

NCAA UNEVEN BARS

Score Range: 9.8-10.0: 0.1 reg. season (0.2 post season) 9.5-9.775: 0.2 9.0-9.475: 0.3 8.0-8.975: 0.5 Below 8.0: 1.00

BLITZ/VITALE 2025

Connection Value	0.1	0.2	NCAA Value Parts: 3A, 3B, 2C	Up to the Level = Routine must have a <u>single bar release</u> minimum "D" or "E" release <u>or</u> minimum of two "D" releases <u>or</u> minimum of two "E" level skills <u>AND</u> "D" Dismount <u>or</u> "C" Dismount with connection value																										
NCAA	C + C/D	D + D	Start Value: 9.4																											
<p>*Both C+C elements <u>must have</u> flight/turn; C + D/E then C <u>not</u> required to have flight/turn OR if 2 C 3/6/7 skills connected then no turn/flight required for CV (Both C 3/6/7 skills must be diff.). CV Exception: Maloney connected to Pak OR to Overshoot HS = D+D → +0.1 CV + 0.2 DV Additional DV Bonus: Same bar D release OR any E release move → + 0.1 DV</p>				<p>Elements: Uprise HS w/ ½ = D Bkwd Stalders to HS <u>or</u> w/ ½ = D 1-1/2 IN HS = E <i>All elements</i> that include 1/1 turn <u>after</u> handstand (Healy) = D Flyaway 2/1 = D Front Flyaway 1 ½ = D Front flyaway 2/1 = E Clear support front tuck ½ = D Double tuck w/ ½ twist = E Shaposhnikova = E Chow = E **Bonus may be awarded for any skill or series of skills unless gymnast falls Fall Time: 45 seconds</p>																										
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NCAA BALANCE BEAM

Score Range: 9.8-10.0: 0.1 reg. season (0.2 post season) 9.5-9.775: 0.2 9.0-9.475: 0.3 8.0-8.975: 0.5 Below 8.0: 1.00

BLITZ/VITALE 2025

Connection Value	0.1	0.2	NCAA Value Parts: 3A, 3B, 2C Start Value: 9.4 Fall Time: 45 sec	Acro Series: Minimum 2 flight skills with min "C" with or without hand support may include mount but <u>cannot connect to dismount</u> -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 <u>or</u> on beam - not in dismount
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 (including mounts/dsmts) -or- "E" dance (including mounts) is required - 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	Elements: Straddle Jump ¼ = C Double Stag or Ring Leap/Jump = D Tourjete ¼ = E Switch side w/ ¼ = E 2/1 turn = E 2/1 wolf turn = E Bkwd layout thru vertical to pike down legs together = D Bkwd Layout Stepout = D Fwd Salto 1 or 2 leg takeoff to sit = D Swing leg to Fwd salto stretched with 1/1 to end = C 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	
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**	
Add'l CV bonus: B acro + C dsmt OR C dance + C dsmt = +0.1				

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NCAA FLOOR EXERCISE

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BLITZ/VITALE 2025

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 Switch-Side Leap with 1/2 or 3/4 Turn = D
Acro Indirect	A/B + A/B + C A+D B+C	C + C A+A+D A+E B/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	Dance passage: Min. of 2 different Group 1 elements directly or indirectly connected & requires 180° 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
Acro Direct	B+B (different) or A+C A+A+C	B+C or A+A+D or A/B +D	C + C	Difficulty Bonus: <u>2-pass routine:</u> Double flipping salto in a direct or indirect acro connection OR any E acro in last pass receives additional +0.1 DV <u>3-pass routine:</u> Double flipping salto OR any E acro in last pass receives additional +0.1 DV	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 (last acro pass) 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
Dance*/Mixed**	B + D or C + C D salto + A/B jump	C + D/E			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

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_____ VP	Special Requirements (0.2 each)
_____ CV	_____ Acro pass w/ 2 saltos or
_____ DV	_____ 2 direct saltos
_____ SV	_____ 3 different saltos
	_____ Dance passage with 180° leap
	_____ "C" Salto Dismount
	_____ Min. 2 acro passes performed on 2 diff. diagonals
	_____ 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: _____	

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_____ CV	_____ Acro pass w/ 2 saltos or
_____ DV	_____ 2 direct saltos
_____ SV	_____ 3 different saltos
	_____ Dance passage with 180° leap
	_____ "C" Salto Dismount
	_____ Min. 2 acro passes performed on 2 diff. diagonals
	_____ 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
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