





Mission Statement

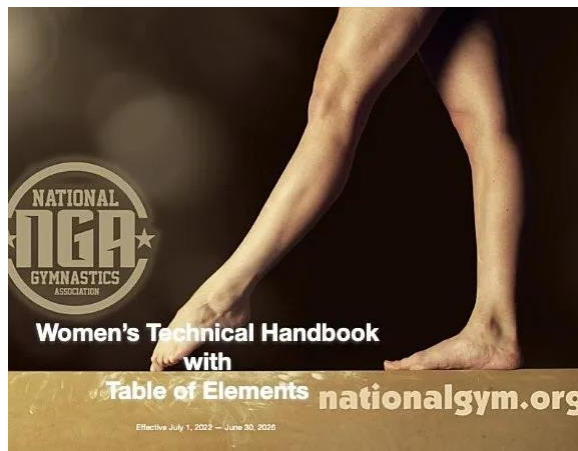
To provide a positive and healthy competitive and wellness program for the sport of gymnastics that will permit participants of all ages and ability levels to achieve their own personal goals.



General Information

<https://nationalgym.org/>

- Membership runs Aug 1 – Jul 31
 - Required for Judges - \$35/year
 - Update GymJas with your NGA number/expiration date





Special Requirement and Value Changes for 2023-24

- SN
 - Vault - handspring or $\frac{1}{2}$ on over resi
 - FX - "B" value jumps and leaps allowed
- 3N
 - Bars - Glide swing or glide variation will be the required mount
 - FX - Time limit on floor will be changed to 1:00 minute
- 4N
 - Beam - SR 1 will change from 1/1 turn to "minimum $\frac{1}{2}$ turn on 1 foot"
- GN
 - Beam - "B" acro flight (in addition to "B" non flight) will be allowed
- DN
 - Vault - There will be no difficulty restrictions
- General Value Changes
 - Rudi on FX will change from "E" to "D"
 - Side handstand $\frac{1}{4}$ turn dismount off side of beam will change from "x-skill" to "A" VP



Updates for 2023 - 2024



Section 6

VT DEDUCTIONS



ALL LEVELS — VAULT DEDUCTIONS			
FIRST FLIGHT	SUPPORT/REPULSION	SECOND FLIGHT	LANDING
POOR LEG / FOOT FORM	POOR LEG / FOOT FORM	POOR LEG / FOOT FORM	FEET (See Chart p28)
†0.10 Poor foot form		†0.10 Poor foot form	0.05 Feet land hip-width or closer—Never join
†0.10 Crossed legs		†0.10 Crossed legs	0.10 Feet land more than hip-width apart
†0.20 Separated legs		†0.20 Separated legs	†0.10 Slight hoo—Feet adjust—Feet stagger
†0.30 Bent legs	†0.30 Bent legs—In support	†0.30 Bent legs	0.10 Steps—Each (entire foot lifts/slides) (max 0.40)
BODY POSITION TECHNIQUE	BODY POSITION TECHNIQUE	BODY POSITION TECHNIQUE	†0.15 Medium step—Each
†0.20 Excessive arch		†0.30 Stretch position—Hip angle (136°-179°)	0.20 Large Step—Jump (Approximately 3-ft)
†0.30 Excessive pike	†0.20 Arch	†0.30 Stretch position—Excessive Arch	ARMS / TRUNK
†0.30 Incomplete LA turn		†0.10 Exactness of LA turn	†0.10 Arm swings—for balance
SPECIFIC TO LEVEL		†0.30 Insufficient Tuck / Pike	†0.20 Trunk movement—for balance
LEVELS 1N-3N	BODY POSITION TIMING	†0.30 Fail to maintain stretch—Pike down	†0.20 Poor body posture
†0.30 Lack of accelerated run	†0.30 Prescribed LA turn begun too early	BODY POSITION TIMING	†0.30 Squat on landing (see Chart p28)
†0.30 Body lean—board contact	†0.30 Early tuck in repulsion—Salto VT	†0.30 Late completion of twist—Salto VT	PERFORMANCE
Ø Height deduction		†0.20 Insufficient / late extension—Tuck / Pike	†0.30 LA Turn incomplete (see Chart p28)
LEVELS 1N-5N		†0.30 Total absence of extension—Tuck / Pike	†0.30 Deviate from straight direction
†0.50 Speed thru out	ARMS/HANDS/HEAD EXACTNESS	†0.10 Under rotation—Salto VT	†0.50 Dynamics
Ø Height deduction	†0.10 Staggered / Alternate hands—All VT**	ARMS/HANDS/HEAD EXACTNESS	FALLS / TOUCHES
LEVELS 2N/BN	†0.20 Alternate repulsion—All VT**		†0.30 Brush / Touch w hand(s)—No support
†0.30 Fail to finish/show flat-back position	0.30 Simultaneous hoes w both hands		0.50 Fall / Support on 1 or both hands
LEVELS 5N-7N	0.10 Steps/hoes w hands each (max 0.30)		0.50 Fall against VT table
1.00 Fail to land top of resi	†0.50 Arms bent (Slight bend lead arm Tsuk VT OK)		0.50 Fall off / Against Mat stack
LEVELS 6N-7N	VOID No hand contact on Table		VOID Fail to land bottom of feet first
†0.30 Lack of Rotation	2.00 Head touch—support (0.5 bent arms included)	0.20 Brush / Hit of body / head on Table end	VOID Land on table top (in any position)
Ø Distance Deduction	**Exception - 3/4 - 1/1 turn on	TECHNICAL EXACTNESS	SPOT / COACH
CHIEF JUDGE	TECHNICAL EXACTNESS	†0.30 Fail to pass thru VER	LEVELS 1N-10N
VOID No Safety Zone Mat—YUR / FHS	†0.30 Too long in support (L&D/S/10 no salto VT)	†0.50 Insufficient height	0.50 Spot assist—Landing
0.30 Incorrect apparatus specs	†0.50 Angle of Repulsion (L&D/S/10 no salto VT)	†0.30 Insufficient distance	LEVELS 2N-5N
0.20 Exceed W-up time (After warning)	Off by VER = 0.00	1.00 Touch only 1-hand (Each judge)	1.00 Spot assist—During VT (Not incl. landing)
0.20 Fail to begin w/in 30s of signal	1° - 45° = 0.05 - 0.25		LEVELS 6N-7N
0.50 Vaults w/o signal—1st VT not judged, apply deduction to 2nd VT	46° past VER to HOR = 0.30 - 0.50		1.00 Spot between board / table
0.10 Fail to present before/after VT each	Balk = All levels: Vault attempt falls back to board = No score awarded		LEVEL PN
0.20 Incorrect attire/jewelry (after 1st warning)	VOID VT Score = 5.0 = Vault performed, does not return to board		1.00 Spot assist—Post-flight (PN Salto VT only)
1.00 Touch w one hand (if 1/2 panel agrees)			LEVELS 8N-10N
Term Exceed fall time—End VT			0.50 Coach between Board / Table (Except YU/FH—No Penalty)
			1.00 Spot assist—Post-flight (8N Salto VT only)
			VOID Spot assist—During VT (8N, 9N, 10N)



Section 7

UB DEDUCTIONS



ALL LEVELS – UNEVEN BAR DEDUCTIONS

UB	TECHNICAL PERFORMANCE
†0.10	Under rotation—Release/fight elements
†0.10	Precision of handstand positions—Thru out
†0.10	Extension of glides / swing into Kips
†0.10	Amplitude → Casts (5N / PN / DN) (see Chart p27)
†0.20	Amplitude of elements
†0.20	Angle of Turns in HS / Turns after HS (Healy) (see Chart p27)
†0.20	Amplitude → Casts (6N / 7N) (see Chart p27)
†0.30	Height of salto dismount
†0.30	Extension (open) of Tuck / Pike body position—Prior to landing Dismount
†0.30	Amplitude → Casts (8N / 9N / 10N) (see Chart p27)
†0.30	Amplitude → In-bar Circles (5N - 10N) (see Chart p27)
UB	ARTISTRY OF PERFORMANCE
†0.10	Poor rhythm in elements/connections
†0.10	Hesitation in jump or swing to HB
†0.20	Dynamics
	• Insufficient swingful execution—Thru out
	• Energy not maintained—Thru out
	• Fail to make difficult look effortless
UB	EXCESSIVE PREPARATION/COMPLETION
†0.10	Touch, brush apparatus/mat—Foot/feet
0.20	Hit apparatus—Foot/feet
0.30	Hit mat—Foot/feet
0.30	Uncharacteristic movement—To complete VP
0.30	Grasp apparatus—To avoid a fall
0.30	Intermediate (extra) swing/cast (Max 0.50 per occurrence) (5N - 10N)
0.50	Full support on mat—Foot/feet (During routine)
0.50	Spot assist on element (No SR/No VP)
UB	SPECIFIC EXECUTION
0.10	Land too close to bar on dismount
0.30	No dismount (Deduct from SV) (Not applied to Restricted VP)

GENERAL EXECUTION DEDUCTIONS

ALL	GENERAL EXECUTION
0.05	Flex / Sickle feet during VP
†0.10	Leas / Knees crossed
†0.20	Legs / Knees separated
†0.20	Exactness of body shape—Tuck / Pike (Stretched - Arch or Hip Angle - 136° - 179°)
†0.20	Fail to maintain stretched body position (Pike down)
†0.30	Bent arms—In support
†0.30	Bent knees (or Fail to Bend Knees 90° in Baby Giant)
ALL	GENERAL LANDING EXECUTION
	FEET
0.05	Feet land hip-width or closer—Never join on dismount (stuck landings only) (see Chart p28)
0.10	Feet land more than hip-width apart (stuck landings only) (see Chart p28)
†0.10	Slight hop—Feet adjust—Feet staggered (see Chart p28)
0.10	Steps—Each (entire foot lifts/slides) (max 0.40) (see Chart p28)
†0.15	Medium step—Each (see Chart p28)
0.20	Large step or jump
	ARMS / TRUNK
†0.10	Arm swings—For balance
†0.20	Trunk movement—For balance
†0.20	Poor body posture—Landing elements
†0.30	Squat—Upon landing (see Chart p28)
	PERFORMANCE
†0.10	Deviation from straight direction
†0.20	Incomplete turn / twist (see Chart p28)
	FALLS / TOUCHES
†0.30	Brush / touch of landing surface w hand(s)
0.50	Spot assist on landing
0.50	Fall / Support on apparatus / mat—On hand(s)
0.50	Fail to land bottom of feet first on dismount—Fall (No VP/SR: Do not apply No Dismount -0.30)

CHIEF JUDGE DEDUCTIONS – UB

0.30	Incorrect apparatus specs	0.50	Starts exercise before signal	0.30	Fail to remove board after mount (4N-10N)	0.20	Incorrect attire/jewelry (after 1st warning)
0.30	Use of supplementary mats	0.20	Fail to begin w/in 30s of signal	0.20	Verbal cues by coach/team (after warning)	0.20	Incorrect padding (Heels/Hips)
0.20	Exceeds warm-up time (After warning)	0.50	3rd run approach—Mounts	0.20	Coach instructs gymnast during routine	1.00	Short routine < 5 elements (6N-10N only)
0.10	Fail to present before/after routine—each	0.30	Board on unpermitted surface	Term	Exceeds fall time—End exercise		



Section 8

BM / FX DEDUCTIONS



ALL LEVELS — BM / FX DEDUCTIONS

BM	FX	TECHNICAL PERFORMANCE
†0.10	10.10	Body position/alignment—Dance
†0.20	10.20	Leas not parallel to BM/FX in Solit/Straddle/Pike
†0.10	10.10	Turn elements not performed in high relevé
†0.30	10.30	Relaxed/incorrect footwork in non-VP—Thru out
†0.30	10.30	Relaxed / Incorrect body alignment / position / posture in non-VP—Thru out
†0.20	10.20	Insufficient solit when required—Dance/Acro <i>(by level)</i> <i>(see Chart a28)</i>
†0.10	10.10	Feet apart—Landing Side jumps/Jumps
†0.20	10.20	Height—Leaps/Jumps/Hops
†0.20	-	Height—Acro Flight/Aerials
†0.30	10.30	Height—Salto/Dismount
†0.30	10.30	Extension (open) Tuck/Pike body position—Prior to land Acro VP/Dismount
BM	FX	ARTISTRY OF PERFORMANCE
†0.10	10.10	Lack of precision—Dance element
-	10.10	Rhythm—During direct connection
†0.20	-	Rhythm—Connections—Dance/Mixed/Acro <i>(not BWD flight)</i>
†0.20	-	Sureness of performance—Thru out
†0.20	-	Insufficient variation in rhythm/tempo in non-VP—Thru out
†0.20	10.20	Dynamics
†0.30	10.30	Artistry/presentation—Originality/creativity
BM	FX	EXCESSIVE PREPARATION/COMPLETION
0.20	-	Support of 1-leg against side of BM
0.30	-	Grasp apparatus—To avoid a fall
†0.30	-	Additional movements to maintain balance on beam
†0.10	-	Hesitation in jump, press, swing to Handstand
0.10	0.10	Concentration pause (2s) → <i>(Each time)</i>
0.20	0.10	Concentration pause (+2s) → <i>(Each time)</i>
0.50	0.50	Spot assist—Element <i>(No SR/No VP)</i>
BM	FX	SPECIFIC EXECUTION
0.10	-	Land too close to BM on dismount
†0.30	-	Direction of gainer dismount off end of BM
-	10.30	Poor relationship of music & movement thru out
0.30	-	No dismount <i>(Deduct from SV)</i> <i>(Not applied to Restricted VP)</i>
0.05		Fail to hold ending position 1s

CHIEF JUDGE DEDUCTIONS — BM / FX

BM	FX		BM	FX		BM	FX		FX	
0.30	-	Incorrect apparatus specs	0.20	0.20	Fail to begin w/in 30s of signal	0.20	0.20	Coach instructs gymnast during routine	0.10	Fail to mark boundary line on mat
0.30	0.30	Use of supplementary mats	0.50	-	3rd run approach—Mounts	0.20	0.20	Incorrect attire/jewelry <i>(after 1st warning)</i>	0.10	Exceeds FX boundary line
0.20	0.20	Exceeds warm-up time <i>(After warning)</i>	0.30	-	Board on unpermitted surface	0.20	0.20	Excessive use of chalk	0.30	Coach on FX mat <i>(8N-10N)</i>
0.10	0.10	Fail to present before/after routine—each	0.30	-	Fail to remove board after mount <i>(8N-10)</i>	0.10	0.10	Overtime	1.00	Music with lyrics/words
0.50	0.50	Starts exercise before signal <i>(Repetition)</i>	0.20	0.20	Verbal cues—Coach/team <i>(after warning)</i>	1.00	1.00	Short routine < 5 elements <i>(8N-10N)</i>	1.00	Absence of music
						-	Term	Exceeds fall time—End exercise		

GENERAL EXECUTION DEDUCTIONS

ALL GENERAL EXECUTION	
0.05	Flexed/sickled feet during VP
†0.10	Leas/knees crossed
†0.20	Leas/knees separated
†0.20	Exactness of body shape—Tuck/Pike <i>(Stretched - Arch or Hip angle - 136-179°)</i> <i>(see Chart a28)</i>
†0.20	Fail to maintain stretched body position <i>(Pike down)</i> <i>(see Chart a28)</i>
†0.20	Incomplete turn/twist <i>(see Chart a28)</i>
†0.30	Bent arms in support
†0.30	Bent leas
ALL GENERAL LANDING EXECUTION	
FEET	
0.05	Feet land hip-width or closer—Never join heels on dismount <i>(stuck landings only)</i> <i>(see Chart a28)</i>
0.10	Feet land more than hip-width apart <i>(stuck landings only)</i> <i>(see Chart a28)</i>
†0.10	Slight hop—Feet adjust—Feet staggered <i>(see Chart a28)</i>
0.10	Steps—Each <i>(entire foot lifts/slides)</i> <i>(max 0.40)</i> <i>(see Chart a28)</i>
†0.15	Medium step—Each <i>(see Chart a28)</i>
0.20	Large step or jump (3 feet+) <i>(Max 0.40)</i>
ARMS / TRUNK	
†0.10	Arm swings—For balance
†0.20	Trunk movements—For balance
†0.20	Poor / Incorrect body posture—Landing elements
†0.30	Squat upon landing <i>(see Chart a28)</i>
PERFORMANCE	
†0.10	Deviation from straight direction
FALLS / TOUCHES	
†0.30	Brush/touch landing surface with hand(s)
0.50	Spot assist on landing
0.50	Fall or support on hand(s) on apparatus or mat
0.50	Fail to land on bottom of feet first on Salto/Aerials/Dismount - fall <i>(No VP/SR)</i>



Level Requirements



LEVEL 1N				
4 years & up		SV: 10.0	Bonus—None	
VAULT				
Run—Stretch Jump			<input checked="" type="checkbox"/> Raised surface	
• Accelerated run evaluated			<input checked="" type="checkbox"/> Min 8" - Max 24"	
• Speed thru out evaluated			<input checked="" type="checkbox"/> Yes—Alternate Tramp Board	
• Board lean evaluated				
• Landing evaluated				
UNEVEN BARS				
Allow	VP	W up time = 30s	Rules	
<input checked="" type="checkbox"/> X	4	1. Mount	<input checked="" type="checkbox"/> No—HB	
<input checked="" type="checkbox"/> A		2. Cast	<input checked="" type="checkbox"/> Yes—X-Skills = A	
<input type="checkbox"/> B		• No required angle	<input checked="" type="checkbox"/> Yes—A VP	
<input type="checkbox"/> C		3. 360° Circle VP	<input checked="" type="checkbox"/> No—B VP	
<input type="checkbox"/> D		4. Dismount	<input checked="" type="checkbox"/> No—Salto Dismount	
<input type="checkbox"/> E				
BALANCE BEAM				
Allow	VP	W up time = 30s	Routine time = 30s	Rules
<input checked="" type="checkbox"/> X	4	1. Pivot	OR	<input checked="" type="checkbox"/> Yes—X-Skills = A
<input checked="" type="checkbox"/> A				<input checked="" type="checkbox"/> Yes—A Acro Non-Flight
<input type="checkbox"/> B		1. Squat turn		<input checked="" type="checkbox"/> No—B Acro Non-Flight
<input type="checkbox"/> C		2. Stretch Jump		<input checked="" type="checkbox"/> No—Acro Flight
<input type="checkbox"/> D		3. 1-leg balance—2s hold required		<input checked="" type="checkbox"/> No—B Dance
<input type="checkbox"/> E		• Optional free leg position		<input checked="" type="checkbox"/> No—Salto/Aerial Dismount
		4. Dismount		
FLOOR EXERCISE				
Allow	VP	W up time = 30s	Routine time = 45s	Rules
<input checked="" type="checkbox"/> X	4	1. Dance Combo—Min (2) Leaps / Jumps	OR	<input checked="" type="checkbox"/> Yes—X-Skills = A
<input checked="" type="checkbox"/> A		• No Min Split required		<input checked="" type="checkbox"/> Yes—A Acro Non-Flight
<input type="checkbox"/> B		• Direct / Indirect		<input checked="" type="checkbox"/> No—B Acro Non-Flight
<input type="checkbox"/> C		2. Acro VP—BWD roll		<input checked="" type="checkbox"/> Yes—(1) A Acro Flight
<input type="checkbox"/> D		• Isolated / Series		<input checked="" type="checkbox"/> No—Salto/Aerial
<input type="checkbox"/> E				<input checked="" type="checkbox"/> No—B Dance
		2. Acro VP—Candlestick		
		• Isolated / Series		
		3. Min 1/2 (180°) turn—1-foot		
		OR		
		3. Pivot turn		
		4. Acro VP—Min 3/4 HS—No hold required		
		• Feet must contact At / Above 45°		

LEVEL 2N / BRONZE (BN)				
4 years & up		SV: 10.0	Bonus—None	
VAULT				
Run—Jump HS—Fall flat back			<input checked="" type="checkbox"/> Raised surface	
• Accelerated run evaluated			<input checked="" type="checkbox"/> Min 16" - Max 48"	
• Speed thru out evaluated			<input checked="" type="checkbox"/> Yes—Alternate Tramp Board	
• Board lean evaluated				
• Landing evaluated				
• "Feet First" VOID deduction does not apply				
UNEVEN BARS				
Allow	VP	W up time = 30s	Rules	
<input checked="" type="checkbox"/> X	5	1. Mount	<input checked="" type="checkbox"/> No—HB	
<input checked="" type="checkbox"/> A		2. Cast	<input checked="" type="checkbox"/> Yes—X-Skills = A	
<input type="checkbox"/> B		• No required angle	<input checked="" type="checkbox"/> Yes—A VP	
<input type="checkbox"/> C		3. 360° Circle VP	<input checked="" type="checkbox"/> No—B VP	
<input type="checkbox"/> D		4. Dismount	<input checked="" type="checkbox"/> No—Salto Dismount	
<input type="checkbox"/> E				
BALANCE BEAM				
Allow	VP	W up time = 30s	Routine time = 35s	Rules
<input checked="" type="checkbox"/> X	5	1. 1/2 (180°) turn—1-foot	OR	<input checked="" type="checkbox"/> Yes—X-Skills = A
<input checked="" type="checkbox"/> A		2. Leap / Jump—No Min Split required		<input checked="" type="checkbox"/> Yes—A Acro Non-Flight
<input checked="" type="checkbox"/> B*		• Isolated / Series		<input checked="" type="checkbox"/> No—B Acro Non-Flight
<input type="checkbox"/> C		3. Acro VP—Handstand		<input checked="" type="checkbox"/> No—Acro Flight
<input type="checkbox"/> D		• LEAD leg Min 45° from VER		<input checked="" type="checkbox"/> Yes—B Split Jumps / Leaps = A
<input type="checkbox"/> E		• 2 nd leg height optional		<input checked="" type="checkbox"/> No—Salto/Aerial Dismount
		• Must leave BM for VP		
		4. Dismount		
FLOOR EXERCISE				
Allow	VP	W up time = 30s	Routine time = 45s	Rules
<input checked="" type="checkbox"/> X	5	1. Dance Combo—Min (2) Leaps / Jumps	OR	<input checked="" type="checkbox"/> Yes—X-Skills = A
<input checked="" type="checkbox"/> A		• (1) Min 60° split		<input checked="" type="checkbox"/> Yes—A Acro Non-Flight
<input type="checkbox"/> B		• Direct / Indirect		<input checked="" type="checkbox"/> No—B Acro Non-Flight
<input type="checkbox"/> C		2. Acro VP—Handstand—No hold required		<input checked="" type="checkbox"/> Yes—(2) A Acro Flight
<input type="checkbox"/> D		• Between 45°-VER		<input checked="" type="checkbox"/> No—Salto/Aerial
<input type="checkbox"/> E		• Mark feet together		<input checked="" type="checkbox"/> No—B Dance
		3. Min 1/2 (180°) turn—1-foot		
		4. Acro VP—Cartwheel		
		• Isolated / Series		



LEVEL SILVER (SN)				
5 years & up		SV: 10.0		Bonus—None
VAULT				
Run—Jump HS—Fall flat back (SV = 9.50)			<input checked="" type="checkbox"/> Raised surface	
• “Feet First” VOID deduction does not apply			<input checked="" type="checkbox"/> Min 24” - Max 56”	
			<input checked="" type="checkbox"/> Yes—Alternate Tramp Board	
OR				
Run—FHS			<input checked="" type="checkbox"/> Over Resi	
Run—¼ - ½ on, Repulsion off			<input checked="" type="checkbox"/> Min 24” - Max 56”	
• Accelerated run evaluated			<input checked="" type="checkbox"/> Yes—Alternate Tramp Board	
• Speed thru out evaluated				
• Board lean evaluated				
• Landing evaluated				
UNEVEN BARS				
Allow	VP	W up time = 45s	Rules	
<input checked="" type="checkbox"/> X	5	1. Mount	<input checked="" type="checkbox"/> Yes—HB	
<input checked="" type="checkbox"/> A		2. Cast	<input checked="" type="checkbox"/> Yes—X-Skills = A	
<input type="checkbox"/> B		• 45° Min below HOR	<input checked="" type="checkbox"/> Yes—A VP	
<input type="checkbox"/> C		3. 360° Circle VP	<input checked="" type="checkbox"/> No—B VP	
<input type="checkbox"/> D		4. Dismount	<input checked="" type="checkbox"/> No—Salto Dismount	
<input type="checkbox"/> E				
BALANCE BEAM				
Allow	VP	W up time = 45s	Routine time = :45s	Rules
<input checked="" type="checkbox"/> X	5	1. Min 1/2 (180°) turn 1-foot	<input checked="" type="checkbox"/> Yes—X-Skills = A	
<input checked="" type="checkbox"/> A		2. Leap / Jump—No Min Split required	<input checked="" type="checkbox"/> Yes—A Acro Non-Flight	
<input checked="" type="checkbox"/> B*		• Isolated / Series	<input checked="" type="checkbox"/> No—B Acro Non-Flight	
<input type="checkbox"/> C		3. Acro VP—A Acro Non Flight	<input checked="" type="checkbox"/> No—Acro Flight	
<input type="checkbox"/> D		• No X-skill lever	<input checked="" type="checkbox"/> Yes—B Split Leaps/Jumps = A	
<input type="checkbox"/> E		4. A Dismount	<input checked="" type="checkbox"/> Yes—A Salto/Aerial Dismount	
		• No Jumps	(allowed, not required)	
FLOOR EXERCISE				
Allow	VP	W up time = 45s	Routine time = 1:00m	Rules
<input checked="" type="checkbox"/> X	5	1. Dance Combo—Min (2) Leaps / Jumps	<input checked="" type="checkbox"/> Yes—X-Skills = A	
<input checked="" type="checkbox"/> A		• No Min Split required	<input checked="" type="checkbox"/> Yes—A Acro Non-Flight	
<input type="checkbox"/> B		• Direct / Indirect	<input checked="" type="checkbox"/> No—B Acro Non-Flight	
<input type="checkbox"/> C		2. Acro pass—Min (2) A Acro VP	<input checked="" type="checkbox"/> Yes—A Acro Flight	
<input type="checkbox"/> D		• Direct	<input checked="" type="checkbox"/> No—B Acro Flight	
<input type="checkbox"/> E		3. 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> Yes—(1) A Salto/Aerial	
		4. Acro VP—(1) A Acro Flight	<input checked="" type="checkbox"/> Yes—B Dance = A	
		• Isolated / Series	<input checked="" type="checkbox"/> SR4 separate from SR2	

LEVEL 3N				
6 years & up		SV: 10.0	Bonus—None	
VAULT				
Run—FHS			<input checked="" type="checkbox"/> Over Resi	
Run—¼ - ½ on, Repulsion off			<input checked="" type="checkbox"/> Min 24" - Max 56"	
• Accelerated run evaluated			<input checked="" type="checkbox"/> Yes—Alternate Tramp Board	
• Speed thru out evaluated				
• Board lean evaluated				
• Landing evaluated				
UNEVEN BARS				
Allow	Req'd	W up time = 45s	Rules	
<input checked="" type="checkbox"/> X	5	1. Mount—Glide swing or glide variation	<input checked="" type="checkbox"/> Yes—HB	
<input checked="" type="checkbox"/> A		2. Cast	<input checked="" type="checkbox"/> Yes—X-Skills = A	
<input type="checkbox"/> B		• 45° Min below HOR	<input checked="" type="checkbox"/> Yes—A VP	
<input type="checkbox"/> C		3. 360° Circle VP	<input checked="" type="checkbox"/> No—B VP	
<input type="checkbox"/> D		4. Dismount	<input checked="" type="checkbox"/> No—Salto Dismount	
<input type="checkbox"/> E				
BALANCE BEAM				
Allow	Req'd	W up time = 45s	Routine time = 45s	Rules
<input checked="" type="checkbox"/> X	5	1. Min 1/2 (180°) turn 1-foot	<input checked="" type="checkbox"/> Yes—X-Skills = A	
<input checked="" type="checkbox"/> A		2. Leap / Jump—Min. 60° split	<input checked="" type="checkbox"/> Yes—A Acro Non-Flight	
<input checked="" type="checkbox"/> B*		• Isolated / Series	<input checked="" type="checkbox"/> No—B Acro Non-Flight	
<input type="checkbox"/> C		3. Acro VP—Moves Thru / Achieves VER	<input checked="" type="checkbox"/> No—Acro Flight	
<input type="checkbox"/> D		• If HS—No hold required	<input checked="" type="checkbox"/> Yes—B Split Leaps/Jumps = A	
<input type="checkbox"/> E		• Must mark VER w legs joined	<input checked="" type="checkbox"/> Yes—A Salto/Aerial Dismount	
		4. A Dismount	(allowed, not required)	
		• No Jumps		
FLOOR EXERCISE				
Allow	Req'd	W up time = 45s	Routine time = 1:00m	Rules
<input checked="" type="checkbox"/> X	5	1. Dance Combo—Min (2) Leaps / Jumps	<input checked="" type="checkbox"/> Yes—X-Skills = A	
<input checked="" type="checkbox"/> A		• (1) Min 90° split	<input checked="" type="checkbox"/> Yes—A Acro Non-Flight	
<input type="checkbox"/> B		• Direct / Indirect	<input checked="" type="checkbox"/> No—B Acro Non-Flight	
<input type="checkbox"/> C		2. Acro pass—Min (2) 'A' Acro VP	<input checked="" type="checkbox"/> Yes—A Acro Flight	
<input type="checkbox"/> D		• (1) Must be a Round off	<input checked="" type="checkbox"/> No—B Acro Flight	
<input type="checkbox"/> E		3. 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> Yes—(1) A Salto/Aerial	
		4. Acro VP—Contain / Pass thru Bridge	<input checked="" type="checkbox"/> No—B Dance	
		OR	<input checked="" type="checkbox"/> HS not thru VER, cannot fulfill SR4	
		4. Acro VP—BWD Ext. Roll HS thru VER	<input checked="" type="checkbox"/> SR4 separate from SR2	
		• Isolated / Series		



LEVEL 4N				
6 years & up		SV: 10.0	Bonus—None	
VAULT				
Run—FHS			<input checked="" type="checkbox"/> Over Resi	
Run—¼ - ½ on, Repulsion off			<input checked="" type="checkbox"/> Min 24" - Max 56"	
Run—RO—BHS			<input checked="" type="checkbox"/> No Alternate Tramp Board	
• Speed thru out evaluated				
• Landing evaluated				
UNEVEN BARS				
Allow	Req'd	W up time = 1:00s	Rules	
<input checked="" type="checkbox"/> X	5	1. Glide Kip-LB	<input checked="" type="checkbox"/> Yes—HB	
<input checked="" type="checkbox"/> A		OR	<input checked="" type="checkbox"/> Yes—X-Skills = A	
<input checked="" type="checkbox"/> B*		1. Long Hang Kip-HB	<input checked="" type="checkbox"/> Yes—A VP	
<input type="checkbox"/> C		2. Cast—BWD Hip Circle	<input checked="" type="checkbox"/> No—B VP	
<input type="checkbox"/> D		• Cast Min 20° below HOR	<input checked="" type="checkbox"/> Yes—B In bar Circles = A	
<input type="checkbox"/> E		3. Tap swing	<input checked="" type="checkbox"/> Yes—A Salto Dismount	
		• Hips Min 45° below HB-both sides	(allowed, not required)	
		4. A HB Dismount		
BALANCE BEAM				
Allow	Req'd	W up time = 1:00s	Routine time = 1:00m	Rules
<input checked="" type="checkbox"/> X*	5	1. Min 1/2 (180°) turn 1-foot	<input checked="" type="checkbox"/> Yes—A Acro Non-Flight	
<input checked="" type="checkbox"/> A		2. Leap / Jump—Min. 90° split	<input checked="" type="checkbox"/> Yes—B Acro Non-Flight = A	
<input checked="" type="checkbox"/> B*		• Isolated / Series	<input checked="" type="checkbox"/> No—Acro Flight	
<input type="checkbox"/> C		3. Acro VP—Move Thru / Achieve VER	<input checked="" type="checkbox"/> Yes—B Dance = A	
<input type="checkbox"/> D		• If HS = no hold required	<input checked="" type="checkbox"/> Yes—A Salto/Aerial Dismount	
<input type="checkbox"/> E		• Exclude Mount / Dismount	(allowed, not required)	
		4. A Dismount		
FLOOR EXERCISE				
Allow	Req'd	W up time = 1:00s	Routine time = 1:00m	Rules
<input type="checkbox"/> X	5	1. Dance Combo—Min (2) Leaps / Jumps	<input checked="" type="checkbox"/> Yes—A Acro Non-Flight	
<input checked="" type="checkbox"/> A		• (1) Min 90° split	<input checked="" type="checkbox"/> Yes—B Acro Non-Flight = A	
<input checked="" type="checkbox"/> B*		• Direct / Indirect	<input checked="" type="checkbox"/> Yes—A Acro Flight	
<input type="checkbox"/> C		2. Acro Pass—Min (2) A Acro Flight	<input checked="" type="checkbox"/> Yes—B Acro Flight = A	
<input type="checkbox"/> D		• Direct	<input checked="" type="checkbox"/> Yes—A Salto/Aerial	
<input type="checkbox"/> E		3. Min 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> No—B Salto/Aerial	
		4. Acro Pass—Min (2) Acro Flight	<input checked="" type="checkbox"/> Yes—B Dance = A	
		• Direct	<input checked="" type="checkbox"/> SR4 separate from SR2	
		OR		
		4. Isolated FWD Salto		

LEVEL GOLD (GN)				
6 years & up		SV: 10.0	Bonus	
VAULT				
Run—FHS			<input checked="" type="checkbox"/> Over Table	
Run—½ on (¼—¼) on, Repulsion off			<input checked="" type="checkbox"/> Max 135 cm—	
• 9.5 SV - Alternate Tramp Board			Manufacturer setting	
• Speed thru out evaluated				
• Landing evaluated				
UNEVEN BARS				
Allow	Req'd	W up time = 1:00m	Rules	
<input checked="" type="checkbox"/> X	6	1. Squat / Straddle / Stoop on ►jump to HB	<input checked="" type="checkbox"/> Yes—HB	
<input checked="" type="checkbox"/> A		OR	<input checked="" type="checkbox"/> Yes—X-Skills = A	
<input checked="" type="checkbox"/> B*		1. Squat / Straddle / Stoop Circle ►jump to HB	<input checked="" type="checkbox"/> Yes—A VP	
<input type="checkbox"/> C		• FWD / BWD	<input checked="" type="checkbox"/> No—B VP	
<input type="checkbox"/> D		2. Cast or VP—Min HOR	<input checked="" type="checkbox"/> Yes—B In bar Circles = A	
<input type="checkbox"/> E		3. 360° Circle VP	<input checked="" type="checkbox"/> Yes—A Salto Dismount	
		4. A HB Dismount	(allowed, not required)	
BALANCE BEAM				
Allow	Req'd	W up time = 1:00m	Routine time = 1:00m	Rules
<input checked="" type="checkbox"/> X*	6	1. Min 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> Yes—A Acro Non-Flight	
<input checked="" type="checkbox"/> A		2. Leap/Jump—Min 90° split	<input checked="" type="checkbox"/> Yes—B Acro Non-Flight = A	
<input checked="" type="checkbox"/> B*		• Isolated / Series	<input checked="" type="checkbox"/> Yes—B Acro Flight = A	
<input type="checkbox"/> C		3. Acro VP—(2) Acro—(1) thru VER	<input checked="" type="checkbox"/> Yes—B Dance = A	
<input type="checkbox"/> D		• Isolated / Series	<input checked="" type="checkbox"/> Yes—A Salto/Aerial Dis	
<input type="checkbox"/> E		4. A Dismount	(allowed, not required)	
FLOOR EXERCISE				
Allow	Req'd	W up time = 1:00m	Routine time = 1:00m	Rules
<input type="checkbox"/> X	6	1. Dance Combo—Min (2) Leaps / Jumps	<input checked="" type="checkbox"/> Yes—A Acro Non-Flight	
<input checked="" type="checkbox"/> A		• (1) Min 120° split	<input checked="" type="checkbox"/> Yes—B Acro Non-Flight	
<input checked="" type="checkbox"/> B*		• Direct / Indirect	<input checked="" type="checkbox"/> Yes—A Acro Flight	
<input type="checkbox"/> C		2. Acro pass—Min (2) A Acro Flight	<input checked="" type="checkbox"/> Yes—B Acro Flight = A	
<input type="checkbox"/> D		• Direct	<input checked="" type="checkbox"/> Yes—A Salto/Aerial	
<input type="checkbox"/> E		3. Min 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> Yes—B Salto, no twist = A	
		4. Acro VP—Flight / Salto / Aerial	<input checked="" type="checkbox"/> Yes—B Aerial = A	
		• Isolated / Series	<input checked="" type="checkbox"/> Yes—B Dance = A	
			<input checked="" type="checkbox"/> SR4 separate from SR2	



LEVEL 5N			
6 years & up		SV: 10.0	Bonus—None
VAULT			
FHS		<input checked="" type="checkbox"/> Up to Resi—No Table	
1/2 on (1/4—1/4)		<input checked="" type="checkbox"/> Min 24" - Max 56"	
RO Entry-FF		<input checked="" type="checkbox"/> No—Alternate Tramp Board	
<ul style="list-style-type: none">• Speed thru out evaluated• Evaluation stops w foot/back touch (may miss feet and go to back)• FHS MUST touch feet			
UNEVEN BARS			
Allow	W up time = 1:00m		Rules
<input type="checkbox"/> X	6	1. 360° In Bar Circle VP	<input checked="" type="checkbox"/> Yes—HB
<input checked="" type="checkbox"/> A		• Clear / Stalder / Pike Sole	<input checked="" type="checkbox"/> No—X-Skills
<input checked="" type="checkbox"/> B*		• Finish clear support, any angle	<input checked="" type="checkbox"/> Yes—A VP
<input checked="" type="checkbox"/> C*		2. Cast—Min HOR	<input checked="" type="checkbox"/> Yes—B In-bar circles = A
<input checked="" type="checkbox"/> D*		3. 2 nd 360° Circle VP	<input checked="" type="checkbox"/> Yes—C Circle HS = A
<input type="checkbox"/> E		OR	<input checked="" type="checkbox"/> (1) tap swing allowed
		3. 2 nd Cast—Min HOR	no penalty, no VP
		4. Min A HB Salto Dismount	<input checked="" type="checkbox"/> Yes—Salto Dismount
BALANCE BEAM			
Allow	W up time = 1:00m Routine time = 1:00m		Rules
<input type="checkbox"/> X	6	1. Min 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A		2. Leap / Jump—Min 120° split	<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> B*		• Isolated / Series	<input checked="" type="checkbox"/> Yes—B Dance = A
<input type="checkbox"/> C		3. Acro—BWD Acro VP	<input checked="" type="checkbox"/> SR3 Rolls if thru VER and
<input type="checkbox"/> D		OR	w hand support
<input type="checkbox"/> E		3. Acro—Any B Acro VP	<input checked="" type="checkbox"/> Yes—Salto/Aerial Dis †1/2
		4. Min A Dismount	
FLOOR EXERCISE			
Allow	W up time = 1:00m Routine time = 1:00m		Rules
<input type="checkbox"/> X	6	1. Dance Combo—Min (2) Leaps/	<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A		• (1) Min 120° split	<input checked="" type="checkbox"/> Yes—A Acro Flight
<input checked="" type="checkbox"/> B*		• Direct / Indirect	<input checked="" type="checkbox"/> Yes—B Acro Flight = A
<input type="checkbox"/> C		2. Acro Series—Min (3) Acro VP	<input checked="" type="checkbox"/> Yes—A Salto/Aerial
<input type="checkbox"/> D		• Flight / Salto / Aerial	<input checked="" type="checkbox"/> Yes—B Salto, no twist = A
<input type="checkbox"/> E		• Direct	<input checked="" type="checkbox"/> Yes—B Aerial = A
		3. Min 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> Yes—B Dance = A
		4. Acro VP—Salto / Aerial	<input checked="" type="checkbox"/> SR2 may not fulfill SR4
		• Isolated / Series	unless isolated/diff series

LEVEL 6N			
6 years & up		SV: 10.0	Bonus—None
VAULT			
FHS		<input checked="" type="checkbox"/> Over table	
½ on (¼—¼)		<input checked="" type="checkbox"/> Mat stack—Min 32" - Max 64"	
RO Entry-FF		<input checked="" type="checkbox"/> Max 135 cm—	
• Evaluation stops w foot/back contact		Manufacturer setting	
• Not required to touch feet prior to landing on back		<input checked="" type="checkbox"/> Pit Pillow top mat allowed	
• FHS MUST touch feet			
UNEVEN BARS			
Allow	Req'd	W up time = 1:30m	Rules
<input type="checkbox"/> X		1. 360° In Bar Circle VP	<input checked="" type="checkbox"/> Yes—A VP
<input checked="" type="checkbox"/> A	5	• Clear / Stalder / Pike Sole	<input checked="" type="checkbox"/> Yes—B VP
<input checked="" type="checkbox"/> B	1	• Finish clear support, any angle	<input checked="" type="checkbox"/> Yes—C Circle HS = B
<input checked="" type="checkbox"/> C*		2. Cast—Above HOR	<input checked="" type="checkbox"/> Yes—D Stalder HS = B
<input checked="" type="checkbox"/> D*		3. 2 nd Circle VP	<input checked="" type="checkbox"/> Yes—Salto Dismount †1/1
<input type="checkbox"/> E		OR	
		3. 2 nd Cast—Above HOR	
		4. Min A HB Salto Dismount	
BALANCE BEAM			
Allow	Req'd	W up time = 1:30m Routine time = 1:15m	Rules
<input type="checkbox"/> X		1. Min 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A	5	2. Leap / Jump—Min 150° split	<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> B	1	• Isolated / Series	<input checked="" type="checkbox"/> Yes—B Dance
<input checked="" type="checkbox"/> C*		3. Acro Series—(2) Acro Non-Flight	<input checked="" type="checkbox"/> Yes—(1)-C Dance = B
<input type="checkbox"/> D		• Direct	<input checked="" type="checkbox"/> Yes—Salto/Aerial Dis †1/1
<input type="checkbox"/> E		OR	
		3. Acro VP—(1) Acro-Flight	
		• Isolated / Series	
		4. Min A Salto / Aerial Dismount	
FLOOR EXERCISE			
Allow	Req'd	W up time = 1:30m Routine time = 1:15m	Rules
<input type="checkbox"/> X		1. Dance Combo—Min (2) Leaps / Jumps	<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A	5	• (1) Min 150° split	<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> B	1	• Direct / Indirect	<input checked="" type="checkbox"/> Yes—B Salto
<input checked="" type="checkbox"/> C*		2. Acro Series—Min (3) A Acro VP	<input checked="" type="checkbox"/> Yes—B Aerial
<input type="checkbox"/> D		• Min (2) Acro-Flight + (1) Salto	<input checked="" type="checkbox"/> Yes—B Dance
<input type="checkbox"/> E		• Direct	<input checked="" type="checkbox"/> Yes—(1)-C Dance = B
		3. Min 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> SR2 may not fulfill SR4
		4. Acro VP—Min A Salto	unless isolated/diff series
		• Isolated / Series	



LEVEL PLATINUM (PN)				
6 years & up		SV: 10.0		Bonus—None
VAULT				
Platinum VT Chart			<input checked="" type="checkbox"/> Over Table	
• No drill-type vaults			<input checked="" type="checkbox"/> Max 135 cm— Manufacturer setting	
UNEVEN BARS				
Allow	Req'd	W up time = 1:30m	Rules	
<input type="checkbox"/> X		1. Glide kip or Kip variation—LB or HB	<input checked="" type="checkbox"/> Yes—A VP	
<input checked="" type="checkbox"/> A	6	2. Cast above HOR	<input checked="" type="checkbox"/> Yes—B VP	
<input checked="" type="checkbox"/> B	1	OR	<input checked="" type="checkbox"/> Yes—C Circle HS = B	
<input checked="" type="checkbox"/> C*		2. Clear support VP above HOR	<input checked="" type="checkbox"/> Yes—D Stalder HS = B	
<input checked="" type="checkbox"/> D*		3. Min B 360° In-bar Circle VP	<input checked="" type="checkbox"/> (1) tap swing allowed	
<input type="checkbox"/> E		• Clear / Stalder / Pike Sole	no penalty, no VP	
		4. Min A HB Dismount	<input checked="" type="checkbox"/> Yes—Salto dismount	
			(allowed, not required)	
BALANCE BEAM				
Allow	Req'd	W up time = 1:30m	Routine time = 1:30m	Rules
<input type="checkbox"/> X		1. Min 1/1 (360°) turn 1-foot		<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A	6	2. Leap / Jump—Min 150° split		<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> B	1	• Isolated / Series		<input checked="" type="checkbox"/> No—C Acro
<input checked="" type="checkbox"/> C*		3. Acro—(2) Acro Non-Flight		<input checked="" type="checkbox"/> Yes—C Dance = B
<input type="checkbox"/> D		• (1) thru VER		<input checked="" type="checkbox"/> Yes—Salto/Aerial Dismount
<input type="checkbox"/> E		• Isolated / Series		
		OR		
		3. Acro VP—(1) B Acro VP		
		• Isolated / Series		
		4. Min A Dismount		
FLOOR EXERCISE				
Allow	Req'd	W up time = 1:30m	Routine time = 1:30m	Rules
<input type="checkbox"/> X		1. Dance Combo—Min (2) Leaps / Jumps		<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A	6	• (1) Min 150° split		<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> B	1	• Direct / Indirect		<input checked="" type="checkbox"/> Yes—Salto/Aerial
<input checked="" type="checkbox"/> C*		2. Acro pass—Min (2) Acro Flight		<input checked="" type="checkbox"/> No—C Acro
<input type="checkbox"/> D		3. Additional Dance—Min B		<input checked="" type="checkbox"/> Yes—C Dance = B
<input type="checkbox"/> E		• Isolated / Series / Mixed Series		<input checked="" type="checkbox"/> SR3 may not be part of SR1
		4. Acro VP—Min A Salto		
		• Isolated / Series		

LEVEL 7N				
7 years & up		SV: 10.0		Bonus—None
VAULT				
FHS			<input checked="" type="checkbox"/> Over Table	
1/2 on (1/4—1/4)			<input checked="" type="checkbox"/> Mat stack—Min 32" - Max 64"	
RO Entry-FF			<input checked="" type="checkbox"/> Max 135 cm— Manufacturer setting	
• Evaluation stops w foot/back contact			<input checked="" type="checkbox"/> Pit Pillow top mat allowed	
• Feet not required to touch prior to landing on back				
UNEVEN BARS				
Allow	Req'd	W up time = 1:30m		Rules
<input type="checkbox"/> X		1. B 360° In bar Circle VP		<input checked="" type="checkbox"/> Yes—A VP
<input checked="" type="checkbox"/> A	5	• Clear / Stalder / Pike Sole		<input checked="" type="checkbox"/> Yes—B VP
<input checked="" type="checkbox"/> B	2	2. Cast—Min 45° above HOR*		<input checked="" type="checkbox"/> Yes—C Circle HS = B
<input checked="" type="checkbox"/> C*		3. 2nd Circle VP—Min B		<input checked="" type="checkbox"/> Yes—C Cast HS 1/2 = B
<input checked="" type="checkbox"/> D*		4. Min A HB Salto Dismount		<input checked="" type="checkbox"/> Yes—D Stalder HS = B
<input type="checkbox"/> E				<input checked="" type="checkbox"/> Yes—Salto dismount
BALANCE BEAM				
Allow	Req'd	W up time = 1:30m	Routine time = 1:15m	Rules
<input type="checkbox"/> X		1. Min 1/1 (360°) turn 1-foot		<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A	5	2. Leap / Jump—Min. 180° split		<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> B	2	• Isolated / Series		<input checked="" type="checkbox"/> No—C Acro
<input checked="" type="checkbox"/> C*		3. Acro Series—Min (2) Acro Non-Flight		<input checked="" type="checkbox"/> Yes—C Dance = B
<input type="checkbox"/> D		• Direct		<input checked="" type="checkbox"/> Yes—Salto/Aerial Dismount
<input type="checkbox"/> E		AND (1) B Acro Flight		
		OR		
		3. Acro Series—Min (2) Acro VP		
		• (1) a B Acro Flight		
		• Direct		
		4. Min A Salto / Aerial Dismount		
FLOOR EXERCISE				
Allow	Req'd	W up time = 1:30m	Routine time = 1:30m	Rules
<input type="checkbox"/> X		1. Dance Combo—Min (2) Leaps / Jumps		<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A	5	• (1) Min 180° split		<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> B	2	• Direct / Indirect		<input checked="" type="checkbox"/> Yes—Salto/Aerial
<input checked="" type="checkbox"/> C*		2. Acro Series—Min (3) Acro VP		<input checked="" type="checkbox"/> No—C Acro
<input type="checkbox"/> D		• (1) a BWD LO 2-feet (No twist)		<input checked="" type="checkbox"/> Yes—C Dance = B
<input type="checkbox"/> E		3. Additional Dance—Min B		<input checked="" type="checkbox"/> SR3 may not be part of SR1
		• Isolated / Series / Mixed Series		
		4. Acro Series—Min (2) Acro Flight/Salto		
		• (1) a FWD Salto		



LEVEL 8N				
7 years & up		SV: 10.0	Bonus—None	
VAULT				
Level 8 VT Chart			<input checked="" type="checkbox"/> Over Table <input checked="" type="checkbox"/> Max 135 cm— Manufacturer setting	
UNEVEN BARS				
Allow	Req'd	W up time = 2:00m	Rules	
<input type="checkbox"/> X		1. Min B 360° In-bar Circle VP	<input checked="" type="checkbox"/> Yes—(2) C VP = B	
<input checked="" type="checkbox"/> A	4	• Clear hip / Stalder / Pike Sole	<input checked="" type="checkbox"/> Yes—C Circle HS = B	
<input checked="" type="checkbox"/> B	4	2. Min B Turn / Flight	<input checked="" type="checkbox"/> Yes—D Stalder HS = B	
<input checked="" type="checkbox"/> C*		3. Circle to <u>QB</u> pass thru HS	<input checked="" type="checkbox"/> Yes—C Cast/Circle 1/2	
<input checked="" type="checkbox"/> D*		• Separate from SR #1	pirouette VP's = B	
<input type="checkbox"/> E		4. Min A HB Salto Dismount	(Not counted as part of (2) C VP = B)	
BALANCE BEAM				
Allow	Req'd	W up time = 2:00m Routine time = 1:30m	Rules	
<input type="checkbox"/> X		1. Min 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> Yes—Acro Non-Flight	
<input checked="" type="checkbox"/> A	4	2. Leap / Jump—Min 180° split	<input checked="" type="checkbox"/> Yes—Acro Flight	
<input checked="" type="checkbox"/> B	4	• Isolated / Series	<input checked="" type="checkbox"/> Yes—(1) C Acro VP = B <u>QB</u>	
<input checked="" type="checkbox"/> C*		3. Acro Series—Min (2) Acro Flight	(1) D BWD LO-SO = B	
<input checked="" type="checkbox"/> D*		• Direct	<input checked="" type="checkbox"/> Yes—C Dance = B	
<input type="checkbox"/> E		<u>QB</u>	<input checked="" type="checkbox"/> Yes—Salto/Aerial Dismount	
		3. Acro Series—Min (1) Acro Non-Flight		
		<u>AND</u> (1) B Acro Flight		
		• Direct		
		4. Min A Salto / Aerial Dismount		
FLOOR EXERCISE				
Allow	Req'd	W up time = 2:00m Routine time = 1:30m	Rules	
<input type="checkbox"/> X		1. Dance Combo—Min (2) Leaps / Jumps	<input checked="" type="checkbox"/> Yes—Acro Non-Flight	
<input checked="" type="checkbox"/> A	4	• (1) Min 180° split	<input checked="" type="checkbox"/> Yes—Acro Flight	
<input checked="" type="checkbox"/> B	4	• Direct / Indirect	<input checked="" type="checkbox"/> Yes—Salto/Aerial	
<input checked="" type="checkbox"/> C*		2. Acro Series—Min (3) Acro Flight / Salto	<input checked="" type="checkbox"/> Yes—(1) C Acro = B	
<input type="checkbox"/> D		• Min (1) A Salto	<input checked="" type="checkbox"/> Yes—C Dance = B	
<input type="checkbox"/> E		<u>AND</u> (2) Min A Flight / Salto	<input checked="" type="checkbox"/> No—D VP	
		3. Additional Dance—Min B	<input checked="" type="checkbox"/> SR3 may not be part of SR1	
		• Isolated / Series / Mixed Series		
		4. Acro VP—Min B Salto		
		• Isolated / Series		

LEVEL DIAMOND (DN)				
8 years & up		SV: 10.0	Bonus—None	
VAULT				
Level Diamond VT Chart			<input checked="" type="checkbox"/> Over Table	
			<input checked="" type="checkbox"/> Max 135 cm— Manufacturer setting	
UNEVEN BARS				
Allow	Req'd	W up time = 2:00m	Rules	
<input type="checkbox"/> X		1. Min B 360° In-bar Circle VP	<input checked="" type="checkbox"/> Yes—C VP = B	
<input checked="" type="checkbox"/> A	5	• Clear hip / Stalder / Pike Sole	<input checked="" type="checkbox"/> Yes—(1) D/E VP = B	
<input checked="" type="checkbox"/> B	2	2. Cast or circle VP	<input checked="" type="checkbox"/> Yes—D Stalder HS = B	
<input checked="" type="checkbox"/> C*		• Finish 45° from VER	(Not counted as part of	
<input checked="" type="checkbox"/> D*		3. Additional 'B' VP	(1) D/E VP = B)	
<input checked="" type="checkbox"/> E*		4. Min A HB Salto Dismount		
BALANCE BEAM				
Allow	Req'd	W up time = 2:00m Routine time = 1:30m	Rules	
<input type="checkbox"/> X		1. Min 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> Yes—Acro Non-Flight	
<input checked="" type="checkbox"/> A	5	2. Leap / Jump series—Min (2)—Min (1) 180° split	<input checked="" type="checkbox"/> Yes—Acro Flight	
<input checked="" type="checkbox"/> B	2	• Direct	<input checked="" type="checkbox"/> Yes—(1) D/E Acro = B	
<input checked="" type="checkbox"/> C*		3. Acro Series—Min (2) Acro Non-Flight	<input checked="" type="checkbox"/> Yes—C Dance = B	
<input checked="" type="checkbox"/> D*		• Direct	<input checked="" type="checkbox"/> Yes—D/E Dance = B	
<input checked="" type="checkbox"/> E*		AND (1) Min B Acro Flight	<input checked="" type="checkbox"/> Yes—Salto/Aerial Dismount	
		OR		
		3. Acro Series—Min (2) Acro w (1) Min B Acro Flight		
		• Direct		
		4. Min A Salto / Aerial Dismount		
FLOOR EXERCISE				
Allow	Req'd	W up time = 2:00m Routine time = 1:30m	Rules	
<input type="checkbox"/> X		1. Dance Combo—Min (2) Leaps / Jumps	<input checked="" type="checkbox"/> Yes—Acro Non-Flight	
<input checked="" type="checkbox"/> A	5	• (1) Min 180° split	<input checked="" type="checkbox"/> Yes—Acro Flight	
<input checked="" type="checkbox"/> B	2	• Direct / Indirect	<input checked="" type="checkbox"/> Yes—Salto/Aerial	
<input checked="" type="checkbox"/> C*		2. Acro Series—Min (2) Acro A Flight	<input checked="" type="checkbox"/> Yes—(1) D/E Acro = B	
<input checked="" type="checkbox"/> D*		• (1) a Salto	<input checked="" type="checkbox"/> Yes—C Dance = B	
<input checked="" type="checkbox"/> E*		3. Additional Dance—Min B	<input checked="" type="checkbox"/> Yes—D/E Dance = B	
		• Isolated / Series / Mixed Series	<input checked="" type="checkbox"/> SR3 may not be part of SR1	
		4. Acro Series—Min (2) Acro Flight / Salto		
		• (1) a B Salto		



LEVEL 9N				
9 years & up		SV: 9.7 + 0.3CV <u>OR</u> +0.2CV + 0.1DV		
VAULT				
Level 9 VT Chart		<input checked="" type="checkbox"/> Over Table <input checked="" type="checkbox"/> Max 135 cm— Manufacturer setting		
UNEVEN BARS				
Allow	Req'd	W up time = 2:30m	Rules	
<input type="checkbox"/> X		1. Min B 360° In-bar Circle VP	<input checked="" type="checkbox"/> Yes—(1) E + (1) D <u>OR</u> (2) D = C	
<input checked="" type="checkbox"/> A	3	▸ Clear hip / Stalder / Pike Sole	<input checked="" type="checkbox"/> Yes—D Stalder HS = C (Not counted as part of (2) D = C)	
<input checked="" type="checkbox"/> B	4	2. Min B Flight		
<input checked="" type="checkbox"/> C	1	3. Min B LA Turn		
<input checked="" type="checkbox"/> D*		4. Min B HB Salto Dismount		
<input checked="" type="checkbox"/> E*				
BALANCE BEAM				
Allow	Req'd	W up time = 2:00m Routine time = 1:30m	Rules	
<input type="checkbox"/> X		1. Min 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> Yes—Acro Non-Flight	
<input checked="" type="checkbox"/> A	3	2. Leap/Jump Series—Min (2) VP—Min (1) 180° split	<input checked="" type="checkbox"/> Yes—Acro Flight	
<input checked="" type="checkbox"/> B	4	▸ Direct	<input checked="" type="checkbox"/> Yes—(1) E Acro+(1) D Acro <u>OR</u> (2) D Acro = C	
<input checked="" type="checkbox"/> C	1	<u>OR</u>	<input checked="" type="checkbox"/> Yes—D/E Dance = C	
<input checked="" type="checkbox"/> D*		2. Mixed Series—Min (1) Leap/Jump—Min 180° split	<input checked="" type="checkbox"/> Yes—Salto/Aerial Dismount	
<input checked="" type="checkbox"/> E*		<u>AND</u> (1) Min A Acro		
		▸ Direct		
		3. Acro Series—Min (2) B Acro Flight/Salto		
		▸ Direct		
		4. Min B Salto Dismount		
		<u>OR</u>		
		4. Min C Acro ▸ Min. A Salto Dismount		
		▸ Direct		
FLOOR EXERCISE				
Allow	Req'd	W up time = 2:00m Routine time = 1:30m	Rules	
<input type="checkbox"/> X		1. Dance Combo—Min (2) Leaps / Jumps	<input checked="" type="checkbox"/> Yes—Acro Non-Flight	
<input checked="" type="checkbox"/> A	3	• (1) Min 180° split	<input checked="" type="checkbox"/> Yes—Acro Flight	
<input checked="" type="checkbox"/> B	4	• Direct / Indirect	<input checked="" type="checkbox"/> Yes—Salto/Aerial	
<input checked="" type="checkbox"/> C	1	2. Acro Series—Min (2) Acro Saltos	<input checked="" type="checkbox"/> Yes—(1) E Acro+(1) D Acro <u>OR</u> (2) D Acro = C	
<input checked="" type="checkbox"/> D*		• Min (1) B Salto	<input checked="" type="checkbox"/> Yes—D/E Dance = C	
<input checked="" type="checkbox"/> E*		• Direct / Indirect	<input checked="" type="checkbox"/> SR3 may not be part of SR1	
		3. Additional Dance—Min C		
		• Isolated / Series / Mixed Series		
		4. Acro Pass—Min (2) Acro Flight / Salto		
		• (1) Min B Salto		
		<u>OR</u>		
		4. Acro VP—(1) Min C Salto		
		• Isolated		

LEVEL 10N				
9 years & up		SV: 9.4—Max +0.5DV / Max +0.5CV 'E' Acro VP, +0.70 max CV and DV Bonus		
VAULT				
Level 10 VT Chart		<input checked="" type="checkbox"/> Over Table <input checked="" type="checkbox"/> Max 135 cm— Manufacturer setting		
UNEVEN BARS				
Allow	Req'd	W up time = 2:30m	Rules	
<input type="checkbox"/> X		1. Min (2) Bar changes	<input checked="" type="checkbox"/> No Restrictions	
<input checked="" type="checkbox"/> A	3	2. Min (2) C Flight	<input checked="" type="checkbox"/> One (1) element may fulfill more than one (1) SR unless specified (NCAA)	
<input checked="" type="checkbox"/> B	3	• Different		
<input checked="" type="checkbox"/> C	2	OR		
<input checked="" type="checkbox"/> D		2. (1) B Flight + (1) D Flight		
<input checked="" type="checkbox"/> E		3. Min C LA Turn		
		4. Min C HB Salto Dismount		
BALANCE BEAM				
Allow	Req'd	W up time = 2:00m	Routine time = 1:30m	Rules
<input type="checkbox"/> X		1. Min 1/1 (360°) turn 1-foot		<input checked="" type="checkbox"/> No Restrictions
<input checked="" type="checkbox"/> A	3	2. Leap/Jump series—Min (2) VP—Min (1) 180°		<input checked="" type="checkbox"/> One (1) element may fulfill more than one (1) SR unless specified (NCAA)
<input checked="" type="checkbox"/> B	3	• Direct		
<input checked="" type="checkbox"/> C	2	OR		
<input checked="" type="checkbox"/> D		2. Mixed Series—Min (1) Leap/Jump—Min		
<input checked="" type="checkbox"/> E		AND (1) Min A Acro		
		• Direct		
		3. Acro Series—(2) Acro Flight / Saltos		
		• (1) Min C VP		
		• May include Mount		
		4. Min C Salto / Aerial Dismount		
FLOOR EXERCISE				
Allow	Req'd	W up time = 2:00m	Routine time = 1:30m	Rules
<input type="checkbox"/> X		1. Dance Combo—Min (2) Leaps / Jumps		<input checked="" type="checkbox"/> No Restrictions
<input checked="" type="checkbox"/> A	3	• (1) Min 180° split		<input checked="" type="checkbox"/> One (1) element may fulfill more than one (1) SR unless specified (NCAA)
<input checked="" type="checkbox"/> B	3	• Direct / Indirect		
<input checked="" type="checkbox"/> C	2	2. Acro Series—Min (2) Saltos		<input checked="" type="checkbox"/> SR3 may not be part of SR1
<input checked="" type="checkbox"/> D		• (1) Min B VP		
<input checked="" type="checkbox"/> E		• Indirect / Direct		
		• Same / Different		
		3. Additional Dance—Min C		
		• Isolated / Series / Mixed Series		
		4. Acro VP—(1) Min 'C' Salto		



Questions?