</b></p> <p>Toe on front pike w 1/2 twist dismount <b>D</b></p> <p>Stalder or clear support front tuck or pike w 1/2 twist dismount <b>D</b></p> <p>Flyaway double full <b>D</b> Double tuck flyaway w 1/2 twist <b>E</b></p> <p>Front Flyaway 1 1/2 dismount <b>D</b></p> <p>Front Flyaway 2/1 Twist dismount <b>E</b></p> <p>Stalder fwd/bwd to HS w or w/o 1/2 turn <b>D</b></p> <p>Stalder fwd/bwd to HS w full turn <b>E</b></p>	<p><b>Casting</b></p> 	<p><b>A/B VP ok</b></p> <p><b>C Cast HS 1/2 Pirouette ok (award as B)</b></p> <p><b>C in-bar ○ HS ok/D Stalder HS ok (award as B)</b></p> <p><b>Swing 1/2 turn + add'l swing prior to FWD flyaway dsmt - no penalty, no VP, yes execution</b></p> <p>Award VP/SR if &gt; 1/2 skill completed unassisted before falling</p> <p>Uncharacteristic Movement = 0.3 (all levels)</p> <p>Same skill LB &amp; HB = diff elements</p> <p>No amp deduction for 10°-45° from VER on all circling VP</p> <p><b>Extra cast/swing deductions YES</b></p>
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**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><b>UB</b></p> <p><b>8N</b></p> <p>Warm Up 2:00</p>	<p><b>Clarifications</b> Award VP/SR if &gt; ½ skill complete unassisted before falling</p> <p>Same skill LB &amp; HB = diff elements Uncharacteristic Movement = 0.3 No amp ded for 10°-45° from VER on all circling VP</p>	<p><b>NCAA Adopted Skill Values</b> Uprise backward to handstand on HB with 1/2 turn <b>D</b> 1 1/2 pirouette (turn is in handstand, not a Healy) <b>E</b> Toe on front pike w ½ twist dismount <b>D</b> Stalder or clear support front tuck or pike w ½ twist dismount <b>D</b> Flyaway double full <b>D</b> Double tuck flyaway w ½ twist <b>E</b> Front Flyaway 1 1/2 dismount <b>D</b> Front Flyaway 2/1 Twist dismount <b>E</b> Stalder fwd/bwd to HS w or w/o ½ turn <b>D</b> Stalder fwd/bwd to HS w full turn <b>E</b></p>	<p><b>A/B VP ok</b></p> <p><b>Max 2 C VP allowed in addition to:</b></p> <ul style="list-style-type: none"> <li>• <b>C Cast HS ½ Pirouette ok (award as B)</b></li> <li>• <b>C in-bar ○ HS ok (award as B)</b></li> <li>• <b>D Stalder HS ok (award as B)</b></li> </ul> <p><b>Extra cast/swing deductions YES</b> <b>NO Cast amplitude deduction prior to bail</b></p>
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**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**

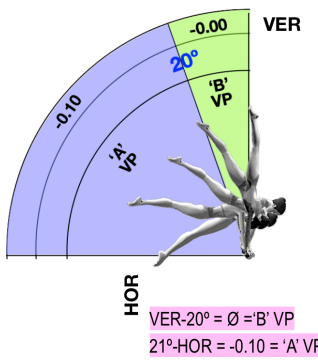
C+ (if restricted)                      0.5 off SV

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><b>UB</b></p> <p><b>DN</b></p> <p>Warm Up 2:00</p>	<p><b>Clarifications</b> Award VP/SR if &gt; ½ skill completed unassisted before falling</p> <p>Same skill LB &amp; HB = diff elements</p> <p>Uncharacteristic Movement = 0.3</p>	<p><b>NCAA Adopted Skill Values</b> Uprise backward to handstand on HB with 1/2 turn <b>D</b> 1 1/2 pirouette (turn is in handstand, not a Healy) <b>E</b> Toe on front pike w ½ twist dismount <b>D</b> Stalder or clear support front tuck or pike w ½ twist dismount <b>D</b> Flyaway double full <b>D</b> Double tuck flyaway w ½ twist <b>E</b> Front Flyaway 1 1/2 dismount <b>D</b> Front Flyaway 2/1 Twist dismount <b>E</b> Stalder fwd/bwd to HS w or w/o ½ turn <b>D</b> Stalder fwd/bwd to HS w full turn <b>E</b></p>	<p><b>Casting</b></p> 	<p><b>A/B/C VP ok</b></p> <p><b>Max 1 D/E VP allowed in addition to:</b></p> <ul style="list-style-type: none"> <li><b>D Stalder HS ok (award as B)</b></li> </ul> <p><b>Extra cast/swing deductions YES</b></p> <p><b>Circling skill amp deduct apply</b></p>
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**Requirements (0.5 Each)**

- Min 'B' 360°  VP
- 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><b>UB</b></p> <p><b>9N</b></p> <p>Warm Up 2:30</p>	<p><b>Clarifications</b> Award VP/SR if &gt; 1/2 skill completed unassisted before falling Same skill LB &amp; HB = diff elements Uncharacteristic Movement = 0.3 <b>CV Bonus:</b> +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 <b>EXCEPTION +0.2 Stalder HS (D) + Stalder HS (D)</b></p>	<p><b>NCAA Adopted Skill Values</b> Uprise backward to handstand on HB with 1/2 turn <b>D</b> 1 1/2 pirouette (turn is in handstand, not a Healy) <b>E</b> Toe on front pike w 1/2 twist dismount <b>D</b> Stalder or clear support front tuck or pike w 1/2 twist dismount <b>D</b> Flyaway double full <b>D</b> Double tuck flyaway w 1/2 twist <b>E</b> Front Flyaway 1 1/2 dismount <b>D</b> Front Flyaway 2/1 Twist dismount <b>E</b> Stalder fwd/bwd to HS w or w/o 1/2 turn <b>D</b> Stalder fwd/bwd to HS w full turn <b>E</b></p>	<p><b>A/B/C VP ok</b></p> <p><b>Max 1-D &amp; 1-E or 2-D VP allowed in addition to:</b></p> <ul style="list-style-type: none"> <li><b>D Stalder HS ok (award as C)</b></li> </ul> <p><b>Extra cast/swing deductions YES</b></p>
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**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) \_\_\_\_\_

<b>SV (9.7 base, max 10)</b>	
Execution	_____
Dynamics	/ 2

Judge 1 \_\_\_\_\_ Judge 2 \_\_\_\_\_ ND \_\_\_\_\_ Final Score \_\_\_\_\_ *courtesy score 5.0*

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

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