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 with connection value

*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 Stalder 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**
Toe on front pike ½ = **D** Back stalder or clear support front tuck or pike ½ = **D** Double tuck w/ ½ twist = **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 **planned** 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 **planned** 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 **planned** squat (0.1 each)
_____Up to the Level (0.1)
_____Exec/Amp

Score:

Connection Value	0.1	0.2
Acro Flight (2 element) **(**excludes dismount)		**B + D/E** **C + C/D**
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**
Dance or Mixed Series (acro elements must have flight) (excludes dismount)	**A + D** **B + C**	**B + D** **C + C/D**
Dance Turns (on one foot)	**A+C or C+A**	

NCAA Value Parts: 3A, 3B, 2C **Start Value: 9.4** **Fall Time:45 sec**

Up to the Level: If flight series is performed on beam without connection bonus (consider only skills performed on beam) then additional "D" acro (including mounts/dsmts) -or- "E" dance (including mounts) is required – D/E acro directly connected to dsmt CANNOT fulfill UTL

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.
Dance/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

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** 2/1 turn **= E** 2/1 wolf turn **= E** Tourjete ¼ = **E** Switch side w/ ¼ = **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** 2/1 dismount **= 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**
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**

Add'l CV bonus: B acro + C dsmt OR C dance + C dsmt = +0.1

#

_____VP
_____CV
_____DV
_____**SV**

Special Requirements (0.2 each)
_____Acro Series min "C" required
_____Dance/Dance OR Dance/Acro series, min "C" dance required
_____180° Split Leap/Jump
_____Minimum 360° turn
_____"**C" dismount**

_____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)
_____Choreography (fwd/bwd/swd) (.05)

_____Exec/Amp

Score:

#

_____VP
_____CV
_____DV
_____**SV**

Special Requirements (0.2 each)
_____Acro Series min "C" required
_____ Dance/Dance OR Dance/Acro series, min "C" dance required
_____180° Split Leap/Jump
_____Minimum 360° turn
_____"**C" dismount**

_____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)
_____ Choreography (fwd/bwd/swd) (.05)

_____Exec/Amp

Score:

Connection Value	0.1	0.2	0.3
Acro Indirect	**A/B + A/B + C A+D B+C**	**C + C A+A+D A+E B/C + D/E**	
Acro Direct	**B+B *(different)* 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/B jump**	**C + D/E**	

NCAA Value Parts: 3A, 3B, 2C Start Value: 9.4

*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

Difficulty Bonus: Double flipping salto OR any E acro in last pass receives additional +0.1 DV

Elements: Front salto piked **= A** Ring jump or Stag-Ring jump with 1/1 = **D**
Switch-Side Leap with ½ Turn = **D**
Dance passage: Min. of 2 different Group 1 elements directly or indirectly connected & requires180° leap (1 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 →
• 1 *"E" element (acro/dance)* -***or-*** *2 different "D" elements (1 must be an acro element*)
• Acro Dsmt with a min. "C" salto in bonus combination **-or-** min. of a "D" Salto
2. In addition: If only 2 acro passes **One** pass "D/E" **Second** pass "D/E" or +0.2 CV
Salto Dismount: defined as last isolated salto or within last acro combination
Acro Pass: defined as 1 or more acro elements, 1 element must be a min. C salto

#

_____VP
_____CV
_____DV
_____**SV**

Special Requirements (0.2 each)
_____Acro **pass** w/ 2 saltos or 2 direct saltos
_____3 different saltos
_____Dance passage with 180°leap
_____"C" Salto Dismount

_____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)
_____Artistry (→ 0.3)
_____Exec/Amp

Score:

#

_____VP
_____CV
_____DV
_____**SV**

Special Requirements (0.2 each)
_____ Acro **pass** w/ 2 saltos or 2 direct saltos
_____3 different saltos
_____Dance passage with 180°leap
_____"C" Salto Dismount

_____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)
_____Artistry (→ 0.3)
_____Exec/Amp

Score:

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 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 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 Stalder 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**
Toe on front pike ½ = **D** Back stalder or clear support front tuck or pike ½ = **D** Double tuck w/ ½ twist = **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 **planned** 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 **planned** squat (0.1 each)
_____Up to the Level (0.1)

_____Exec/Amp

Score: