

Team _____ Athlete # _____

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|--|---|--|--|
| <p>FX 1N</p> <p>Warm Up 0:30 Max Routine time 0:45</p> | <p>Dance - Add'1 A VP (X Skills) 1/2 turn (any technique) Fwd/Bwd Swing turn ½ Illusion turn Split leap/jump (min 60°) Straddle jump (min 60°) Leg swing hop w free leg any angle *Assemblé w Straight leg Min hor *Front/Swd chassé Beat Jump *Arch passé hop, thigh at horizontal</p> | <p>Acro - Add'1 A VP (X Skills) Splits (hold 2s) Shoulder Roll fwd/bwd Candlestick HS Chest Roll down Headspring Swedish Fall (2s) Vert HS (2s) Fwd/bwd limber BWD roll (opt end) bent arms ok Partial HS (one leg reaches 45°) Headstand (no hold req) Push up bridge (or backbend) kick over Any variation of Cartwheel (step-in, side, 1-arm)</p> | <p>Notes: Dive roll cannot fulfill SR flight / stretch jump not element Dance combo: 2 leaps and/or jumps, same or diff, dir or ind Max two 8" used on FX, one per pass Coach allowed on FX w/o deduction Max 1 A flight skill B VP & Saltos/Aerials restricted *May not be used to fulfill dance SR SR 1 & SR 3 may not be combined SR 2 & SR 4 may not be combined</p> |
|--|---|--|--|

Requirements (0.5 Each)

- Dance combo (2 jumps/leaps- no min split)
- Bwd Roll or Candlestick (2 sec hold not required) - Iso or Series
- Min ½ turn 1 ft or pivot
- Min ¾ HS (ft must close at or above 45°, no hold req)

Value Parts A (4) 0.1 each

B* (restricted) 0.5 off SV

| SV | |
|-----------------------|-------|
| Execution | _____ |
| Artistry | / 3 |
| Dynamics | / 2 |
| Rel Music & Move | / 3 |
| Footwork | / 3 |
| Relax Pos/body non VP | / 3 |

Judge 1 _____ Judge 2 _____ Neutral Deductions _____ Final Score _____ *courtesy score 5.0*
 Score Range 9.50 - 10 0.2 | 9.0 - 9.475 0.5 | 8.0 - 8.975 0.7 | Below 8.0 1.00

Team _____ Athlete # _____

| | | | |
|---|---|---|--|
| <p>FX 2N/BN</p> <p>Warm Up 0:30 MAX Routine time 0:45</p> | <p>Dance - Add'l A VP (X Skills) 1/2 turn (any technique) Fwd/Bwd Swing turn 1/2 Illusion turn Split leap/jump (min 60°) Straddle jump (min 60°) Leg swing hop w free leg any angle *Assemblé w Straight leg Min hor *Front/Swd chassé / Beat Jump *Arch passé hop, thigh at horizontal</p> | <p>Acro - Add'l A VP (X Skills) Splits (hold 2s) / Shoulder Roll fwd/bwd Candlestick / HS Chest Roll down Headspring / Swedish Fall (2s) Vert HS (2s hold) / Fwd/bwd limber BWD roll (opt end) bent arms ok Partial HS (one leg reaches 45°) Headstand (no hold req) Push up bridge (or backbend) kick over Any variation of Cartwheel (step-in, side, 1-arm)</p> | <p>Notes: Dive roll cannot fulfill SR flight / stretch jump not element Dance combo: 2 leaps and/or jumps, same or diff, dir or ind Max two 8" used on FX, one per pass Coach allowed on FX w/o deduction Max 2 A Acro flight skill (no saltos or aerials) B VP & Saltos/Aerials restricted *May not be used to fulfill dance SR SR 1 & SR 3 may not be combined SR 2 & SR 4 may not be combined</p> |
|---|---|---|--|

Requirements (0.5 Each)

- Dance combo ≥ 60° in 1-ele
- HS - mark 45° from vert or higher, ft close - No hold req'd
- Min 1/2 turn 1 ft
- Cartwheel - Iso or in Series

Value Parts A (5) 0.1 each

B⁺ (restricted) 0.5 off SV

| | |
|-----------------------|-------|
| SV | |
| Execution | _____ |
| Artistry | / 3 |
| Dynamics | / 2 |
| Rel Music & Move | / 3 |
| Footwork | / 3 |
| Relax Pos/body non VP | / 3 |

Judge 1 _____ Judge 2 _____ Neutral Deductions _____ Final Score _____ *courtesy score 5.0*
 Score Range 9.50 - 10 0.2 | 9.0 - 9.475 0.5 | 8.0 - 8.975 0.7 | Below 8.0 1.00

Team _____ Athlete # _____

| | | | |
|--|---|---|---|
| <p>FX SN</p> <p>Warm Up 0:45 MAX Routine time 1:00</p> | <p>Dance - Add'l A VP (X Skills) 1/2 turn (any technique) Fwd/Bwd Swing turn ½ Illusion turn Split leap/jump (min 60°) Straddle jump (min 60°) Leg swing hop w free leg any angle *Assemblé w Straight leg Min hor *Front/Swd chassé / Beat Jump *Arch passé hop, thigh at horizontal</p> | <p>Acro - Add'l A VP (X Skills) Splits (hold 2s) / Shoulder Roll fwd/bwd Candlestick / HS Chest Roll down Headspring / Swedish Fall (2s) Vert HS (2s hold) / Fwd/bwd limber BWD roll (opt end) bent arms ok Partial HS (one leg reaches 45°) Headstand (no hold req) Push up bridge (or backbend) kick over Any variation of Cartwheel (step-in, side, 1-arm)</p> | <p>Notes: Dive roll cannot fulfill SR flight / stretch jump not element Dance combo: 2 leaps and/or jumps, same or diff, dir or ind Max two 8" used on FX, one per pass Coach allowed on FX w/o deduction SR 1 & SR 3 may not be combined SR 2 & SR 4 may not be combined Round off rebound bwd/fwd roll will fulfill SR2 Max 1 salto/aerial , B VP restricted B dance only allowed=A *May not be used to fulfill dance SR</p> |
|--|---|---|---|

Requirements (0.5 Each)

- Dance combo (MIN 90° split)
- Min 2 VP Acro pass, direct
- Full turn 1 ft
- Acro VP w flt - Iso or in Series

Value Parts A (5) 0.1 each

B⁺ (restricted) 0.5 off SV

| | |
|-----------------------|-------|
| SV | |
| Execution | _____ |
| Artistry | / 3 |
| Dynamics | / 2 |
| Rel Music & Move | / 3 |
| Footwork | / 3 |
| Relax Pos/body non VP | / 3 |

Judge 1 _____ Judge 2 _____ Neutral Deductions _____ Final Score _____ *courtesy score 5.0*
 Score Range 9.50 - 10 0.2 | 9.0 - 9.475 0.5 | 8.0 - 8.975 0.7 | Below 8.0 1.00

Team _____ Athlete # _____

| | | | |
|---|---|---|---|
| <p>FX</p> <p>3N</p> <p>Warm Up 0:45 MAX Routine time 1:00</p> | <p>Dance - Add'1 A VP (X Skills) 1/2 turn (any technique) Fwd/Bwd Swing turn 1/2 Illusion turn Split leap/jump (min 60°) Straddle jump (min 60°) Leg swing hop w free leg any angle *Assemblé w Straight leg Min hor *Front/Swd chassé / Beat Jump *Arch passé hop, thigh at horizontal</p> | <p>Acro - Add'1 A VP (X Skills) Splits (hold 2s) / Shoulder Roll fwd/bwd Candlestick / HS Chest Roll down Headspring / Swedish Fall (2s) Vert HS (2s hold) / Fwd/bwd limber BWD roll (opt end) bent arms ok Partial HS (one leg reaches 45°) Headstand (no hold req) Push up bridge (or backbend) kick over Any variation of Cartwheel (step-in, side, 1-arm)</p> | <p>Notes: Dive roll cannot fulfill SR flight / stretch jump not element Dance combo: 2 leaps and/or jumps, same or diff, dir or ind Max two 8" used on FX, one per pass Coach allowed on FX w/o deduction Round off rebound bwd/fwd roll will fulfill SR2 Max 1 salto/aerial B dance only allowed=A *May not be used to fulfill dance SR SR 1 & SR 3 may not be combined SR 2 & SR 4 may not be combined</p> |
|---|---|---|---|

Requirements (0.5 Each)

- Dance combo ≥ 90° in 1-ele
- Min 2-ele acro pass, dir w RO
- Full turn 1 ft
- Acro contains/pass thru bridge OR back ext roll thru vert HS (ext roll not thru vert, No SR)

Value Parts A (5) 0.1 each

B acro, C+ (restricted) 0.5 off SV

| | |
|-----------------------|-------|
| SV | |
| Execution | _____ |
| Artistry | / 3 |
| Dynamics | / 2 |
| Rel Music & Move | / 3 |
| Footwork | / 3 |
| Relax Pos/body non VP | / 3 |

Judge 1 _____ Judge 2 _____ Neutral Deductions _____ Final Score _____ *courtesy score 5.0*
 Score Range 9.50 - 10 0.2 | 9.0 - 9.475 0.5 | 8.0 - 8.975 0.7 | Below 8.0 1.00

Team _____ Athlete # _____

| | | | |
|--|--|---|--|
| <p style="font-size: 2em; font-weight: bold; margin: 0;">FX</p> <p style="font-size: 2em; font-weight: bold; margin: 0;">4N</p> <p style="margin: 5px 0;">Warm Up 1:00</p> <p style="margin: 0 0 5px 0;">MAX Routine time 1:00</p> | <p>Dance - Add'l A VP (X Skills)</p> <p>1/2 turn (any technique)</p> <p>Fwd/Bwd Swing turn</p> <p>½ Illusion turn</p> <p>Split leap/jump (min 60°)</p> <p>Straddle jump (min 60°)</p> <p>Leg swing hop w free leg any angle</p> <p>Assemblé w Straight leg Min hor</p> <p>Front/Swd chassé / Beat Jump</p> <p>Arch passé hop, thigh at horizontal</p> | <p>Acro - Add'l A VP (X Skills)</p> <p>Splits (hold 2s) / Shoulder Roll fwd/bwd</p> <p>Candlestick / HS Chest Roll down</p> <p>Headspring / Swedish Fall (2s)</p> <p>Vert HS (2s hold) / Fwd/bwd limber</p> <p>BWD roll (opt end) bent arms ok</p> <p>Partial HS (one leg reaches 45°)</p> <p>Headstand (no hold req)</p> <p>Push up bridge (or backbend) kick over</p> <p>Any variation of Cartwheel (step-in, side, 1-arm)</p> | <p>Notes:</p> <p>Dance combo: 2 leaps and/or jumps, same or diff, dir or ind</p> <p>Max two 8" used on FX, one per pass</p> <p>Coach allowed on FX w/o deduction</p> <p>Arabian salto considered forward salto</p> <p>Salto step out considered same VP as salto landing both feet</p> <p>Round off rebound bwd/fwd roll will NOT fulfill acro SRs</p> <p>A & B VP ok</p> <p>C+ VP restricted (allowable B = A)</p> <p>*May not be used to fulfill dance SR</p> <p>SR 1 & SR 3 may not be combined</p> <p>SR 2 & SR 4 may not be combined</p> |
|--|--|---|--|

Requirements (0.5 Each)

- Dance combo ≥ 90° in 1-ele
- Min 2-ele acro flt pass, dir
- Min full turn 1-foot
- Min 2-ele acro flt pass, dir
OR isolated fwd salto

Value Parts A (5) 0.1 each

C+ (restricted) 0.5 off SV

| SV | |
|-----------------------|-------|
| Execution | _____ |
| Artistry | / 3 |
| Dynamics | / 2 |
| Rel Music & Move | / 3 |
| Footwork | / 3 |
| Relax Pos/body non VP | / 3 |

Judge 1 _____ Judge 2 _____ Neutral Deductions _____ Final Score _____ *courtesy score 5.0*

Score Range 9.50 - 10 0.2 | 9.0 - 9.475 0.5 | 8.0 - 8.975 0.7 | Below 8.0 1.00

Team _____ Athlete # _____

| | | | |
|--|--|---|--|
| <p>FX GN</p> <p>Warm Up 1:00 MAX Routine time 1:00</p> | <p>Dance - Add'l A VP (X Skills) 1/2 turn (any technique) Fwd/Bwd Swing turn ½ Illusion turn Split leap/jump (min 60°) Straddle jump (min 60°) Leg swing hop w free leg any angle Assemblé w Straight leg Min hor Front/Swd chassé / Beat Jump Arch passé hop, thigh at horizontal</p> | <p>Acro - Add'l A VP (X Skills) Splits (hold 2s) / Shoulder Roll fwd/bwd Candlestick / HS Chest Roll down Headspring / Swedish Fall (2s) Vert HS (2s hold) / Fwd/bwd limber BWD roll (opt end) bent arms ok Partial HS (one leg reaches 45°) Headstand (no hold req) Push up bridge (or backbend) kick over Any variation of Cartwheel (step-in, side, 1-arm)</p> | <p>Notes: Dance combo: 2 leaps and/or jumps, same or diff, dir or indirect Max two 8" used on FX, one per pass Coach allowed on FX w/o deduction Salto step out considered same element as salto landing on both feet SR 1 & SR 3 may not be combined SR 2 & SR 4 may not be combined Round off rebound bwd/fwd roll will NOT fulfill acro SRs A/B VP (B saltos WITHOUT twist allowable) ok C+ VP & B saltos with twist restricted (allowable B = A) *May not be used to fulfill dance SR</p> |
|--|--|---|--|

Requirements (0.5 Each)

- Dance combo ≥120° split
- Min 2-ele Acro flt pass, dir
- Min full turn 1-foot
- Acro-Flt/Aerial/Salto - Iso or in Series

Value Parts A (6) 0.1 each

B+ (if restricted) 0.5 off SV

| | |
|-----------------------|-------|
| SV | |
| Execution | _____ |
| Artistry | / 3 |
| Dynamics | / 2 |
| Rel Music & Move | / 3 |
| Footwork | / 3 |
| Relax Pos/body non VP | / 3 |

Judge 1 _____ Judge 2 _____ Neutral Deductions _____ Final Score _____ *courtesy score 5.0*
 Score Range 9.50 - 10 0.2 | 9.0 - 9.475 0.5 | 8.0 - 8.975 0.7 | Below 8.0 1.00

Team _____ Athlete # _____

| | | |
|---|---|---|
| <p>FX</p> <p>5N</p> <p>Warm Up 1:00 MAX Routine time 1:00</p> | <p>No X Skills allowed</p> <p>A/B VP (B flight & Saltos WITHOUT twist allowable) ok</p> <p>C+ VP & B flight/Saltos with twist restricted (allowable B = A)</p> <p>SR 1 & SR 3 may not be combined</p> <p>SR 2 & SR 4 may not be combined</p> | <p>Notes:</p> <p>Dance combo: 2 leaps and/or jumps, same or diff, direct or indirect</p> <p>Max two 8" used on FX, one per pass</p> <p>Coach allowed on FX w/o deduction</p> <p>Salto step out considered same element as salto landing on both feet</p> |
|---|---|---|

Requirements (0.5 Each)

- Dance combo $\geq 120^\circ$ in 1-ele
- Min 3-ele Acro flt pass, dir
- Min full turn 1-foot
- Add'l Salto/Aerial VP - Iso or in Series

Value Parts A (6) 0.1 each

B* (if restricted) 0.5 off SV

| SV | |
|-----------------------|-------|
| Execution | _____ |
| Artistry | / 3 |
| Dynamics | / 2 |
| Rel Music & Move | / 3 |
| Footwork | / 3 |
| Relax Pos/body non VP | / 3 |

Judge 1 _____ Judge 2 _____ Neutral Deductions _____ Final Score _____ *courtesy score 5.0*
 Score Range 9.50 - 10 0.2 | 9.0 - 9.475 0.5 | 8.0 - 8.975 0.7 | Below 8.0 1.00

Team _____ Athlete # _____

| | | |
|--|---|---|
| <p>FX</p> <p>6N</p> <p>Warm Up 1:30</p> <p>MAX Routine time 1:15</p> | <p>No X Skills allowed</p> <p>A/B VP & 1-C dance VP ok</p> <p>C acro, add'l C dance VP & D/E VP restricted (allowable C=B)</p> <p>SR 1 & SR 3 may not be combined</p> <p>SR 2 & SR 4 may not be combined</p> | <p>Notes:</p> <p>Dance combo: 2 leaps and/or jumps, same or diff, direct or indirect</p> <p>Max two 8" used on FX, one per pass</p> <p>Coach allowed on FX w/o deduction</p> <p>Short routine (<5 VP) 1.00 deduction applicable, CJ deduction</p> <p>Salto step out considered same element as salto landing on both feet</p> |
|--|---|---|

Requirements (0.5 Each)

- Dance combo $\geq 150^\circ$ in 1-ele
- Min 3-ele Acro flt pass w 1-salto, direct
- Min full turn 1-foot
- Add'l min A salto - Iso or in Series

Value Parts A (5) 0.1 / B (1) 0.3

C⁺ (if restricted) 0.5 off SV

| | |
|-----------------------|-------|
| SV | |
| Execution | _____ |
| Artistry | / 3 |
| Dynamics | / 2 |
| Rel Music & Move | / 3 |
| Footwork | / 3 |
| Relax Pos/body non VP | / 3 |

Judge 1 _____ Judge 2 _____ Neutral Deductions _____ Final Score _____ *courtesy score 5.0*

Score Range 9.50 - 10 0.2 | 9.0 - 9.475 0.5 | 8.0 - 8.975 0.7 | Below 8.0 1.00

Team _____ Athlete # _____

| | | |
|--|---|--|
| <p>FX PN</p> <p>Warm Up 1:30 MAX Routine time 1:30</p> | <p>NCAA Adopted Skill Values:</p> <p>Ring or stag ring jump w full turn D Switch Side 1/2 D</p> <p>SR 1 & SR 3 may not be combined SR 2 & SR 4 may not be combined</p> | <p>Notes:</p> <p>Dance combo: 2 leaps and/or jumps, same or diff, direct or indirect Max two 8" used on FX, one per pass Coach allowed on FX w/o deduction Short routine (<5 VP) 1.00 deduction applicable, CJ deduction Salto step out considered same element as salto landing on both feet A/B VP & C dance ok C acro & D/E VP restricted (allowable C=B) *Add'l min B Dance SR3 MUST be separate from SR1 Dance Combo</p> |
|--|---|--|

Requirements (0.5 Each)

- Dance combo $\geq 150^\circ$ in 1-ele
- Min 2-ele Acro flt pass
- *Add'l min B Dance (leap/jump/turn)
- Add'l min A salto - Iso or in Series

Value Parts A (6) 0.1 / B (1) 0.3

C* (if restricted) 0.5 off SV

| | |
|-----------------------|-------|
| SV | |
| Execution | _____ |
| Artistry | / 3 |
| Dynamics | / 2 |
| Rel Music & Move | / 3 |
| Footwork | / 3 |
| Relax Pos/body non VP | / 3 |

Judge 1 _____ Judge 2 _____ Neutral Deductions _____ Final Score _____ *courtesy score 5.0*
 Score Range 9.50 - 10 0.2 | 9.0 - 9.475 0.5 | 8.0 - 8.975 0.7 | Below 8.0 1.00

Team _____ Athlete # _____

| | | |
|---|---|--|
| <p>FX</p> <p>7N</p> <p>Warm Up 1:30 MAX Routine time 1:30</p> | <p>NCAA Adopted Skill Values:</p> <p>Ring or stag ring jump w full turn D Switch Side 1/2 D</p> <p>SR 1 & SR 3 may not be combined SR 2 & SR 4 may not be combined</p> | <p>Note:s</p> <p>Dance combo: 2 leaps and/or jumps, same or diff, direct or indirect Max two 8" used on FX, one per pass Coach allowed on FX w/o deduction Short routine (<5 VP) 1.00 deduction applicable, CJ deduction Arabian salto is considered a forward salto Salto step out considered same element as salto landing on both feet *Backward or forward layout with twist cannot fulfill SR2 A/B VP & C dance VP ok C acro & D/E VP restricted (allowable C=B) **Add'l min B Dance SR3 MUST be separate from SR1 Dance Combo</p> |
|---|---|--|

Requirements (0.5 Each)

- Dance combo ≥180° in 1-ele
- *2 flight Acro pass with forward or back layout
- **Add'l min B Dance (leap/jump/turn)
- Min 2-ele Acro flt pass w/ salto- diff direction from SR2

Value Parts A (5) 0.1 / B (2) 0.3

C+ (if restricted) 0.5 off SV

| SV | |
|-----------------------|-------|
| Execution | _____ |
| Artistry | / 3 |
| Dynamics | / 2 |
| Rel Music & Move | / 3 |
| Footwork | / 3 |
| Relax Pos/body non VP | / 3 |

Judge 1 _____ Judge 2 _____ Neutral Deductions _____ Final Score _____ *courtesy score 5.0*
 Score Range 9.50 - 10 0.2 | 9.0 - 9.475 0.5 | 8.0 - 8.975 0.7 | Below 8.0 1.00

Team _____ Athlete # _____

| | | |
|---|---|---|
| <p>FX</p> <p>8N</p> <p>Warm Up 2:00 MAX Routine time 1:30</p> | <p>NCAA Adopted Skill Values:</p> <p>Ring or stag ring jump w full turn D Switch Side 1/2 D</p> <p>SR 1 & SR 3 may not be combined SR 2 & SR 4 may not be combined</p> | <p>Notes:</p> <p>Dance combo: 2 leaps and/or jumps, same or diff, direct or indirect Max two 8” used on FX, one per pass Salto step out considered same element as salto landing on both feet <u>*Coach on FX - 0.3 CJ Deduction</u> Short routine (<5 VP) 1.00 deduction applicable, CJ deduction A/B VP & C dance & 1-C acro VP ok Add’1 C acro & D/E VP restricted (allowable C=B) *Add’1 min B Dance SR3 MUST be separate from SR1 Dance Combo</p> |
|---|---|---|

Requirements (0.5 Each)

- Dance combo $\geq 180^\circ$ in 1-ele
- Min 3-ele Acro flt pass w min 1-salto
- *Add’1 min B Dance (leap/jump/turn)
- Add’1 min “B” Salto - Iso or in Series

Value Parts A (4) 0.1 / B (4) 0.3

C* (if restricted) 0.5 off SV

| SV | |
|-----------------------|-------|
| Execution | _____ |
| Artistry | / 3 |
| Dynamics | / 2 |
| Rel Music & Move | / 3 |
| Footwork | / 3 |
| Relax Pos/body non VP | / 3 |

Judge 1 _____ Judge 2 _____ Neutral Deductions _____ Final Score _____ *courtesy score 5.0*
 Score Range 9.50 - 10 0.2 | 9.0 - 9.475 0.5 | 8.0 - 8.975 0.7 | Below 8.0 1.00

Team _____ Athlete # _____

| | | |
|--|---|--|
| <p>FX DN</p> <p>Warm Up 2:00 MAX Routine time 1:30</p> | <p>NCAA Adopted Skill Values:</p> <p>Ring or stag ring jump w full turn D Switch Side 1/2 D</p> <p>SR 1 & SR 3 may not be combined SR 2 & SR 4 may not be combined</p> | <p>Notes</p> <p>Dance combo: 2 leaps and/or jumps, same or diff, dir or ind Max two 8" used on FX, one per pass Salto step out is considered same element as salto landing on both feet <u>*Coach on FX - 0.3 CJ Deduction</u> Short routine (<5 VP) 1.00 deduction applicable, CJ deduction</p> <p>A/B/C VP & D/E dance & 1-D/E acro VP ok Add'l D/E acro VP restricted (allowable C/D/E=B) *Add'l min B Dance SR3 MUST be separate from SR1 Dance Combo</p> |
|--|---|--|

Requirements (0.5 Each)

- Dance combo $\geq 180^\circ$ in 1-ele
- Min 2-ele Acro flt pass w min 1-salto
- *Add'l min B Dance (leap/jump/turn)
- Min 2-ele Acro flt pass w min B salto

Value Parts A (5) 0.1 / B (2) 0.3

D* (if restricted) 0.5 off SV

| SV | |
|-----------------------|-------|
| Execution | _____ |
| Artistry | / 3 |
| Dynamics | / 2 |
| Rel Music & Move | / 3 |
| Footwork | / 3 |
| Relax Pos/body non VP | / 3 |

Judge 1 _____ Judge 2 _____ Neutral Deductions _____ Final Score _____ *courtesy score 5.0*
 Score Range 9.50 - 10 0.2 | 9.0 - 9.475 0.5 | 8.0 - 8.975 0.7 | Below 8.0 1.00

Team _____ Athlete # _____

| | | | |
|---|---|---|--|
| <p>FX</p> <p>9N</p> <p>Warm Up 2:00 MAX Routine time 1:30</p> | <p>NCAA Adopted Skill Values:</p> <p>Ring or stag ring jump w full turn D Switch side leap with ½ turn D</p> | <p>Bonus CV Principles (Saltos/Aerials):</p> <p>Acro Indirect: AC 0.1 BC 0.1 A^BA^BC 0.1 CC 0.2</p> <p>Acro Direct: AC 0.1 BB 0.1 BC 0.2 CC 0.3</p> <p>Dance/Mixed*: CC 0.1</p> <p>Turn + jump/hop (2 or 1-ft take off) ok, ex: 2/1 turn + Popa</p> <p>SR 1 & SR 3 may not be combined SR 2 & SR 4 may not be combined</p> | <p>Notes:</p> <p>Dance combo: 2 leaps and/or jumps, same/diff, dir/ind Max two 8" used on FX, one per pass Salto step out same element as salto landing on both feet <u>*Coach on FX - 0.3 CJ Deduction</u> Short routine (<5 VP) 1.00 deduction applicable, CJ deduction A/B/C VP & D/E dance & max(1-D+1-E) or (2-D) acro ok Add'l D/E acro restricted (allowable D/E=C) *Add'l min C Dance SR3 MUST be separate from SR1 Dance Combo</p> |
|---|---|---|--|

Note: One (1) VP MAY fulfill more than one (1) SR

Requirements (0.5 Each)

- Dance combo ≥180° in 1-ele
- 2 Salto pass w min B salto
- *Add'l min C Dance (Leap/Jump/Turn)**
- Min 2-ele Acro flt pass w min B salto OR isolated min C Salto

VP A (3) 0.1 / B (4) 0.3 / C(1) 0.5

D⁺ (if restricted) * 0.5 off SV

CV (max 0.3) _____

DV (max 0.1) _____

| SV (9.7 base, max 10.0) | |
|--------------------------------|-------|
| Execution | _____ |
| Artistry | / 3 |
| Dynamics | / 2 |
| Rel Music & Move | / 3 |
| Footwork | / 3 |
| Relax Pos/body non VP | / 3 |

Judge 1 _____ Judge 2 _____ Neutral Deductions _____ Final Score _____ *courtesy score 5.0*
 Score Range 9.50 - 10 0.2 | 9.0 - 9.475 0.5 | 8.0 - 8.975 0.7 | Below 8.0 1.00

Team _____ Athlete # _____

| | | | |
|---|--|--|--|
| <p>FX 10N</p> <p>Warm Up 2:00 MAX Routine time 1:30</p> | <p>Bonus CV Principles (Saltos/Aerials) Acro Indirect: <u>AC[±] BC A^BA^BC +1</u> <u>BD[±] A^BA^BD[±] CC AE +2</u> <u>CD[±] 0.3</u> Acro Direct: AC 0.1 BB 0.1 AAC 0.1 AAD 0.2 A^BD⁺ 0.2 BC⁺ 0.2 CC⁺ 0.3 Dance/Mixed*: BD⁺ 0.1 CC 0.1 CD⁺ 0.2 DD⁺ 0.2 D^{SALTO}+A^{JUMP} 0.1 (this order only) Turn + jump/hop (2 or 1-ft take off) ok, ex: 2/1 turn + Popa <u>Last Pass Add'l 0.1 DV → Dbl flipping salto OR 'E' Acro</u></p> | <p>UTL (3 pass routine) must have ALL: <input type="checkbox"/> 1-E VP (acro/dance ok) OR 2 dif D (1 acro) <input type="checkbox"/> Acro dsmt w either min C salto w CV OR D/E salto UTL (2 pass routine): #1-2 from above AND <input type="checkbox"/> min D acro in one pass, min D or 0.2 CV in 2nd</p> <p>1-acro pass routine would not meet the UTL requirement</p> <p>SR 1 & SR 3 may not be combined SR 2 & SR 4 may not be combined</p> | <p>NCAA Adopted Skill Values Ring or stag ring jump w full turn D Switch side leap with ½ or ¾ turn D Dance combo: 2 leaps and/or jumps, same/diff, dir/ind Max two 8" used on FX, one per pass Salto step out same ele as salto landing w both feet *Coach on FX - 0.3 CJ Deduction Short routine (<5 VP) 1.00 deduction applicable, CJ deduction Add'l E acro bonus given when: E Acro, +0.70 CV+DV & 10.0 SV achieved *Add'l min C Dance SR3 MUST be separate from SR1 Dance Combo</p> |
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Note: One (1) VP MAY fulfill more than one (1) SR

Requirements (0.5 Each)

- Dance combo ≥180° in 1-ele
- 2 Salto pass w min B salto
- *Add'l min C Dance (Leap/Jump/Turn)
- Add'l min C Salto - Iso or in Series

VP A (3) 0.1 / B (3) 0.3 / C(2) 0.5

CV (max 0.5) _____

DV (max 0.5) _____

E Acro Bonus 0.1

| SV (9.4 base, max 10+1) | |
|--------------------------------|-------|
| Execution | _____ |
| UTL | 0.1 |
| No Dance Bonus (CV/DV) | 0.1 |
| No Bwd Salto | 0.1 |
| No Fwd/Swd Salto | 0.1 |
| Artistry | / 3 |
| Dynamics | / 2 |
| Rel Music & Move | / 3 |
| Footwork | / 3 |
| Relax Pos/body non VP | / 3 |

Judge 1 _____ Judge 2 _____ Neutral Deductions _____ Final Score _____ *courtesy score 5.0*
 Score Range 9.50 - 10 0.2 | 9.0 - 9.475 0.5 | 8.0 - 8.975 0.7 | Below 8.0 1.00