


Team _____ Athlete # _____

<p>UB</p> <p>1N</p> <p>Warm Up 0:30</p>	<p>Mounts - Add'1 A VP (X Skill) Jump to front support Pullover - 1 or 2 feet, w/or w/o run Glide swing to stand Single leg jam from glide or run Run out glide kip</p>	<p>Skills - Add'1 A VP (X Skills) Cast w hips off bar Stride circle fwd/bwd Single leg basket swing to clear support Single leg bent knee swing Bwd pike seat drop (peach basket swing) Cast shoot through Long hang pullover from swing Single leg cut fwd / bwd Tap swing-counterswing Baby Giant (long hang pullover) on LB Fwd hip circle w bent knees</p>	<p>Dsmt - Add'1 A VP (X Skills) Underswing LB (2 VP if preceded by cast) Cast off to stand 3/4 fwd circle to stand Squat on - jump down (2 VP)</p>	<p>Clarifications No cast/in bar circling amp deductions VP/SR awarded if > 1/2 skill completed unassisted before falling Same skill LB & HB = diff elements Cast PLUS any allowable dsmt = 2 A VP Uncharacteristic Movement = 0.3 (all levels)</p> <p>No B+ VP skills No High Bar No Salto dismounts Extra casts/swings allowed</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>UB</p> <p>2N/BN</p> <p>Warm Up 0:30</p>	<p>Mounts - Add'1 A VP (X Skill) Jump to front support Pullover - 1 or 2 feet, w/or w/o run Glide swing to stand Single leg jam from glide or run Run out glide kip</p>	<p>Skills - Add'1 A VP (X Skills) Cast w hips off bar Stride circle fwd/bwd Single leg basket swing to clear support Single leg bent knee swing Bwd pike seat drop (peach basket swing) Cast shoot through Long hang pullover from swing Single leg cut fwd / bwd Tap swing-counterswing Baby Giant (long hang pullover) on LB Fwd hip circle w bent knees</p>	<p>Dsmt - Add'1 A VP (X Skills) Underswing LB (2 VP if preceded by cast) Cast off to stand 3/4 fwd circle to stand Squat on - jump down (2 VP)</p>	<p>Clarifications No cast/in bar circling amp deductions VP/SR awarded if > 1/2 skill completed unassisted before falling Same skill LB & HB = diff elements Cast PLUS any allowable dsmt = 2 A VP Uncharacteristic Movement = 0.3 (all levels) No B+ VP skills No High Bar No Salto dismounts Extra cast/swing deductions allowed</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>UB</p> <p>SN</p> <p>Warm Up 0:45</p>	<p>Mounts - Add'1 A VP (X Skill) Jump to front support Pullover - 1 or 2 feet, w/or w/o run Glide swing to stand Single leg jam from glide or run Run out glide kip</p>	<p>Skills - Add'1 A VP (X Skills) Cast w hips off bar Stride circle fwd/bwd Single leg basket swing to clear support Single leg bent knee swing Bwd pike seat drop (peach basket swing) Cast shoot through Long hang pullover from swing Single leg cut fwd / bwd Tap swing-counterswing Baby Giant (long hang pullover) on LB Fwd hip circle w bent knees</p>	<p>Dsmt - Add'1 A VP (X Skills) Underswing LB (2 VP if preceded by cast) Tap swing 1/2 turn Cast off to stand 3/4 fwd circle to stand Squat on - jump down (2 VP)</p>	<p>Clarifications No cast/in bar circling amp deductions VP/SR awarded if > 1/2 skill completed unassisted before falling Same skill LB & HB = diff elements Cast PLUS any allowable dsmt = 2 A VP Uncharacteristic Movement = 0.3 (all levels)</p> <p>No B+ VP skills No Salto dismounts Extra cast/swing deductions allowed</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>UB</p> <p>3N</p> <p>Warm Up 0:45</p>	<p>Mounts - Add'1 A VP (X Skill) Jump to front support Pullover - 1 or 2 feet, w/or w/o run Glide swing to stand Single leg jam from glide or run Run out glide kip</p>	<p>Skills - Add'1 A VP (X Skills) Cast w hips off bar Stride circle fwd/bwd Single leg basket swing to clear support Single leg bent knee swing Bwd pike seat drop (peach basket swing) Cast shoot through Long hang pullover from swing Single leg cut fwd / bwd Tap swing-counterswing Baby Giant (long hang pullover) on LB Fwd hip circle w bent knees</p>	<p>Dsmt - Add'1 A VP (X Skills) Underswing LB (2 VP if preceded by cast) Tap swing 1/2 turn Cast off to stand 3/4 fwd circle to stand Squat on - jump down (2 VP)</p>	<p>Clarifications No cast/in bar circling amp deductions VP/SR awarded if > 1/2 skill completed unassisted before falling Same skill LB & HB = diff elements Cast PLUS any allowable dsmt = 2 A VP Uncharacteristic Movement = 0.3 (all levels)</p> <p>No B+ VP skills No Salto dismounts Extra cast/swing deductions allowed</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*

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


Team _____ Athlete # _____

<p>UB</p> <p>4N</p> <p>Warm Up 1:00</p>	<p>Mounts - Add'1 A VP (X Skill) Jump to front support Pullover 1 or 2 feet, w/or w/o run Glide swing to stand Single leg jam from glide or run Run out glide kip</p>	<p>Skills - Add'1 A VP (X Skills) Cast w hips off bar Stride circle fwd/bwd Single leg basket swing to clear support Single leg bent knee swing Bwd pike seat drop (peach basket swing) Cast shoot through Long hang pullover from swing Single leg cut fwd / bwd Tap swing-counterswing Baby Giant (long hang pullover) on LB Fwd hip circle w bent knees</p>	<p>Dsmt - Add'1 A VP (X Skills) Underswing LB (2 VP if preceded by cast) Tap swing 1/2 turn Cast off to stand 3/4 fwd circle to stand Squat on - jump down (2 VP)</p> <p>Dismount must be from high bar to receive SR</p>	<p>Clarifications No cast/in bar circling amp deductions VP/SR awarded if > 1/2 skill completed unassisted before falling Same skill LB & HB = diff elements Cast PLUS any allowable dsmt = 2 A VP Uncharacteristic Movement = 0.3 (all levels) Underswing-counterswing will not fulfill SR3</p> <p>No B+ VP skills except in-bar 3,6,7  Extra cast/swing deductions allowed</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 with Counterswing (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>UB</p> <p>GN</p> <p>Warm Up 1:00</p>	<p>Mounts - Add'1 A VP (X Skill) Jump to front support Pullover - 1 or 2 feet, w/or w/o run Glide swing to stand Single leg jam from glide or run Run out glide kip</p>	<p>Skills - Add'1 A VP (X Skills) Cast w hips off bar Stride circle fwd/bwd Single leg basket swing to clear support Single leg bent knee swing Bwd pike seat drop (peach basket swing) Cast shoot through Long hang pullover from swing Single leg cut fwd / bwd Tap swing-counterswing Baby Giant (long hang pullover) on LB Fwd hip circle w bent knees</p>	<p>Dsmt - Add'1 A VP (X Skills) Underswing LB (2 VP if preceded by cast) Tap swing 1/2 turn Cast off to stand 3/4 fwd circle to stand Squat on - jump down (2 VP)</p> <p>Dismount must be from high bar to receive SR</p>	<p>Clarifications No cast/in bar circling amp deductions VP/SR awarded if > 1/2 skill completed unassisted before falling Same skill LB & HB = diff elements Cast PLUS any allowable dsmt = 2 A VP Uncharacteristic Movement = 0.3 (all levels)</p> <p>No B+ VP skills except in-bar  No TWISTING Salto Dismounts Extra cast/swing deductions allowed</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; font-weight: bold; margin: 0;">UB</p> <p style="font-size: 2em; font-weight: bold; margin: 10px 0 0 0;">5N</p> <p>Warm Up 1:00</p>	<p>Clarifications</p> <p>Up to .30 amp ded for in-bar circling skills, plus execution (See Angle Chart, p. 27)</p> <p>Cast amplitude: Each cast ↓ HOR = 0.1 ded plus execution</p> <p>Cast achieves SR but short of 'B' cast, award 'A' value part</p> <p>1 tap swing allowed w/o penalty (no VP). Add'l tap swings 0.3 ded (max 0.5 per occur)</p> <p>Dir change (ex: back hip circle into squat on) is an extra cast deduction, 0.30</p> <p>VP/SR awarded if > 1/2 skill completed unassisted before falling</p> <p>Same skill LB & HB = different elements</p> <p>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>1 tapswing allowed- no VP</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

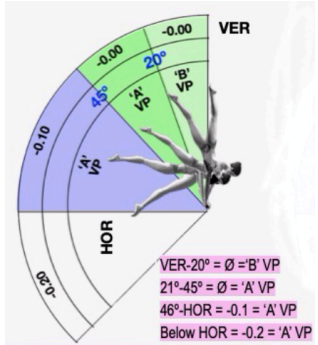
C+ (if restricted) * 0.5 off SV

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>UB</p> <p>6N</p> <p>Warm Up 1:30</p>	<p>Clarifications Cast achieves SR but short of 'B' cast, 'A' VP awarded</p> <p>VP/SR awarded if > 1/2 skill completed unassisted before falling Same skill LB & HB = different elements No amplitude deduction for 10°-45° from VER on all circling VP</p> <p>Uncharacteristic Movement = 0.3 (all levels)</p>	<p>Casting</p> 	<p>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
- 2nd 360 OR 2nd cast horiz
- Min 'A' HB Salto Dsmt (max full twist ok)

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

C+ (if restricted) 0.5 off SV

SV	
Execution	_____
Dynamics	/ 2

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

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

Team _____ Athlete # _____

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

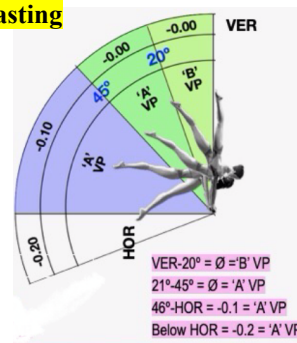
C+ (if restricted) 0.5 off SV

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>UB</p> <p>7N</p> <p>Warm Up 1:30</p>	<p>NCAA Adopted Skill Values:</p> <p>Uprise backward to handstand on HB with 1/2 turn D</p> <p>1 1/2 pirouette (turn is in handstand, not a Healy) E</p> <p>Toe on front pike w 1/2 twist dismount D</p> <p>Stalder or clear support front tuck or pike w 1/2 twist dismount D</p> <p>Flyaway double full D Double tuck flyaway w 1/2 twist E</p> <p>Front Flyaway 1 1/2 dismount D</p> <p>Front Flyaway 2/1 Twist dismount E</p> <p>Stalder fwd/bwd to HS w or w/o 1/2 turn D</p> <p>Stalder fwd/bwd to HS w full turn E</p> <p>Shaposhnikova E, Chow E</p>	<p>Casting</p> 	<p>A/B VP ok</p> <p>C Cast HS 1/2 Pirouette ok (award as B)</p> <p>C in-bar ○ HS ok/D Stalder HS ok (award as B)</p> <p>Swing 1/2 turn + add'l swing prior to FWD flyaway dsmt - no penalty, no VP, yes execution</p> <p>Award VP/SR if > 1/2 skill completed unassisted before falling</p> <p>Uncharacteristic Movement = 0.3 (all levels)</p> <p>Same skill LB & HB = diff elements</p> <p>No amp deduction for 10°-45° from VER on all circling VP</p> <p>Extra cast/swing deductions YES</p>
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Requirements (0.5 Each)

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

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

C+ (if restricted) 0.5 off SV

SV	
Execution	_____
Dynamics	/ 2

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

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

Team _____ Athlete # _____

<p>UB</p> <p>8N</p> <p>Warm Up 2:00</p>	<p>Clarifications Award VP/SR if > ½ skill complete unassisted before falling</p> <p>Same skill LB & HB = diff elements Uncharacteristic Movement = 0.3 No amp ded for 10°-45° from VER on all circling VP</p>	<p>NCAA Adopted Skill Values Uprise backward to handstand on HB with 1/2 turn D 1 1/2 pirouette (turn is in handstand, not a Healy) E Toe on front pike w ½ twist dismount D Stalder or clear support front tuck or pike w ½ twist dismount D Flyaway double full D Double tuck flyaway w ½ twist E Front Flyaway 1 1/2 dismount D Front Flyaway 2/1 Twist dismount E Stalder fwd/bwd to HS w or w/o ½ turn D Stalder fwd/bwd to HS w full turn E Shaposhnikova E, Chow E</p>	<p>A/B VP ok</p> <p>Max 2 C VP allowed in addition to:</p> <ul style="list-style-type: none"> • C Cast HS ½ Pirouette ok (award as B) • C in-bar ○ HS ok (award as B) • D Stalder HS ok (award as B) <p>Extra cast/swing deductions YES NO Cast amplitude deduction before bail</p>
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Requirements (0.5 Each)

- Min 'B' 360° In Bar ○
- Min 'B' turn/flight
- 360 Circle to / pass thru HS (sep from SR1)
- Min 'A' HB Salto Dsmt

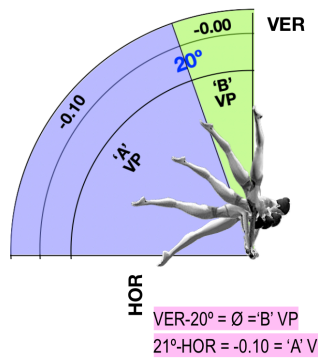
Value Parts A (4) 0.1 / B (4) 0.3

C+ (if restricted) 0.5 off SV

SV	
Execution	_____
Dynamics	/ 2

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

Team _____ Athlete # _____

<p>UB</p> <p>DN</p> <p>Warm Up 2:00</p>	<p>Clarifications Award VP/SR if > ½ skill completed unassisted before falling</p> <p>Same skill LB & HB = different elements</p> <p>Uncharacteristic Movement = 0.3</p>	<p>NCAA Adopted Skill Values Uprise backward to handstand on HB with 1/2 turn D 1 1/2 pirouette (turn is in handstand, not a Healy) E Toe on front pike w ½ twist dismount D Stalder or clear support front tuck or pike w ½ twist dismount D Flyaway double full D Double tuck flyaway w ½ twist E Front Flyaway 1 1/2 dismount D Front Flyaway 2/1 Twist dismount E Stalder fwd/bwd to HS w or w/o ½ turn D Stalder fwd/bwd to HS w full turn E Shaposhnikova E, Chow E</p>	<p>Casting - Below HOR -.20</p> 	<p>A/B/C VP ok</p> <p>Max 1 D/E VP allowed in addition to:</p> <ul style="list-style-type: none"> D Stalder HS ok (award as B) <p>Extra cast/swing deductions YES</p> <p>Circling skill amp deduct apply</p>
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Requirements (0.5 Each)

- Min 'B' 360° ○ VP
- Cast or 360 Circle VP, Min 45° from Vertical
- Add'l 'B' VP
- Min 'A' HB Salto Dsmt

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

D* (if restricted) 0.5 off SV

SV	
Execution	_____
Dynamics	/ 2

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

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

Team _____ Athlete # _____

<p>UB</p> <p>9N</p> <p>Warm Up 2:30</p>	<p>Clarifications Award VP/SR if > ½ skill completed unassisted before falling Same skill LB & HB = diff elements Uncharacteristic Movement = 0.3 CV Bonus: +0.1 C-C one element w turn or flight +0.1 2 diff 3/6/7 elements +0.2 C-C each with turn or flight EXCEPTION +0.2 Stalder HS (D) + Stalder HS (D)</p>	<p>NCAA Adopted Skill Values Uprise backward to handstand on HB with 1/2 turn D 1 1/2 pirouette (turn is in handstand, not a Healy) E Toe on front pike w ½ twist dismount D Stalder or clear support front tuck or pike w ½ twist dismount D Flyaway double full D Double tuck flyaway w ½ twist E Front Flyaway 1 1/2 dismount D Front Flyaway 2/1 Twist dismount E Stalder fwd/bwd to HS w or w/o ½ turn D Stalder fwd/bwd to HS w full turn E Shaposhnikova E, Chow E</p>	<p>A/B/C VP ok</p> <p>Max 1-D & 1-E or 2-D VP allowed in addition to:</p> <ul style="list-style-type: none"> D Stalder HS ok (award as C) <p>Extra cast/swing deductions YES</p> <p>One (1) VP may fulfill more than E* one (1) SR unless specified (NCAA)</p>
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*One element may fulfill more than one (1) SR unless specified

Requirements (0.5 Each)

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

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

D+ (when restricted)* 0.5 off SV

CV (max 0.3) _____

DV (max 0.1) _____

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

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

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

Team _____ Athlete # _____

<p>UB</p> <p>10N</p> <p>Warm Up 2:30</p>	<p>Clarifications Award VP/SR if completes > 1/2 of the skill unassisted before falling Same skill LB & HB = different elements B release HB->LB upgraded to C if directly follows D/E release on HB</p> <p>UTL/Comp (must fulfill 1 & 2 below, or flat 0.1 deduction applied): 1 - Sing bar release min D OR E release OR min 2 D releases OR min 2 E skills AND 2 - D dsmt OR C dsmt in bonus combination</p>	<p>CV Bonus: +0.1 2 diff 3/6/7 elements +0.1 C-C each with turn or flight +0.1 C-D/E +0.2 D/E-D/E</p> <p>Single bar D release or any E release +1 DV</p> <p>Add 1 E bonus given when: E VP, +0.70 CV+DV & 10.0 SV achieved</p>	<p>NCAA Adopted Skill Values Uprise backward to handstand on HB with 1/2 turn D 1 1/2 pirouette (turn is in handstand, not a Healy) E All Healy D Shaposhnikova Release to HB E Chow Release to HB E Toe on front pike w 1/2 twist dismount D Stalder / clear support front tuck or pike w 1/2 twist dismount D Flyaway double full D Double tuck flyaway w 1/2 twist E Front Flyaway 1 1/2 dsmt D, Front Flyaway 2/1 Twist dsmt E Stalder fwd/bwd to HS w or w/o 1/2 turn D Stalder fwd/bwd to HS w 1/1 turn E, Shaposhnikova E, Chow E</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

Team _____ Athlete # _____

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