

NGA BARS SCORESHEET	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
VP	4A's	5A's	5A's	5A's	6A's
SV	10.00	10.00	10.00	10.00	10.00
SR	1. Mount 2. Cast/any angle 3. 360° cir skill 4. Dismount	1. Mount 2. Cast/any angle 3. 360° cir skill 4. Dismount	1. Mount → glide swing/glide variation 2. Cast min 45° ↓ hz 3. 360° cir skill 4. Dismount (LB/HB)	1. Kip (LB/HB) 2. Cast min 20° ↓ horz + BHC 3. Tap swing w/ counterswing 4. A dis → HB	1. 367 circle (min clear supp) 2. Cast to horz 3. 2 <sup>nd</sup> 360° <b>OR</b> 2 <sup>nd</sup> cast to horz (diff cnx) 4. A dis (salto) → HB

			A	CV	VP
			B	D/E	SR
			C	SV	
			SCORE		

			A	CV	VP
			B	D/E	SR
			C	SV	
			SCORE		

NGA BEAM SCORESHEET	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
VP	4A's	5A's	5A's	5A's	6A's
SV	10.00	10.00	10.00	10.00	10.00
SR	1. pivot/sqt turn 2. stretch jump 3. 2 second hold on 1 leg (free leg position opt'l) 4. dismount	1. ½ turn on 1 ft 2. leap/jump 3. hs w/lead leg min 45° (from vert) 4. dismount	1. ½ tn 1 ft (min) 2. leap/jump 60° 3. acro skill [¥] (ach vert or thru) [hs=no hold req] 4. A dis (no jumps)	1. ½ tn 1 ft (min) 2. leap/jump 90° 3. acro skill (ach vert or thru) [hs=no hold req] 4. A dis (no jumps)	1. full turn (min) 2. leap/jp 120° 3. bwd acro skill <b>OR</b> B acro (no rolls [¥]) 4. A dismount [¥]

			A	CV	VP
			B	D/E	SR
			C	SV	
				SCORE	

			A	CV	VP
			B	D/E	SR
			C	SV	
				SCORE	

NGA FLOOR SCORESHEET	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
VP	4A's	5A's	5A's	5A's	6A's
SV	10.00	10.00	10.00	10.00	10.00
SR	1. dance combo (2 jump/leap) 2. bwd roll <b>OR</b> candlestick 3. ½ <b>OR</b> pivot turn 4. ¾ handstand (ft meet at 45°)	1. dnc combo 60° 2. handstand (ft meet b/t 45° & vert) 3. ½ turn on 1 ft (min) 4. cartwheel	1. dnc combo 90° 2. acro pass (w/ roundoff) 3. full turn 4. skill passing thru bridge/ back extn to hs (thru vertical)	1. dnc combo 90° 2. acro pass (w/ 2 flight) 3. full turn (min) 4. acro pass (w/ 2 ft) <b>OR</b> fw salto (sep from SR#2)	1. dnc combo 120° 2. acro series (w/flt/salto/aerial) (min 3 skills) 3. full turn (min) 4. salto/aerial (sep from SR#2)

			A	CV	VP
			B	D/E	SR
			C	SV	
				SCORE	

			A	CV	VP
			B	D/E	SR
			C	SV	
				SCORE	

NGA BARS SCORESHEET	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
VP	5A's	5A's	6A's	6A's 1B	5A's 2B's
SV	10.00	10.00	10.00	10.00	10.00
SR	1. Mount 2. Cast/any angle 3. 360° cir skill 4. Dismount	1. Mount 2. Cast min 45° ↓ hz 3. 360° cir skill 4. Dis (LB/HB)	1. Sq/Pk/Strd on + jump to HB 2. Cast <b>OR</b> VP to hz 3. 360° cir skill 4. A dis → HB	1. Kip/variation (LB/HB) 2. Cast <b>OR</b> VP ↑ hz 3. B 360° circle 4. A dis → HB	1. B 360° circle 2. Cast <b>OR</b> circle 45° ↑ vert 3. B skill (add'l) 4. Salto dis → HB

				A	CV	VP
				B	D/E	SR
				C	SV	
				D	SCORE	
				E		

				A	CV	VP
				B	D/E	SR
				C	SV	
				D	SCORE	
				E		

NGA BEAM SCORESHEET	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
VP	5A's	5A's	6A's	6A's 1B	5A's 2B's
SV	10.00	10.00	10.00	10.00	10.00
SR	1. ½ turn on 1 ft 2. leap/jump 3. hs w/lead leg min 45° (from vert) 4. dismount	1. ½ tn 1 ft (min) 2. leap/jump 3. acro element (excluding X lever) 4. A dismount (no jumps)	1. full turn (min) 2. leap/jump 90° 3. 2 acro skills (1 pass thru vert) 4. A dismount (no jumps)	1. full turn (min) 2. leap/jp 150° 3. 2 acro skills [¥] (1 pass thru vert) <b>OR</b> acro B skill 4. A dismount	1. full turn (min) 2. leap/jp 180° dnc ser 3. acro series [¥] (w/ or w/o flight) <b>&amp;</b> acro B flight – (isolated/series) 4. Dis salto/aerial

			A	CV	VP
			B	D/E	SR
			C	SV	
			D		
			E	SCORE	

			A	CV	VP
			B	D/E	SR
			C	SV	
			D		
			E	SCORE	

NGA FLOOR SCORESHEET	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
VP	5A's	5A's	6A's	6A's 1B	5A's 2B's
SV	10.00	10.00	10.00	10.00	10.00
SR	1. dnc combo 60° 2. handstand (ft meet b/t 45° & vert) 3. ½ tn 1 ft (min) 4. cartwheel	1. dnc combo (2 leap/jump) 2. acro pass (w/2 skills) 3. full turn 4. flight (sep from SR#2)	1. dnc combo 120° 2. acro pass (w/2 flight) 3. full turn (min) 4. acro skill w/ flight/salto/aerial	1. dnc combo 150° 2. acro pass (w/2 ft) 3. B dnc skill (sep SR#1) 4. Add'l A salto (iso/ser)(sep SR#2)	1. dnc combo 180° 2. acro pass (flight & 1 salto) 3. B dnc skill (sep from SR#1) 4. acro pass (1 ft & B salto)(sep SR#2)

			A	CV	VP
			B	D/E	SR
			C	SV	
			D	SCORE	
			E		

			A	CV	VP
			B	D/E	SR
			C	SV	
			D	SCORE	
			E		

NGA BARS SCORESHEET	LEVEL 6	LEVEL 7	LEVEL 8	LEVEL 9	LEVEL 10
VP	5A's 1B	5A's 2B's	4A's 4B's	3A's 4B's 1C	3A's 3B's 2C's
SV	10.00	10.00	10.00	9.70	9.40
SR	1. 367 cir → clear support 2. Cast ↑ horz 3. 2 <sup>nd</sup> 360° cir <b>OR</b> cast ↑ horz 4. A dis (salto) → HB	1. B 367 circle 2. Cast 45° ↑ horz 3. 2 <sup>nd</sup> 360° cir (min B) 4. A dis (salto) → HB	1. B 367 circle 2. B flight/turn 3. 360° cir to/ pass thru HS (sep SR#1) 4. A dis (salto) → HB	1. B 367 circle 2. B flight 3. B turn 4. B dis (salto) → HB	1. 2 bar change 2. 2 flights (2C's <b>OR</b> 1B & 1D) [¥] 3. C turn 4. C dis (salto) → HB

			A	CV	VP
Comp			B	D/E	SR
Rel			C	SV	
Dis			D	SCORE	
			E		

			A	CV	VP
Comp			B	D/E	SR
Rel			C	SV	
Dis			D	SCORE	
			E		

NGA BEAM SCORESHEET	LEVEL 6	LEVEL 7	LEVEL 8	LEVEL 9	LEVEL 10
VP	5A's 1B	5A's 2B's	4A's 4B's	3A's 4B's 1C	3A's 3B's 2C's
SV	10.00	10.00	10.00	9.70	9.40
SR	1. full turn (min) 2. leap/jp 150° 3. acro series (OR acro flight) 4. A salto/aerial dis [¥]	1. full turn (min) 2. leap/jp 180° 3. acro series [¥] (w/ or w/o flight) & acro B flight [¥] (isolated/series) 4. A salto/aerial dis	1. full turn (min) 2. leap/jp 180° 3. acro series (w/ 1 B flight) [¥] 4. A salto/aerial dis	1. full turn (min) 2. leap/jp/mixed series w/ 180° 3. acro flt series (w/ 2 B flight) 4. B salto/aerial dis (OR A salto w/ C acro cnx)	1. full turn (min) 2. leap/jp/mixed series w/ 180° 3. acro flt series w/ C skill (mt ok) 4. C salto/aerial dis

			A	CV	VP
Comp			B	D/E	SR
Flt			C	SV	
Acro			D		
Space			E		
				SCORE	

			A	CV	VP
Comp			B	D/E	SR
Flt			C	SV	
Acro			D		
Space			E		
				SCORE	



NGA FLOOR SCORESHEET	LEVEL 6	LEVEL 7	LEVEL 8	LEVEL 9	LEVEL 10
VP	5A's 1B	5A's 2B's	4A's 4B's	3A's 4B's 1C	3A's 3B's 2C's
SV	10.00	10.00	10.00	9.70	9.40
SR	1. dnc combo 150° 2. acro pass (w/2 flt & 1 salto) (min 3 skills) 3. full turn (min) 4. A salto (add'l) (sep from SR#2)	1. dnc combo 180° 2. acro pass (w/ flt & fw/bw LO) (min 2 skills) 3. B dnc skill (sep SR#1) 4. acro pass (w/1 salto) (sep from SR#2)	1. dnc combo 180° 2. acro pass (w/2 flt & 1 salto) (min 3 skills) 3. B dnc skill (sep from SR#1) 4. B salto (sep SR#2)	1. dnc combo 180° 2. 2 salto pass (w/ 1B) 3. C dnc skill (sep from SR#1) 4. acro pass (w/1 B <b>OR</b> isolated C) (sep from SR#2)	1. dnc combo 180° 2. 2 salto pass (w/1 B) 3. C dnc skill (sep from SR#1) 4. C salto (add'l) (sep from SR#2)

			A	CV	VP
Comp			B	D/E	SR
Acro			C	SV	
Dnc			D		
			E	SCORE	

			A	CV	VP
Comp			B	D/E	SR
Acro			C	SV	
Dnc			D		
			E	SCORE	