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

*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) **DV Bonus: Same bar D release OR any E release move = + 0.1**

Elements: 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   <u>Fall Time</u>: 45 seconds

---

#

_____ VP
_____ CV
_____ DV

_____ **SV**

Special Requirements (0.2 each)
____ 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)

____ Lack of Variety (0.05)
____ Insufficient Distribution (0.05)
____ >1 squat (0.1 each)
____ Up to the Level (0.1)

_____ Exec/Amp

Score:

#

_____ VP
_____ CV
_____ DV

_____ **SV**

Special Requirements (0.2 each)
____ 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)

____ Lack of Variety (0.05)
____ Insufficient Distribution (0.05)
____ >1 squat (0.1 each)
____ Up to the Level (0.1)

_____ Exec/Amp

Score:

#

_____ VP
_____ CV
_____ DV

_____ **SV**

Special Requirements (0.2 each)
____ 2 BAR CHANGES
____ 2 Diff "C" Flight or "B"+"D"
____ "C" LA turn
(not in mount or dismount)
____ "C" Dismount -or-
"C" preceded by same 2 "A" or "B" (0.1)

____ Lack of Variety (0.05)
____ Insufficient Distribution (0.05)
____ >1 squat (0.1 each)
____ Up to the Level (0.1)

_____ Exec/Amp

Score:

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
Acro Flight (2 element) (excludes dismount)		B + D/E C + C/D	**Up to the Level:** If flight series is performed on beam without connection bonus (consider only skills performed on beam) then additional **"D" acro -or- "E" dance** is required (may be in mount/dismt) – **D/E acro directly connected to dsmt CANNOT fulfill UTL**	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. **Dance or Dance/Acro Series:** Must stop 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 (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	**Elements:** 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	**Exceptions:** 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 except BHS + Layout Stepout = NO CV + 0.1 DV and BHS + Layout stretched then piked feet together = 0.1 CV + 0.1 DV and Fwd Ariel + BHS = 0.1 DV + NO CV but FWD Ariel + back tuck = 0.1 DV + 0.2 CV and Fwd Ariel + BHS + Layout Stepout = 0.2 CV + 0.2 DV + 0.1**	
Dance Turns (on one foot)	A+C or C+A		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) Except BHS + BHS + Layout Stepout = 0.1 CV + 0.1 DV + 0.1** any order of BHS: swing down/stepout/gainer/2 feet and Fwd Ariel + BHS + BHS = 0.1 CV + 0.1 DV + 0.1**	

Addl CV bonus: B acro + C dsmt OR C dance + C dsmt = +0.1

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

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

Connection Value	0.1	0.2	<u>0.3</u>	**NCAA Value Parts: 3A, 3B, 2C Start Value: 9.4**	**Elements**: Front salto piked **= A** Ring jump or Stag-Ring jump with 1/1 = **D**
Acro Indirect	A/B + A/B + C/D A/B+D	C + C C + D/E		*If "C" turn followed by "C" jump may receive CV if directly connected **Acro elements in mixed series must be salto or flight elements to receive CV	**Dance passage:** Min. of 2 <u>different</u> Group 1 elements directly or indirectly connected & requires180° leap (one foot take off) cross or split position. Allows for running steps,
Acro Direct	B+B *(different)* or A+C A+A+C	B+C or A+A+D or A/B +D	C + C	***Mixed Series must include an Acro/Dance Acro direct connection that meets the following criteria: Dance element must follow a direct acro connection which includes at least 2 acro salto elements, 1 must be min. of a "C", & Dance element must be at least "A" & must be followed by a "salto"	small leaps, hops, chassés, assemblés or any kind of turn on 1 or 2 feet between the 2 dance value parts **Up to the Level:** If missing any or all →
Dance*/Mixed	B + D or C + C D salto + A jump ***Mixed Series C+A+A	C + D/E		element of at least an "A". The "C" acro skill does <u>NOT</u> have to be directly connected to the dance element. This specific bonus combination will be an exception to the principles regarding the Dismount SR and the UTL Dismount Requirement and <u>WILL</u> fulfill both requirements. **Difficulty Bonus:** Double flipping salto OR any E acro in last pass receives additional +0.1 DV	**1.** *One "E" element (acro/dance)* **-or-** *2 different "D" elements (one must be an acro element)* **2.** One Acro Series with "C" salto or better **3.** Acro Dsmt with a min. "C" salto in bonus combination **-or-** min. of a "D" Salto **Salto Dismount**: defined as last isolated salto or <u>within</u> last acro combination **Acro Series**: defined as min. 3 acro flight elements (aerials not considered saltos)

#

_____VP	**Special Requirements (0.2 each)**
_____CV	_____2 salto series or 2 direct saltos _____3 different saltos
_____DV	_____Dance passage with 180°leap _____"C" Salto Dismount
_____**SV**	

_____Lack of Dance Bonus min. 0.1 CV or DV (0.1)
_____Acro Variety: no fwd/sdwd salto (0.1)
_____Acro Variety: no bkwd salto (0.1)
_____Distribution (0.05)   _____Use of Floor (0.05)
_____Up to the Level (0.1)
_____If only 2 acro passes 1. "D/E" 2. "D/E" <u>or</u> +0.2 CV (0.1)
_____Artistry (→ 0.3)
_____Exec/Amp

Score:

#

_____VP	**Special Requirements (0.2 each)**
_____CV	_____2 salto series or 2 direct saltos _____3 different saltos
_____DV	_____Dance passage with 180°leap _____"C" Salto Dismount
_____**SV**	

_____Lack of Dance Bonus min. 0.1 CV or DV (0.1)
_____Acro Variety: no fwd/sdwd salto (0.1)
_____Acro Variety: no bkwd salto (0.1)
_____Distribution (0.05)   _____Use of Floor (0.05)
_____Up to the Level (0.1)
_____If only 2 acro passes 1. "D/E" 2. "D/E" <u>or</u> +0.2 CV (0.1)
_____Artistry (→ 0.3)
_____Exec/Amp

Score:

Connection Value	0.1	0.2	NCAA Value Parts: 3A, 3B, 2C
NCAA	C + C/D	D + D	Start Value: 9.4

Up to the Level = Routine must have *a single bar 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

*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/ 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   Fall Time: 45 seconds

#

_____ VP

_____ CV

_____ DV

_____ **SV**

Special Requirements (0.2 each)
_____ 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)

_____ Lack of Variety (0.05)
_____ Insufficient Distribution (0.05)
_____ >1 squat (0.1 each)
_____ Up to the Level (0.1)

_____ Exec/Amp

Score:

#

_____ VP

_____ CV

_____ DV

_____ **SV**

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

_____ Lack of Variety (0.05)
_____ Insufficient Distribution (0.05)
_____ >1 squat (0.1 each)
_____ Up to the Level (0.1)

_____ Exec/Amp

Score: