
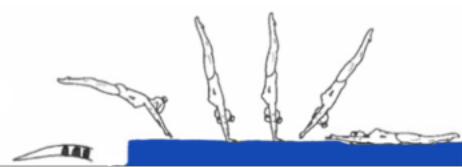


Gymnast#:	Stretch Jump (4.5)		Handstand (4.5)		Landing
Run & Board Contact Jumps _____	Height.	_____	Arms by ears:	_____	
	Feet.	_____	Arms Bent:	_____	
	Legs Sep:	_____	Legs Bent:	_____	
	Legs Bent:	_____	Legs Separated:	_____	
	Head:	_____	Shoulder Align:	_____	
	Arch/Pk/tk	_____	Pike/Arch:	_____	
	Direction	_____	Vertical: ^2.0:	_____	
	Landing.	_____	Foot form: ^0.1:	_____	

Option 1
Vault 1:_____

Vault 2:_____

Gymnast#:	General (Each Phase)		Support Phase		Landing
	Feet.	_____	Shoulder:	_____	
	Legs Sep:	_____	Arms Bent:	_____	
	Legs Bent:	_____	Hand Place:	_____	
	Head:	_____	Vertical:	_____	
	Arch/Pike	_____			

Option 2:
Vault 1:_____

Vault 2:_____

Balance Beam

Special Requirements

- 1/2 turn (1 or 2 feet)
- Jump or Leap (no angle requirement)
- Non-flight Acro element
- Dismount

Restrictions

- No B or higher
- No Salto/Aerial Dis
- No Walkovers

Artistry _____
Dynamics_____
Rhythm_____

Score_____

Winnie Witten

Special Requirements

Mount - Low Bar skill of value
Cast
360° circle
Dismount - low bar

Restrictions

No B or higher skills
No HB skills
No Salto dismounts
No LB giants

Dynamics _____
Rhythm _____

Score_____

Straddle, and side leap OK

Special Requirements (0.50 each)

2 directly connected Acro (flight/no flight)
2nd Acro Pass - min. 1 skill
Dance Pass - 60° leap
1/2 turn on 1 foot

Restrictions:

No B or higher
No Saltos, Aerials
Max. 2 Acro Flight

Artistry _____
Dynamics_____
Rhythm_____

Score_____



1 st & 2 nd Flight			Support Phase		Landing	
Feet.	_____	_____	Shoulder:	_____		
Legs Sep:	_____	_____	Arms Bent:	_____		
Legs Bent:	_____	_____	Hand Placement:	_____		
Head:	_____	_____	Support:	_____		
Arch/Pike	_____	_____				

A series of line drawings showing the sequence of a vault: a gymnast approaches from the left, jumps over a low hurdle, performs a handstand on a blue rectangular vaulting box, and then lands on the ground to the right. The drawings capture the takeoff, support, and landing phases.

Dynamics _____
Direction _____

Option 1:
Handspring

Score_____

Option 2:
Half-On

Score_____

5 A VP

Balance Beam

Special Requirements
1/2 Turn on one foot
Jump, Leap (90°)
One Acro Skill
Dismount

Restrictions
No B Acro
No C or higher VP


Artistry _____
Dynamics _____
Rhythm _____

Score_____

5 A VP		Bars	Silver
Special Requirements Mount Cast 45° below Horizontal 360° Circle Dismount			Restrictions No B or higher No Salto Dismount No Giants
Dynamics _____ Rhythm _____			Score _____
5 A VP		Floor	
Straddle Jump, side leap OK			
Special Requirements Pass: 2 Direct Acro, one with flight 2nd Pass: direct acro or 1 flight acro Dance Pass: 90° leap 1/1 Turn			Restrictions No B Acro No C or higher VP Max 1 aerial, Salto
Artistry _____ Dynamics _____ Rhythm _____			Score _____ Winnie Witten

2024

Gymnast#:	Support Phase	2 nd Flight	Landing	Vault 1:_____ Vault 2:_____
1 st & 2 nd Flight	Shoulder: _____	Length: _____	Legs/feet: _____	
Feet. _____	Arms Bent: _____	Height: _____	Jump/hop: _____	
Legs Sep: _____	Hand Stag: _____	Angle: _____	Arms/Trunk: _____	
Legs Bent: _____	Support: _____	Exact LA turn: _____		
Head: _____	Alt Repulsion: _____	Late Comp Twist: _____		
Arch/Pike _____		Under Rotate Salto: _____		
		Exact Body Position: _____	Dynamics _____	
		Insuf. Extension: _____	Direction _____	
		Fail Maintain Stretch: _____		



6 A VPs

Balance Beam

No C Acro or Dance

Special Requirements:

1/1Turn on 1 foot
2 different Leaps, 1 w/ 120°
2 Acro , 1 thru vertical
Dismount

Restrictions

No C or higher

6 A VPs

Bars

Gold

2 taps allowed for credit

Special Requirements

Skill finish in Clear Support
2 Circles-if diff: HB or LB
if same: Connected or 1 on HB, one LB
Dismount - HB

Restrictions

No Cs
No Giants
No Release w/bar change

Dynamics_____
Rhythm_____

Score_____

6 A VPs

Floor Exercise

No twisting B

Special Requirements

Pass: 2 Direct Flight Acro
Pass: 2 Direct Flight or a Salto
Dance Pass: 120° Leap
1/1 Turn

Restrictions

No Cs

Artistry _____
Dynamics_____
Rhythm_____

Score_____

Gymnast#:	Support Phase	2 nd Flight	Landing
	Shoulder: _____	Length: _____	Legs/feet: _____
1 st & 2 nd Flight	Arms Bent: _____	Height: _____	Jump/hop: _____
Feet. _____	Hand Stag: _____	Angle: _____	Arms/Trunk: _____
Legs Sep: _____	Support: _____	Exact LA turn: _____	
Legs Bent: _____	Alt Repulsion: _____	Late Comp Twist: _____	
Head: _____		Under Rotate Salto: _____	
Arch/Pike _____		Exact Body Position: _____	Dynamics _____
		Insuf. Extension: _____	Direction _____
		Fail Maintain Stretch: _____	

Vault 1:_____

Vault 2:_____

6 A
1 B

Balance Beam

- Special Requirements
- 1/1 Turn

Dance Series w/ 120° Leap

Acro Series or 1 Flight

Dismount

- Restrictions
- No C Acro

No D

Artistry _____

Dynamics _____

Rhythm _____

Score_____

Winnie Witten

Platinum

Bars

OK: 1 tap swing
Clear Hip HS, & 1/2
Bk ;Sole Circle HS, & 1/2
Stalder HS, & 1/2

6 A
1 B

Special Requirements

Kip
Clear Support-Horizontal
360° Circle
Dismount - HB

Restrictions

No C or higher, except those above

Dynamics _____
Rhythm _____

Score_____

Floor Exercise

6 A
1 B

Special Requirements

2 direct conn. Acro Flight with Salto (A/B)
2nd Pass or a B Salto
Dance Pass - 150° Leap
1/1 Turn
Ich

Restrictions

No D
No C Acro

Artistry _____
Dynamics ____
Rhythm_____

Score_____

Diamond

Vault

Gymnast_____



1st & 2nd Flight

Feet. _____
Legs Sep: _____
Legs Bent: _____
Head: _____
Arch/Pike _____

Shoulder: _____
Arms Bent: _____
Hand Stag: _____
Support: _____
Alt Repulsion: _____

Length: _____
Height: _____
Angle: _____
Exact LA turn: _____
Late Comp Twist: _____
Under Rotate Salto: _____
Exact Body Position: _____
Insuf. Extension: _____
Fail Maintain Stretch: _____

Legs/feet: _____
Jump/hop: _____
Arms/Trunk: _____

Dynamics _____
Direction _____

Vault 1_____

Vault 2 _____



Balance Beam

5 A
2 B

Special Requirements

- 1 Acro Series & 1 Acro Flight
- Dance Series w/155° Leap
- 1/1 Turn
- Dismount

Restrictions

1 D VP allowed

Artistry _____
Dynamics _____
Rhythm _____

Score_____

5 A
2 B

Bars

Min. A or B from HB

Special Requirements

- Clear Support - 45° or above
- Min B 360° Circle
- B Release or Turn or 360° turn (same/different)
- B Salto/Hecht Dismount

Restrictions

- No E VP
- 1 D allowed

Dynamics _____
Rhythm _____

Score _____

Floor Exercise

5 A
2 B

Special Requirements

- 2 Acro Flight Passes (2 directly conn VP) 1 pass w/2 flight, C salto
- 2 2 Saltos - 1 a B
- Dance Passage
- B Turn on one foot


Restrictions

- No E
- 1 D allowed

Artistry _____
Dynamics _____
Rhythm _____

Score _____

1 st & 2 nd Flight			Shoulder: _____	Length: _____	Legs/feet: _____
Feet. _____	_____	_____	Arms Bent: _____	Height: _____	Jump/hop: _____
Legs Sep: _____	_____	_____	Hand Stag: _____	Angle: _____	Arms/Trunk: _____
Legs Bent: _____	_____	_____	Support: _____	Exact LA turn: _____	
Head: _____	_____		Alt Repulsion: _____	Late Comp Twist: _____	
Arch/Pike _____	_____			Under Rotate Salto: _____	
				Exact Body Position: _____	Dynamics _____
				Insuf. Extension: _____	Direction _____
				Fail Maintain Stretch: _____	



Vault 1_____

Vault 2 _____

3 A

3 B

1 C

Balance Beam

Restrictions

No E

- Special Requirements**
- Acro Series w/ 1 Acro Flight
 - Dance Series - 180° Leap/Jump
 - 1/1 Turn
 - B Dismount/Acro flight-A Salto

Artistry _____

Dynamics _____

Rhythm _____

Score_____

Winnie Witten

3 A 3 B 1 C	Bars	Restrictions NO E
--	-------------	-----------------------------

Special Requirements

- B Clear Support to Vertical
- B 360° skill
- B Release or Turn or 2nd 360° skill
(same/diff)
- B Salto/Hecht Dismount

Dynamics _____
Rhythm_____

Score_____

3 A 3 B 1 C	Floor Exercise	Restrictions No E
--	-----------------------	-----------------------------

Special Requirements

- Two Salto Pass
- 3 Different Saltos - 1 a B
- B Turn
- Dance Series

Artisty _____
Dynamics_____
Rhythm_____

Score_____