

NCAA UNEVEN BARS

BLITZ/VITALE 2020

Connection Value	0.1	0.2	NCAA Value Parts: 3A, 3B, 2C	Up to the Level = Routine must have a <u>single bar</u> release minimum "D" or "E" release or minimum of two "D" releases or minimum of two "E" level skills AND "D" Dismount or "C" Dismount in Bonus Combination											
NCAA	C + C/D	D + D	Start Value: 9.4												
*Both "C" elements <u>must have</u> flight or turn but If "C" connected to "D/E" then "C" <u>not</u> required to have flight/turn -or- If 2 "C" 3/6/7 skills connected then <u>do not</u> need turn/flight to receive CV (*Both "C" 3/6/7 skills must be different) <b>DV Bonus: Same bar D release OR any E release move = + 0.1</b>				<b>Elements:</b> Uprise HS w/ ½ = D Fwd/bkwd Stalders to HS or w/ ½ = D Fwd/bkwd Stalders to HS w/ 1/1 turn = E 1-1/2 IN HS = E All elements that include 1/1 turn after handstand (Healy) = D Flyaway 2/1 = D Front Flyaway 1 ½ = D Front flyaway 2/1 = E **Bonus may be awarded for any skill or series of skills unless gymnast falls <span style="float: right;">Fall Time: 45 seconds</span>											
#				<table border="1"> <tr> <td>_____ VP</td> <td rowspan="2"><b>Special Requirements (0.2 each)</b> 2 BAR CHANGES 2 Diff "C" Flight or "B"+"D/E"</td> </tr> <tr> <td>_____ CV</td> </tr> <tr> <td>_____ DV</td> <td>"C" LA turn (not in mount or dismount) "C" Dismount -or- "C" preceded by same 2 "A" or "B" (0.1)</td> </tr> <tr> <td>_____ SV</td> <td>Lack of Variety (0.05) Insufficient Distribution (0.05) &gt;1 squat (0.1 each) Up to the Level (0.1)</td> </tr> <tr> <td colspan="2" style="text-align: center;">Exec/Amp</td> </tr> <tr> <td colspan="2" style="text-align: center;">Score:</td> </tr> </table>	_____ VP	<b>Special Requirements (0.2 each)</b> 2 BAR CHANGES 2 Diff "C" Flight or "B"+"D/E"	_____ CV	_____ DV	"C" LA turn (not in mount or dismount) "C" Dismount -or- "C" preceded by same 2 "A" or "B" (0.1)	_____ SV	Lack of Variety (0.05) Insufficient Distribution (0.05) >1 squat (0.1 each) Up to the Level (0.1)	Exec/Amp		Score:	
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Score:															

NCAA Balance Beam

BLITZ/VITALE 2020

Connection Value	0.1	0.2	NCAA Value Parts: 3A, 3B, 2C Start Value: 9.4 Fall Time: 45 sec	Acro Series: Minimum 2 flight skills with min "C" with or without hand support may include mount but cannot connect to dismount -or- can be an "A" non-flight element from group 7 (walkovers/cartwheels) connected to an "E" acro skill but must finish on the beam. Acro Variety: Fwd/bkwd/sdwd skills must be a min "A" skill in mount or on beam - not in dismount
Acro Flight (2 element) (excludes dismount)		B + D/E C + C/D	<b>Up to the Level:</b> If flight series is performed on beam <u>without</u> connection bonus (consider <u>only</u> skills performed on beam) then additional "D" acro -or- "E" dance is required (may be in mount/dsmt) – D/E acro directly connected to dsmt CANNOT fulfill UTL	
Acro Flight (3 element) (Dismount skill must be minimum "C" to receive bonus) ** +0.1 bonus with "C" in series for series finishing on beam	B + B + C	B + C + C B + B + D	<b>Elements:</b> Straddle Jump ¼ = C Bkwd layout thru vertical to pike down legs together = D Bkwd Layout Stepout = D Full Twisting BHS swing down = E Double Stag or Ring Leap/Jump = D Fwd Salto 1 or 2 leg takeoff to sit = D Front tuck from two feet = E 2/1 turn = E 2/1 wolf turn = E Swing leg to Fwd salto stretched with 1/1 to end/side = C in tuck position = B Gainer Salto bkwd tucked with 1/1 at end = D Fwd Salto stretched w/ 2/1 = E Gainer Salto bkwd tucked or stretched w/ 1½ to side = D or w/ 2/1 or 2½ to side = E Two foot Fwd Salto tuck or stretched w/ 1½ dismount = D	
Dance or Mixed Series (acro elements must have flight) (excludes dismount)	A + D B + C	B + D C + C/D	<b>Exceptions:</b> B + C Acro Flight = No Bonus B + D Mixed Series = 0.2 CV + 0.1 DV including "B" Jump + Layout Stepout B + D Acro Flight = 0.2 CV + 0.1 DV <u>except</u> BHS + Layout Stepout = NO CV + 0.1 DV <u>and</u> BHS + Layout stretched then piked feet together = 0.1 CV + 0.1 DV <u>and</u> Fwd Ariel + BHS = 0.1 DV + NO CV <u>but</u> FWD Ariel + back tuck = 0.1 DV + 0.2 CV <u>and</u> Fwd Ariel + BHS + Layout Stepout = 0.2 CV + 0.2 DV + 0.1** B + B + D Acro Flight = 0.2 CV + 0.1 DV + 0.1** (**Award 0.1 for 3 flight skills [excluding dismount connections] that includes minimum "C" skill) <u>Except</u> BHS + BHS + Layout Stepout = 0.1 CV + 0.1 DV + 0.1** any order of BHS: swing down/stepout/gainer/2 feet <u>and</u> Fwd Ariel + BHS + BHS = 0.1 CV + 0.1 DV + 0.1**	
Dance Turns (on one foot)	A+C or C+A			
<b>Addl CV bonus:</b> B acro + C dsmt <u>OR</u> C dance + C dsmt = +0.1				

#		<p>_____ VP</p> <p>_____ CV</p> <p>_____ DV</p> <p>_____ SV</p>	<p><b>Special Requirements (0.2 each)</b></p> <p>_____ Acro Series min "C" required</p> <p>_____ Dance Series OR Dance/Acro series, min "C" dance required</p> <p>_____ 180° Split Leap/Jump</p> <p>_____ Minimum 360° turn</p> <p>_____ "C" dismount or "B" dismount directly connected to any "D" acro</p>
			<p>_____ Acro Variety: no bkwd acro element (0.1)</p> <p>_____ Acro Variety: no fwd/sdwd acro element (0.1)</p> <p>_____ Distribution (0.05) _____ Space (0.05)</p> <p>_____ Level changes (0.05) _____ Direction (0.05)</p> <p>_____ Up to the Level (0.1) _____ Artistry (→ 0.3)</p> <p>_____ Exec/Amp</p>
			Score:

#		<p>_____ VP</p> <p>_____ CV</p> <p>_____ DV</p> <p>_____ SV</p>	<p><b>Special Requirements (0.2 each)</b></p> <p>_____ Acro Series min "C" required</p> <p>_____ Dance Series OR Dance/Acro series, min "C" dance required</p> <p>_____ 180° Split Leap/Jump</p> <p>_____ Minimum 360° turn</p> <p>_____ "C" dismount or "B" dismount directly connected to any "D" acro</p>
			<p>_____ Acro Variety: no bkwd acro element (0.1)</p> <p>_____ Acro Variety: no fwd/sdwd acro element (0.1)</p> <p>_____ Distribution (0.05) _____ Space (0.05)</p> <p>_____ Level changes (0.05) _____ Direction (0.05)</p> <p>_____ Up to the Level (0.1) _____ Artistry (→ 0.3)</p> <p>_____ Exec/Amp</p>
			Score:

NCAA FLOOR EXERCISE

BLITZ/VITALE 2020

<b>Connection Value</b>	<b>0.1</b>	<b>0.2</b>	<b>0.3</b>	<p><b>NCAA Value Parts: 3A, 3B, 2C Start Value: 9.4</b></p> <p>*If "C" turn followed by "C" jump may receive CV if directly connected</p> <p>**Acro elements in mixed series must be salto or flight elements to receive CV</p> <p>***Mixed Series must include at least 2 Acro elements - one must be a "C" &amp; Dance element must be at least "A" &amp; must be followed by a "salto" element of at least an "A". Dance element breaks the series for all other purposes</p> <p><b>Difficulty Bonus:</b> Double flipping salto OR any E acro in last pass receives additional +0.1 DV</p>	<p><b>Elements:</b> Front salto piked = A Ring jump or Stag-Ring jump with 1/1 = D</p> <p><b>Dance passage:</b> Min. of 2 different Group 1 elements directly or indirectly connected &amp; requires 180° leap (one foot take off) cross or split position. Allows for running steps, small leaps, hops, chassés, assemblés or any kind of turn on 1 or 2 feet between the 2 dance value parts</p> <p><b>Up to the Level:</b> If missing any or all →</p> <p>1. One "E" element (acro/dance) -or- 2 different "D" elements (one must be an acro element)</p> <p>2. One Acro Series with "C" salto or better</p> <p>3. Acro Dsmnt with a min. "C" salto in bonus combination -or- min. of a "D" Salto</p> <p><b>Salto Dismount:</b> defined as last isolated salto or within last acro combination</p> <p><b>Acro Series:</b> defined as min. 3 acro flight elements (aerials not considered saltos)</p>
<b>Acro Indirect</b>	A/B + A/B + C/D A/B+D	C + C C + D/E			
<b>Acro Direct</b>	B+B ( <i>different</i> ) or A+C A+A+C	B+C or A+A+D or A/B +D	C + C		
<b>Dance*/Mixed**</b>	B + D or C + C D salto + A jump ***Mixed Series C+A+A	C + D/E			

#	<p>_____ VP</p> <p>_____ CV</p> <p>_____ DV</p> <p>_____ SV</p>	<p><b>Special Requirements (0.2 each)</b></p> <p>_____ 2 salto series or 2 direct saltos</p> <p>_____ 3 different saltos</p> <p>_____ Dance passage with 180°leap</p> <p>_____ "C" Salto Dismount</p>
	<p>_____ Lack of Dance Bonus min. 0.1 CV or DV (0.1)</p> <p>_____ Acro Variety: no fwd/sdwd salto (0.1)</p> <p>_____ Acro Variety: no bkwd salto (0.1)</p> <p>_____ Distribution (0.05) _____ Use of Floor (0.05)</p> <p>_____ Up to the Level (0.1)</p> <p>_____ If only 2 acro passes 1. "D/E" 2. "D/E" <u>or</u> +0.2 CV (0.1)</p> <p>_____ Artistry (→ 0.3)</p> <p>_____ Exec/Amp</p>	
Score:		
#	<p>_____ VP</p> <p>_____ CV</p> <p>_____ DV</p> <p>_____ SV</p>	<p><b>Special Requirements (0.2 each)</b></p> <p>_____ 2 salto series or 2 direct saltos</p> <p>_____ 3 different saltos</p> <p>_____ Dance passage with 180°leap</p> <p>_____ "C" Salto Dismount</p>
	<p>_____ Lack of Dance Bonus min. 0.1 CV or DV (0.1)</p> <p>_____ Acro Variety: no fwd/sdwd salto (0.1)</p> <p>_____ Acro Variety: no bkwd salto (0.1)</p> <p>_____ Distribution (0.05) _____ Use of Floor (0.05)</p> <p>_____ Up to the Level (0.1)</p> <p>_____ If only 2 acro passes 1. "D/E" 2. "D/E" <u>or</u> +0.2 CV (0.1)</p> <p>_____ Artistry (→ 0.3)</p> <p>_____ Exec/Amp</p>	
Score:		

NCAA UNEVEN BARS

BLITZ/VITALE 2020

Connection Value	0.1	0.2	NCAA Value Parts: 3A, 3B, 2C Start Value: 9.4	Up to the Level = Routine must have a <i>single bar</i> release minimum "D" or "E" release or minimum of two "D" releases or minimum of two "E" level skills AND "D" Dismount or "C" Dismount in Bonus Combination
NCAA	C + C/D	D + D		

\*Both "C" elements must have flight or turn but If "C" connected to "D/E" then "C" not required to have flight/turn -or- If 2 "C" 3/6/7 skills connected then do not need turn/flight to receive CV (\*Both "C" 3/6/7 skills must be different) DV Bonus: Same bar D release OR any E release move = + 0.1

Elements: Uprise HS w/ 1/2 = D Fwd/bkwd Stalders to HS or w/ 1/2 = D Fwd/bkwd Stalders to HS w/ 1/1 turn = E 1-1/2 IN HS = E All elements that include 1/1 turn after handstand (Healy) = D Flyaway 2/1 = D Front Flyaway 1 1/2 = D Front flyaway 2/1 = E \*\*Bonus may be awarded for any skill or series of skills unless gymnast falls Fall Time: 45 seconds

#	_____ VP	<b>Special Requirements (0.2 each)</b> _____ 2 BAR CHANGES _____ 2 Diff "C" Flight or "B"+"D/E" _____ "C" LA turn (not in mount or dismount) _____ "C" Dismount -or- _____ "C" preceded by same 2 "A" or "B" (0.1)
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