

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 2026
Connection Value	0.1	0.2	NCAA Value Parts: 3A, 3B, 2C Start Value: 9.4	Up to the Level = Routine must have a <u>single bar</u> release min. "D" or "E" release <u>or</u> min. of two "D" releases <u>or</u> min. of two "E" level skills (excluding dismount) <u>AND</u> "D/E" Dismount <u>or</u> "C" Dismount with connection value			
NCAA	C + C/D	D + D					
*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				Elements: Uprise HS w/ ½ = D Bkwd Stalders to HS <u>or</u> w/ ½ = D 1-1/2 IN HS = E Shaposhnikova = E Chow = E <i>All elements</i> that include 1/1 turn <u>after</u> handstand (Healy) = D (except Front Stalder Healy already D in Dev) 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 **Bonus may be awarded for any skill or series of skills unless gymnast falls Fall Time: 45 seconds			
#							Special Requirements (0.2 each) ____ VP 2 BAR CHANGES ____ CV 2 Diff Flgt, 1 min. D & 2 nd min. C ____ DV "C" LA turn (not in mount or dismount) "C" Dismount preceded by min. C -or- D/E Dismount ____ SV Insufficient Distribution (0.05) >1 planned squat (0.1 each) Up to the Level (0.1) Exec/Amp
#							Score:
#							Special Requirements (0.2 each) ____ VP 2 BAR CHANGES ____ CV 2 Diff Flgt, 1 min. D & 2 nd min. C ____ DV "C" LA turn (not in mount or dismount) "C" Dismount preceded by min. C -or- D/E Dismount ____ SV Insufficient Distribution (0.05) >1 planned squat (0.1 each) Up to the Level (0.1) Exec/Amp
#							Score:

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 2026	
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 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.		
Acro Flight (2 element) (excludes dismount)		B + D/E C + C/D	Up to the Level: If flight series (that meets SR) 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			Dance/Dance or Dance/Acro Series: Must stop on the beam		
Acro Flight (3 element) ** +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 bkwk tucked with 1/1 at end = D Fwd Salto stretched w/ 2/1 = E Gainer Salto bkwk 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			Acro Variety: Fwd/bkwk/sdwd skills must be a min "A" skill in mount or on beam - excluding dsmt.		
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 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**					
Dance Turns (on one foot)	A+C or C+A							
Add'l CV bonus: B acro + C dsmt OR C dance + C dsmt = +0.1								
#								<div><div>_____ VP</div><div>_____ CV</div><div>_____ DV</div><div>_____ SV</div></div> <div>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</div>
								Acro Variety: no bkwk acro element (0.1) Acro Variety: no fwd/sdwd acro element (0.1) Distribution (0.05) _____ Space (0.05) Level changes (0.05) _____ Artistry (→ 0.3) Up to the Level (0.1) Choreography (fwd/bwd/swd) (.05) Exec/Amp
								Score:
#								<div><div>_____ VP</div><div>_____ CV</div><div>_____ DV</div><div>_____ SV</div></div> <div>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</div>
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								Score:

NCAA FLOOR EXERCISE				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 2026	
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 ½ or ¾ 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: 2-pass routine: Double flipping salto in a direct or indirect acro connection OR any E acro in last pass receives additional +0.1 DV 3-pass routine: 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	
#								Special Requirements (0.2 each)	
								VP	Acro pass w/ 2 saltos or
								CV	2 direct saltos
								DV	3 different saltos
								SV	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:	
#								Special Requirements (0.2 each)	
								VP	Acro pass w/ 2 saltos or
								CV	2 direct saltos
								DV	3 different saltos
								SV	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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NCAA	C + C/D	D + D						
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				_____CV		(not in mount or dismount) "C" Dismount preceded by min. C -or- D/E Dismount		
				_____DV		Insufficient Distribution (0.05) >1 planned squat (0.1 each)		
				_____SV		Up to the Level (0.1) Exec/Amp		
				Score:				
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				Score:				