

NCAA UNEVEN BARS

BLITZ/VITALE 2022

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 release</i> minimum "D" or "E" release or minimum of two "D" releases or minimum of two "E" level skills <u>AND</u> "D" Dismount or "C" Dismount in Bonus Combination 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									
NCAA	C + C/D	D + D											
*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													
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NCAA Balance Beam

BLITZ/VITALE 2022

Connection Value	0.1	0.2	NCAA Value Parts: 3A, 3B, 2C Start Value: 9.4 Fall Time: 45 sec
Acro Flight (2 element) (excludes dismount)		B + D/E C + C/D	Up to the Level: 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	Acro Series: Minimum 2 flight skills with min "C" with or without hand support may include mount but <u>cannot connect to dismount -or-</u> 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 <u>or</u> on beam - not in dismount 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 <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**
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) <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**
Addl CV bonus: B acro + C dsmt <u>OR</u> C dance + C dsmt = +0.1			

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Connection Value	0.1	0.2	0.3	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 ***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" 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	Dance passage: Min, of 2 <u>different</u> Group 1 elements directly or indirectly connected & 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 Up to the Level: 1. For ALL routines → • One "E" element (acro/dance) -or- 2 different "D" elements (one must be an acro element) • One Acro Series with "C" salto or better • Acro Dsmt with a min. "C" salto in bonus combination -or- min. of a "D" Salto 2. In addition: If only 2 acro passes 1. "D/E" 2. "D/E" <u>or</u> +0.2 CV Salto Dismount: defined as last isolated salto or within last acro combination Acro Series: defined as min. 3 acro flight elements (aerials not considered saltos)
Acro Direct	B+B (<u>different</u>) or A+C A+A+C	B+C or A+A+D or A/B +D	C + C		
Dance*/Mixed**	B + D or C + C D salto + A jump ***Mixed Series C+A+A	C + D/E			

#

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_____ CV	
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_____ 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)	
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