

General Updates:

What's New, What's Different, & Special Requirements for all Levels & Events 2022-2023



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Mission Statement

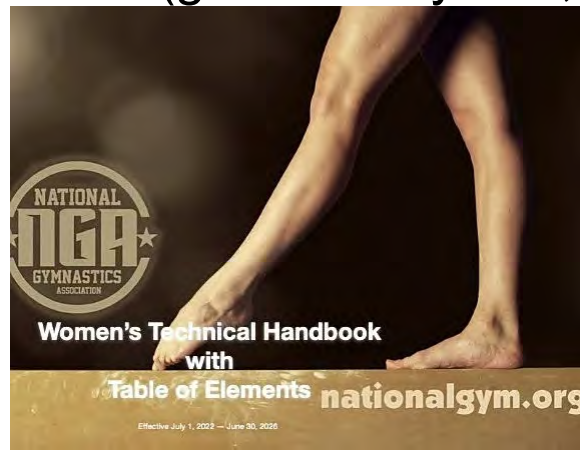
To provide a positive and healthy competitive and wellness program for the sport of gymnastics that will permit participants of all ages and ability levels to achieve their own personal goals.



General Information

<https://nationalgym.org/>

- Membership runs Aug 1 – Jul 31
 - Required for Judges - \$35/year
 - Update GymJas with your NGA number
- New for 2022
 - The NGA Women's Gymnastics Technical Handbook
 - Apple Store & Google Play - \$54.99 (good for 4 years, automatic updates)





What's Different?

- Courtesy Score of 5.0
 - Short routine (less than 5 skills, (except level 1N)) = 5.00
- Start Value flashed at all levels
 - SV for Level 9N = 9.7
 - SV for Level 10N = 9.4
- Composition at Level 10N only
- X Skills can be used for Levels 1N – 3N (receive “A” credit)
 - Level 4N and Gold can use X skills on UB only
- One skill can only fulfill one SR



What's Different? - Vault

- Level 1N – 3N
 - Up to 0.3 – lack of accelerated run
 - Up to 0.3 – body lean – board contact
- Level 1N – 5N
 - Up to 0.5 – speed throughout
 - No height deduction
- Level 2N – 3N
 - Up to 0.3 – fail to finish/show flat back position
- Level 4N – 7N
 - 1.0 – fail to land on top of resi
- Level 6N – 7N
 - No distance deduction
 - Up to 0.3 – lack of rotation



What's Different? - Vault

- Up to 0.3 – too long in support (non salto vaults)
- Up to 0.2 – insufficient/late extension tuck/pike
- 0.2 – large step/jump (no max)
- Up to 0.5 – dynamics
- 0.5 – fall off/against mat stack
- Spotting
 - Level 1N – 10N: 0.5 – spot assist, landing
 - Level 2N – 5N: 1.0 – spot assist during vault (not including landing)
 - Level 6N – 7N: 1.0 – spot between board/table
 - Level PN: 1.0 – spot assist, post flight (salto vault only)
 - Level 8N – 10N:
 - 0.5 – coach between board/table (except yur/fhs vaults)
 - 1.0 – spot assist, post flight (8N salto vault only)
 - Void – spot assist (during vault) – DN, 9N, 10N



What's Different? - Bars

- CJ – 1.0 – Short Routine, less than 5 elements (except Level 1N)
- 0.2 – large step/jump (no max)
- 0.3 – uncharacteristic movement to complete VP
- No deduction for swing forward/backward below horizontal

- Side note: I did not see a 0.1 for coach standing between the bars



What's Different? - Beam

- All mounts are “A’s” unless otherwise specified
- 0.2 – large step/jump (no max)
- 0.1 – concentration pause (2+ seconds)
- Side note: I did not see a 0.1 for coach standing next to beam throughout the exercise



What's Different? - Floor

- CJ – 0.5 – Coach on floor (Levels 8N – 10N)
- 0.2 – large step/jump (no max)
- No deduction for insufficient variation in rhythm/tempo throughout
- No deduction for lack of precision in dance VP
- Side note: I did not see 0.1 for failure to show synchronization of music with ending pose – they do have a 0.05 for failure to hold ending pose 1 sec



Level 1N

LEVEL 1N

5 years & up
SV = 10.0
VP: 'A' = 4
X-Skill = 'A' VP
No 'B' or higher
WU = 30s each event
Routine time BB = 30s
Routine time FX = 45s

Run—Stretch Jump

- Raised surface—Min 8' - Max 24'
 - Alternate Tramp board allowed
- Accelerated run evaluated*
Speed thru out evaluated
Board lean evaluated

1. Mount
 2. Cast
 - No angle required
 3. 360° Circle skill
 4. Dismount
- No HB**

1. Pivot ^{QB}
 1. Squat turn
 2. Stretch Jump
 3. 1-leg balance—2s hold
 - Free leg position optional
 4. Dismount
 - No Saltos/Aerials
- No Acro flight**
No 'B' Dance

1. 1/2 (180°) turn 1-foot ^{QB}
 1. Pivot turn
 2. BWD roll—Any Entry/Exit position ^{QB}
 2. Candlestick—Any Entry/Exit position
 - SR2—Isolated/Series
 3. Dance Combo—Min (2) Leaps/Jumps
 - Direct/Indirect
 4. Acro Skill—Min 3/4 HS—No hold req'd
 - Feet must contact at/above 45°
- Max (1) Acro 'A' Flight (Ø Saltos), No 'B' Dance**



Level 2N/Bronze (BN)

L2N / BRONZE BN

5 years & up
SV = 10.0
VP: A = 5
X-Skill = 'A' VP
Allowable 'B' = 'A'
WU = 30s each event
Routine time BB = 35s
Routine time FX = 45s

Run—Jump HS—Fall flat back
• Raised surface—Min 16' - Max 48'
• Alternative Tramp board allowed
Accelerated run evaluated
Speed thru out evaluated
Board lean evaluated
'Feet first' VOID does NOT apply

1. Mount
2. Cast
• No angle required
3. 360° Circle skill
4. Dismount—Cast-Underswing
• Clear hip/Stalder/Sole
No HB
No 'B' or higher

1. 1/2 (180°) turn 1-foot
2. Leap/Jump
• 'B' Leaps/Jumps w split allowed
3. Acro—Handstand
• LEAD leg min. 45° from VER
• 2nd leg height optional
• Must leave BM for VP
4. Dismount
• No Saltos/Aerials
No Acro 'B' or higher
Yes 'B' Split Leaps/Jumps

1. Min 1/2 (180°) turn 1-foot
2. Handstand—No hold required
• Between 45°-VER
• Mark feet together
• Entry/Exit positions optional
3. Dance Combo—Min (2) Leaps/Jumps
• (1) Min 60° split
• Direct/Indirect
4. Acro Skill—Cartwheel
• Isolated/Series

**Max (2) Acro 'A' Flight, Max (1) per pass or isolated
Ø Salto/Aerial, No 'B'**



Silver (SN)

SILVER SN

5 years & up
SV = 10.0
VP: A = 5
X-Skill = 'A' VP
Allowable 'B' = 'A'
WU = 45s each event
Routine time = 1:00m

Run—Jump HS—Fall flat back
• Raised surface—Min 16' - Max 48'
• Tramp board allowed
Accelerated run evaluated
Speed thru out evaluated
Board lean evaluated
'Feet first' VOID does NOT apply

1. Mount
2. Cast
• No angle required
3. 360° Circle skill
4. Dismount
• No saltos
Yes-HB
No 'B' or higher

1. Min 1/2 (180°) turn 1-foot
2. Leap/Jump
• 'B' Leaps/Jumps w split allowed
3. Acro Skill—Any 'A' Acro Non-flight skill
• No X-skill lever
4. 'A' Dismount
• No Jumps
• 'A' Salto/Aerial allowed
No Acro 'B' or higher, Yes 'B' Split Leaps/Jumps

1. 1/1 (360°) turn 1-foot
2. Acro Pass—Min (2) 'A' Acro skills
• Direct
3. Dance Combo—Min (2) Leaps/Jumps
• Direct/Indirect
4. Acro Skill—'A' Acro Flight
• Separate from #2 SR VP
• Isolated/Combination
Max (1) Acro Salto/Aerial, No 'B' or higher skill



Level 3N

LEVEL 3N

6 years & up
SV = 10.0
VP: A = 5
X-Skill = 'A' VP
Allowable 'B' = 'A'
WU = 45s each event
Routine time = 45s

Run—FHS
Run— $\frac{1}{4}$ - $\frac{1}{2}$ on, Repulsion off
• Over Resi—Min 24' - Max 48'
• Alternative tramp board allowed
Accelerated run evaluated
Speed thru out evaluated
Board lean evaluated
Landing evaluated

1. Mount
2. Cast
• No angle required
3. **360°** Circle skill
4. Dismount
• No saltos
Yes-HB
No 'B' or higher

1. Min 1/2 (180°) turn 1-foot
2. Leap / Jump—Min. 60° split
• 'B' Leaps / Jumps w split allowed
• Isolated / Series
3. Acro skill—Moves thru/achieves VER
• HS—Ø hold req'd—Must mark VER w legs joined
4. 'A' Dismount
• No Jumps
• 'A' Salto/Aerial allowed
No Acro 'B' or higher, Yes 'B' Leaps/Jumps w split

1. 1/1 (360°) turn 1-foot
2. Acro pass—Min (2) 'A' Acro skills
• (1) a RO
3. Dance Combo—Min (2) Leaps/Jumps
• (1) Min 90° split
• Direct/Indirect
4. Acro Skill—Contain/pass thru Bridge **OR**
4. Acro Skill—BWD Ext. Roll HS thru VER
• Entry/exit optional
Max (1) Acro Salto/Aerial, No Acro 'B' or higher



Level 4N

LEVEL 4N

6 years & up
SV = 10.0
VP: A = 5
X-Skill = 'A' VP (UB only)
Allowable 'B' = 'A'
WU = 1:00m each event
Routine time = 1:00m

Run—FHS
Run— $\frac{1}{4}$ - $\frac{1}{2}$ on, Repulsion off
Run—RO—BHS
• Over Resi—Min 24' - Max 48'
• No alternate tramp board allowed
Speed thru out evaluated
Landing evaluated

1. Glide Kip-LB OR
1. Long Hang-HB
2. Cast—BWD Hip Circle
• Cast min 45° < HOR
3. Tap swing
• Hips min 45° < HB-both sides
4. 'A' HB Dismount
Yes-HB
X-Skill List - 'A' VP
Yes 'B' In bar 360° circle = 'A' VP

1. Min 1/1 (360°) turn 1-foot
2. Leap/Jump—Min. 90° split
• Isolated/Series
3. Acro skill—Moves thru/achieves VER
• If HS = 2s Hold
• Excludes Mount/Dismount
4. 'A' Dismount
• HS $\frac{1}{4}$ (90°) turn = 'A' VP
• 'A' Salto/Aerial allowed
No Acro Flight, Yes-'B' Dance

1. Min 1/1 (360°) turn 1-foot
2. Acro Pass—Min (2) 'A' Acro Flight skills
• Direct
3. Dance Combo—Min (2) Leaps/Jumps
• (1) Min 90° split
• Direct/Indirect
4. Additional Acro Pass—Min (2) skills
• Direct Acro-Flight OR
• 3Isolated FWD salto
No Acro 'B' or higher, Yes 'B' Dance



Gold (GN)

GOLD GN

6 years & up
SV = 10.0
VP: A = 6
X-Skill = 'A' VP (UB only)
Allowable 'B' = 'A'
WU = 1:00m each event
Routine time = 1:00m

FHS
½ on (¼—¼), Repulsion off
• Over Table
• Max 135 cm—Manufacturer setting
• 9.5 SV - Using alternate Tramp board
Speed thru out evaluated
Landing evaluated

1. Bar change
2. Cast—~~OR~~—VP Min HOR
3. 360° Circle skill**
4. 'A' HB Dismount
• 'A' Salto allowed, Ø twist
Yes-HB
X-Skill List = 'A' VP
****'B' In-bar circle—Clear hip/ Stalder/Sole allowed = 'A' VP**

1. Min 1/1 (360°) turn 1-foot
2. Leap/Jump—Min. 90° split
• Isolated/Series
3. Acro—(2) Acro skills—(1) thru VER**
• 'B' Non-Flight allowed
• Isolated/Series
4. 'A' Dismount
• 'A' Salto/Aerial allowed
No Acro Flight, Yes 'B' Dance
****HS achieves VER, does not go thru VER**

1. Min 1/1 (360°) turn
2. Acro Pass—Min (2) 'A' Acro Flight
• Direct
3. Dance Combo—Min (2) Leaps/Jumps
• (1) Min 120° split
• Direct/Indirect
4. Additional Acro Skill
• Flight/Salto/Aerial
• Isolated/Series
No Acro 'B' or higher, Yes 'B' Dance



Level 5N

LEVEL 5N

6 years & up
SV = 10.0
VP: A = 6
Allowable 'C' = 'B'
WU = 1:00m each event
Routine time = 1:00m

Run—FHS
Run— $\frac{1}{2}$ on ($\frac{1}{4}$ — $\frac{1}{4}$)
Run—RO Entry-FF
• Up to Resi—Min 24' - Max 56'
• No table used
Speed thru out evaluated
Evaluation stops w foot/back contact

1. 360° In-bar Circle skill**
 - Clear/Stalder/Sole
 - Any angle
 2. Cast HOR
 - HOR achieved = 'A' one time
 - All other casts not HOR = deduct 0.10
 3. Long Hang kip
 4. 'A' HB Salto Dismount (up to 1/2 twist)
- **Circle to HS = 'B' VP
May perform (1) tap swing, no penalty, no VP

1. Min 1/1 (360°) turn 1-foot
 2. Leap/Jump—Min 120° split
 - Isolated/Series
 3. Acro—BWD Acro skill** OR
 3. Acro—Any 'B' Acro skill**
 4. Min 'A' Dismount
- **No rolls unless thru VER, shows open hip, w hand support
Yes Acro 'B', Yes 'B' Dance

1. Min 1/1 (360°) turn
 2. Acro Series—Min (3) Acro skills
 - Flight/Salto/Aerial
 - Direct connect
 3. Dance Combo—Min (2) Leaps/Jumps
 - (1) Min 120° split
 - Direct/Indirect
 4. Additional Acro Skill—Salto/Aerial
 - Isolated/Series
- #2 may not fulfill #4 unless isolated / different series
No-Acro 'B' or higher, Yes 'B' Dance



Level 6N

LEVEL 6N

6 years & up
SV = 10.0
VP: A = 5, B = 1
Allowable 'C' = 'B'
WU = 1:30m each
event
Routine time = 1:15m

FHS

½ on (¼—¼)

RO Entry-FF

- Over table —Mat stack
- Min 32" - Max 64" behind table
- Max 135 cm—Manufacturer setting

Evaluation stops w foot/back contact

Feet not req'd to touch prior to landing on back

1. 360° In-bar Circle skill**

- Clear/Stalder/Sole

2. Cast above HOR

3. 2nd Circle skill OR 2nd Cast ↑HOR

- If same as #1, must be different bar or in different connection

4. Min 'A' HB Salto Dismount (up to 1/1 twist)

Long hang pullover—U-swing + (1) tap swing—no extra swing penalty, no VP

****'C' Circle HS = 'B' VP**

1. Min 1/1 (360°) turn 1-foot

2. Leap/Jump—Min 150° split

- Isolated/Series

3. Acro Series—(2) Acro Non-Flight—Direct OR

3. Acro—(1) Acro-Flight—Isolated/Series

4. Min 'A' Salto/Aerial Dismount (up to 1/1 twist)

(1) Dance 'C' = 'B'

No Acro 'C' or higher

1. Min. 1/1 (360°) turn

2. Acro Series (3VP)—Min (2) Acro-Flight + (1) Salto

3. Dance Combo—Min (2) Leaps/Jumps

- (1) Min 150° split
- Direct/Indirect

4. Additional Min 'A' Salto

- Isolated/Series

Max (1) Dance 'C' = 'B'

No Acro 'C' or higher



Platinum (PN)

PLATINUM PN

7 years & up
SV = 10.0
VP: A = 6, B = 1
Allowable 'C' = 'B'
WU = 1:30m each
event
Routine time = 1:30m

Platinum VT Chart

- No drill-type vaults
- Max 135 cm—Manufacturer setting

1. Bar change
2. Cast **OR VP w Clear support** above HOR*
 - Cast above HOR achieved, award 'A' VP 1x
3. **360°** In-bar Circle skill
 - Clear/Stalder/Sole
 - Finish any angle
4. Min 'A' HB Dismount
 - 'A', 'B' Salto allowed, not required

***Any cast HOR or below = deduct 0.10**

May perform (1) tap swing = no deduction, no VP

1. Min. 1/1 (360°) turn 1-foot
 2. Leap/Jump—Min 150° split
 - Isolated/Series
 3. Acro Series—(2) Acro Non-Flight, **(1) thru VER OR**
 3. Acro—(1) **'B'** Acro skill
 - Isolated/Series
 4. Min 'A' Dismount
- Max (1) Dance 'C' = 'B'**
No Acro 'C' or higher

1. Min 'B' Dance
 - Skill Set 1-2 (Leaps/Jumps), (Turns)
 - Isolated/Series
 2. Acro Pass—Min (2) Acro Flight
 3. Dance Combo—Min (2) Leaps/Jumps
 - (1) Min 150° split
 - Direct/Indirect
 4. Additional Min 'A' Salto
 - Isolated/Pass
- Max (1) Dance 'C' = 'B', No Acro 'C' or higher**



Level 7N

LEVEL 7N

7 years & up
SV = 10.0
VP: 5 = A, 2 = B
Allowable 'C' = 'B'
WU = 1:30m each
event
Routine time = 1:30m

FHS
 $\frac{1}{2}$ on ($\frac{1}{4}$ — $\frac{1}{4}$)
RO Entry—FF
• Over table to Mat stack 64' behind table
• Max 135 cm—Manufacturer setting
Evaluation stops w foot/back touch
Feet no req'd to touch prior to landing on back

1. 'B' 360° In-bar Circle skill**
• Clear/Stalder/Sole
2. Cast—Min 45° above HOR*
3. 2nd Circling skill—Min 'A'
4. Min 'A' HB Salto Dismount
***All casts must be to HS for VP—receive SR if achieving required angle**
****'C' Circle HS; HS 1/2 = 'B' VP**

1. Min 1/1 (360°) turn 1-foot
2. Leap/Jump—Min 180° split
• Isolated/Series
3. Acro Series—Min (2) Acro Non-Flight direct + (1) 'B' Acro-Flight ^{QB}
3. Acro Series—Min (2) Acro, (1) a 'B' Flight
• Direct
4. Min. 'A' Salto / Aerial Dismount
Max (1) Dance 'C' = 'B'
No Acro 'C' or higher

1. Min 'B' Dance
• Skill Set 1-2 (Leaps/Jumps), (Turns)
• Isolated/Series
2. Acro Series—Min. (3) Acro
• (1) a BWD LO—2-feet (no twist)
3. Dance Combo—Min (2) Leaps/Jumps
• (1) Min 180° split
• Direct/Indirect
4. Additional Acro Pass—Min (2) Acro Flight/Salto
• (1) a FWD salto
Max (1) Dance 'C' = 'B', No Acro 'C' or higher



Level 8N

7 years & up
SV = 10.0
VP: 4 = A, 4 = B
Allowable 'C' = 'B'
WU = 2:00m each event
Routine time = 1:30m

Level 8 VT Chart

- Max 135cm—Manufacturer setting

1. Min 'B' **360°** In-bar Circle skill
 - Clear/Stalder/Sole
 2. Min 'B' Turn/Flight
 3. Circle to/pass thru HS
 - Separate from #1
 4. Min 'A' HB Salto Dismount
- Max (2) 'C' = 'B'**
'B' > 'C' based on performance = 'B' VP—Do not count as part of (2) allowed 'C'

1. Min 1/1 (360°) turn 1-foot
 2. Leap/Jump—Min 180° split
 - Isolated/Series
 3. Acro Series—Min (2) Acro Flight—Direct OR
 3. Acro Series—Min (1) Acro Non-Flight + (1) Acro-Flight—Direct
 4. Min 'A' Salto/Aerial Dismount
- Allow BWD LO-Step Out 'D' = 'B'**
Yes 'C' Dance = 'B'
(1) Acro 'C' = 'B'
No 'D' (except BWD LO-SO = 'B')

1. Min 'B' Dance
 - Skill Set 1-2 (Leaps/Jumps), (Turns)
 - Isolated/Series
 2. Acro Series—Min (3) Acro Flight/Salto
 - Min (1) 'A' Salto and (2) Min 'A' Flight/Salto
 3. Dance Combo—Min (2) Leaps/Jumps
 - (1) Min 180° split
 - Direct/Indirect
 4. Additional Min 'B' salto
 - Isolated / Series
- Yes 'C' Dance = 'B'**
(1) Acro 'C' = 'B', No 'D'



Diamond (DN)

DIAMOND DN

8 years & up
SV = 10.0
VP: 5 = A, 2 = B
Allowable 'C/D' = 'B'
WU = 2:00m each
event
Routine time = 1:30m

Diamond VT Chart

- Max 135cm—Manufacturer setting

1. Bar change
2. Min 'B' **360°** In-bar Circle skill
 - Clear/Stalder/Sole
3. Additional 'B' element
4. Min 'A' HB Salto Dismount
Yes Unlimited 'C' = 'B' VP
Yes Max (1) 'D/E' = 'B' VP
Yes Circle 'C' HS; HS 1/2

1. Min 1/1 (360°) turn 1-turn
2. Leap/Jump series—Min (2) VP—Min (1) 180° split
 - Direct
3. Acro Series—(2) Acro-Non Flight—Direct + (1) 'B' Acro-Flight ^{QB}
3. Acro Series—Min (2) Acro, Min (1) 'B' Acro Flight—Direct
4. Min 'A' Salto/Aerial Dismount
Acro 'C' = 'B'
Yes 'D/E' Dance = 'B'
Max (1) Acro 'D/E' = 'B'

1. Min 'B' Dance
 - Skill Set 1-2 (Leaps/Jumps), (Turns)
 - Not part of SR #3
 - Isolated/Series
 2. Acro Pass—Min (2) Acro 'A' Flight
 - (1) a Salto
 3. Dance Combo—Min (2) Leaps/Jumps
 - (1) Min 180° split
 - Direct/Indirect
 4. Additional Acro Pass—Min (2) Acro-Flight/Salto
 - (1) a 'B' salto
- Acro 'C' = 'B', (1) 'D/E' = 'B'**



Level 9N

LEVEL 9N

9 years & UP
 $SV = 9.7 + 0.3CV$
 Bonus = 10.0 ^{QB}
 $SV = 9.7 + 0.2CV + 0.1DV$ Bonus = 10.0
 VP: 3 = A, 4 = B, 1 = C
 Max +0.1 DV Bonus 'D'/E'
 Other 'D' = 'C'
 WU = 2:00m VT, BM, FX
 WU = 2:30m UB
 Routine time = 1:30m

Level 9 VT Chart

- Max 135 cm—Manufacturer setting

1. Min 'B' LA turn
 2. (2) bar changes
 3. Min 'B' 360° In-bar Circle skill
 - Clear/Stalder/Sole
 4. Min 'B' HB Salto Dismount
- Max (1) 'E' + (1) 'D' ^{QB} (2) 'D'**

1. Min 1/1 (360°) turn 1-foot
 2. Leap/Jump series—Min (2) VP, Min (1) 180° split Direct ^{QB}
 2. Mixed series—Min (1) Leap/Jump, 180° split + (1) Min 'A' Acro
 3. Acro series—Min (2) 'B' Acro Flight/Salto
 - Direct
 4. Min 'B' Salto Dismount ^{QB}
 4. Min 'C' Acro ➤ 'A' Salto Dismount
- (1) 'E' + (1) 'D' ^{QB} (2) 'D', unlimited 'D' Dance**

1. Min 'C' Dance
 - Skill Set 1-2 (Leaps/Jumps), (Turns)
 - Not part of SR #3
 - Isolated/Series
 2. Acro Pass—Min (2) Saltos
 - Min (1) 'B' Salto
 - Direct/Indirect
 3. Dance combo—Min (2) Leaps/Jumps
 - (1) Min 180° split
 - Direct/Indirect
 4. Additional Acro Pass—Min (2) Acro Flight/Salto—(1) Min 'B' salto ^{QB}
 4. (1) 'C' Salto—Isolated
- (1) 'E' + (1) 'D' OR (2) 'D' Unlimited 'D' Dance**



Level 10N

LEVEL 10N

9 years & up
SV: 9.4 + 0.7 Bonus = 10.1
VP: 3 = A, 3 = B, 2 = C
No difficulty restrictions
Max +0.5 DV Bonus
Max +0.5 CV Bonus
WU = 2:00m VT, BM, FX
WU = 2:30m UB
Routine time = 1:30m

Level 10 VT Chart

- Max 135 cm—Manufacturer setting

1. Min (2) Bar changes
 2. Min (2) 'C' Flight OR
 2. (1) 'B' + (1) 'D' Flight
 3. Min 'C' LA turn
 4. Min 'C' HB Dismount
- May not use dismount to fulfill SR 2, 3**
No difficulty restrictions

1. Min 1/1 (360°) turn 1-foot
 2. Dance/Mixed series—Min (2) VP—Min (1) 180° split
 - Direct
 3. Acro series—Min (2) Acro Flight/Saltos
 - (1) Min 'C'
 - May include Mount
 4. Min 'C' Salto Dismount OR
 4. Min 'D/E' Acro ➔ 'B' Salto Dismount
- No difficulty restrictions**

1. Min 'C' Dance
 - Series/Mixed series/Isolated
 2. Acro Series—Min (3) Acro Flight—Min (2) Saltos w
 - (1) Min 'B' Salto
 - Indirect
 2. Dance Combo—Min (2) Leaps/Jumps
 - (1) Min 180° split
 - Direct/Indirect
 3. Acro Pass—Min (2) Saltos
 - (1) Min 'B'
 - Direct
 4. Additional Acro Series—Min (3) Acro Flight/Salto
 - (1) Min 'C' salto
- No difficulty restrictions**



Level 10N

Section 12

COMPOSITION—LEVEL 10N



UB Choice of Elements

0.10 Choice of Elements not up to competitive level

1. Standards: "Up to competitive level"

- a. Single bar release min 'D' VP

OR

- a. Release 'E' VP

OR

- a. Min (2) 'D' Release VP

OR

- a. Min (2) 'E' VP

2. Exercise must have:

- a. Min 'D' Dismount

OR

- a. 'C' Dismount in bonus combination

BM Choice of Elements

0.10 Choice of Elements not up to competitive level

1. Standards: "Up to competitive level"

- a. Flight series performed on BM W/O Connection Value, required to have:

- 1) Skills performed and stopped on BM
- 2) Additional 'D/E' Acro element

OR

- 2) 'E' dance element

Including mounts and dismounts

- b. 'D/E' Acro skill directly connected to dismount CANNOT fulfill "Up to level requirement"

EXAMPLE: Side Aerial—BWD 1/1 (360°) twist dismount—Side Aerial NOT considered UTL if flight series does NOT have CV Bonus

BM Lack of Variety

0.10 Lack of BWD Acro

- Min 'A'

0.10 Lack of FWD/SWD Acro

- Min 'A'

1. Standards: BWD, FWD/SWD: "Lack of variety in Acro choice"

- a. Must be from Mounts, Rolls, Walkovers/ Cartwheels, Saltos
- b. Round off = SWD element
- c. Jump BWD-FF w 1/2 (180°) twist—FWD walkover (Arabian) = FWD element
- d. Tic-Toc = FWD or BWD element

FX Choice of Element

0.10 Choice of Elements not up to competitive level

1. Three (3) tumbling passes must include

- a. One (1) 'E' Acro/Dance

OR

- a. Two (2) different 'D' VP—One (1) an Acro

- b. One (1) Acro series w 'C' salto or higher

- c. Acro dismount, min 'C' salto in bonus connection

OR

- c. Min 'D' salto

2. Two (2) tumbling passes must include

- a. Min 'D' in one (1) passes

- b. Min 'D'

OR

- b. +0.20 CV in other pass

Any order

FX Lack of Variety

0.10 Lack of Dance Bonus Skill Set 1 or 2

- Min +0.1 CV OR +0.10 'D/E' Bonus

0.10 Lack of Variety in Acro VP

- Missing min 'A' BWD salto

0.10 Lack of FWD/SWD Acro Salto

- Min 'A'



Questions?