


Team _____ Athlete # _____

<div>UB</div> <div>1N</div> <div>Warm Up</div> <div>0:30</div>	Mounts - Add'1 A VP (X Skill) Jump to front support Pullover - 1 or 2 feet, w/or w/o run Glide swing to stand Single leg jam from glide or run Run out glide kip	Skills - Add'1 A VP (X Skills) Cast w hips off bar Stride circle fwd/bwd Single leg basket swing to clear support Single leg bent knee swing Bwd pike seat drop (peach basket swing) Cast shoot through Long hang pullover from swing Single leg cut fwd / bwd Tap swing-counterswing Baby Giant (long hang pullover) on LB Fwd hip circle w bent knees	Dsmt - Add'1 A VP (X Skills) Underswing LB (2 VP if preceded by cast) Cast off to stand 3/4 fwd circle to stand Squat on - jump down (2 VP)	Clarifications No cast/in bar circling amp deductions VP/SR awarded if > 1/2 skill completed unassisted before falling Same skill LB & HB = diff elements Cast PLUS any allowable dsmt = 2 A VP Uncharacteristic Movement = 0.1 (all levels) No B+ VP skills No High Bar No Salto dismounts Extra casts/swings allowed
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Requirements (0.5 Each)

- ☐ Mount
- ☐ Cast (any angle)
- ☐ 360°  VP
- ☐ Dsmt (No HB/salto)

Value Parts

A (4) 0.1 each


B+ (restricted) 0.5 off SV

SV	
Execution	_____
Dynamics	/ 2

Team _____ Athlete # _____

<div>UB</div> <div>2N/BN</div> <div>Warm Up</div> <div>0:30</div>	Mounts - Add'1 A VP (X Skill) Jump to front support Pullover - 1 or 2 feet, w/or w/o run Glide swing to stand Single leg jam from glide or run Run out glide kip	Skills - Add'1 A VP (X Skills) Cast w hips off bar Stride circle fwd/bwd Single leg basket swing to clear support Single leg bent knee swing Bwd pike seat drop (peach basket swing) Cast shoot through Long hang pullover from swing Single leg cut fwd / bwd Tap swing-counterswing Baby Giant (long hang pullover) on LB Fwd hip circle w bent knees	Dsmt - Add'1 A VP (X Skills) Underswing LB (2 VP if preceded by cast) Cast off to stand 3/4 fwd circle to stand Squat on - jump down (2 VP)	Clarifications No cast/in bar circling amp deductions VP/SR awarded if > 1/2 skill completed unassisted before falling Same skill LB & HB = diff elements Cast PLUS any allowable dsmt = 2 A VP Uncharacteristic Movement = 0.1 (all levels) No B+ VP skills No High Bar No Salto dismounts Extra casts/swings allowed
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Requirements (0.5 Each)

- ☐ Mount
- ☐ Cast (any angle)
- ☐ 360°  VP
- ☐ Dsmt (No HB/salto)

Value Parts

A (5) 0.1 each


B+ (restricted) 0.5 off SV

SV	
Execution	_____
Dynamics	/ 2

Team _____ Athlete # _____

<div>UB</div> <div>SN</div> <div>Warm Up</div> <div>0:45</div>	Mounts - Add'1 A VP (X Skill) Jump to front support Pullover - 1 or 2 feet, w/or w/o run Glide swing to stand Single leg jam from glide or run Run out glide kip	Skills - Add'1 A VP (X Skills) Cast w hips off bar Stride circle fwd/bwd Single leg basket swing to clear support Single leg bent knee swing Bwd pike seat drop (peach basket swing) Cast shoot through Long hang pullover from swing Single leg cut fwd / bwd Tap swing-counterswing Baby Giant (long hang pullover) on LB Fwd hip circle w bent knees	Dsmt - Add'1 A VP (X Skills) Underswing LB (2 VP if preceded by cast) Tap swing 1/2 turn Cast off to stand 3/4 fwd circle to stand Squat on - jump down (2 VP)	Clarifications No cast/in bar circling amp deductions VP/SR awarded if > 1/2 skill completed unassisted before falling Same skill LB & HB = diff elements Cast PLUS any allowable dsmt = 2 A VP Uncharacteristic Movement = 0.1 (all levels) No B⁺ VP skills No Salto dismounts Extra casts/swings allowed
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Requirements (0.5 Each)

- ☐ Mount
- ☐ Cast (min 45° below hor)
- ☐ 360°  VP
- ☐ Dsmt (no saltos)

Value Parts

A (5) 0.1 each


B+ (restricted) 0.5 off SV

SV	
Execution	_____
Dynamics	/ 2

Team _____ Athlete # _____

UB 3N Warm Up 0:45	Mounts - Add'1 A VP (X Skill) Jump to front support Pullover - 1 or 2 feet, w/or w/o run Glide swing to stand Single leg jam from glide or run Run out glide kip	Skills - Add'1 A VP (X Skills) Cast w hips off bar Stride circle fwd/bwd Single leg basket swing to clear support Single leg bent knee swing Bwd pike seat drop (peach basket swing) Cast shoot through Long hang pullover from swing Single leg cut fwd / bwd Tap swing-counterswing Baby Giant (long hang pullover) on LB Fwd hip circle w bent knees	Dsmt - Add'1 A VP (X Skills) Underswing LB (2 VP if preceded by cast) Tap swing 1/2 turn Cast off to stand 3/4 fwd circle to stand Squat on - jump down (2 VP)	Clarifications No cast/in bar circling amp deductions VP/SR awarded if > 1/2 skill completed unassisted before falling Same skill LB & HB = diff elements Cast PLUS any allowable dsmt = 2 A VP Uncharacteristic Movement = 0.1 (all levels) No B⁺ VP skills No Salto dismounts Extra casts/swings allowed
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Requirements (0.5 Each)

- ☐ Mount - glide swing or glide variation
- ☐ Cast (min 45° below hor)
- ☐ 360°  VP
- ☐ Dsmt (no saltos)

Value Parts

A (5) 0.1 each

B+ (restricted)

0.5 off SV

SV	
Execution	_____
Dynamics	/ 2

Judge 1 _____ Judge 2 _____ ND _____ 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 # _____

UB 4N Warm Up 1:00	Mounts - Add'l A VP (X Skill) Jump to front support Pullover 1 or 2 feet, w/or w/o run Glide swing to stand Single leg jam from glide or run Run out glide kip	Skills - Add'l A VP (X Skills) Cast w hips off bar Stride circle fwd/bwd Single leg basket swing to clear support Single leg bent knee swing Bwd pike seat drop (peach basket swing) Cast shoot through Long hang pullover from swing Single leg cut fwd / bwd Tap swing-counterswing Baby Giant (long hang pullover) on LB Fwd hip circle w bent knees	Dsmt - Add'l A VP (X Skills) Underswing LB (2 VP if preceded by cast) Tap swing 1/2 turn Cast off to stand 3/4 fwd circle to stand Squat on - jump down (2 VP) Dismount must be from high bar to receive SR	Clarifications No cast/in bar circling amp deductions VP/SR awarded if > 1/2 skill completed unassisted before falling Same skill LB & HB = diff elements Cast PLUS any allowable dsmt = 2 A VP Uncharacteristic Movement = 0.1 (all levels) Underswing-counterswing will not fulfill SR3 No B+ VP skills except cast handstand and in-bar 3,6,7 Extra casts/swings allowed
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Requirements (0.5 Each)

- ☐ Kip (LB - run out kip, single/double leg jam ok, HB - long hang)
- ☐ Cast-BHC (cast $\geq 20^\circ$ ↓ hor)
- ☐ Tap Swing with Counterswing (hips $\geq 45^\circ$ ↓ hor)
- ☐ 'A' HB Dsmt

Value Parts

A (5) 0.1 each

B in-bar ○ award as A VP

B+ (if restricted)

0.5 off SV

SV		
Execution		Dynamics
	/ 2	


Judge 1 _____ Judge 2 _____ ND _____ 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 # _____

UB GN Warm Up 1:00	Mounts - Add'1 A VP (X Skill) Jump to front support Pullover - 1 or 2 feet, w/or w/o run Glide swing to stand Single leg jam from glide or run Run out glide kip	Skills - Add'1 A VP (X Skills) Cast w hips off bar Stride circle fwd/bwd Single leg basket swing to clear support Single leg bent knee swing Bwd pike seat drop (peach basket swing) Cast shoot through Long hang pullover from swing Single leg cut fwd / bwd Tap swing-counterswing Baby Giant (long hang pullover) on LB Fwd hip circle w bent knees	Dsmt - Add'1 A VP (X Skills) Underswing LB (2 VP if preceded by cast) Tap swing 1/2 turn Cast off to stand 3/4 fwd circle to stand Squat on - jump down (2 VP) Dismount must be from high bar to receive SR	Clarifications No cast/in bar circling amp deductions VP/SR awarded if > 1/2 skill completed unassisted before falling Same skill LB & HB = diff elements Cast PLUS any allowable dsmt = 2 A VP Uncharacteristic Movement = 0.1 (all levels) No B⁺ VP skills except cast handstand and in-bar 3, 6, 7 No TWISTING Salto Dismounts Extra casts/swings allowed
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Requirements (0.5 Each)

- ☐ Squat/Straddle/Stoop on, with or without circle - jump to HB
- ☐ Cast/VP min Horiz
- ☐ 360°  VP
- ☐ 'A' HB Dsmt

Value Parts

A (6) 0.1 each

B in-bar  award as A VP

B+ (if restricted)

0.5 off SV

SV	
Execution	_____
Dynamics	/ 2

Judge 1 _____ Judge 2 _____ ND _____ 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 # _____

UB 5N Warm Up 1:00	Clarifications Up to .30 amp ded for in-bar circling skills, plus execution (See Angle Chart, p. 27) Cast amplitude: Each cast ↓ HOR = <u>0.1</u> ded plus execution Cast achieves SR but short of 'B' cast, award 'A' value part 1 tap swing allowed w/o penalty ('A' VP awarded). Add'l tap swings <u>0.3</u> deduction (max 0.5 per occurrence) Dir change (ex: back hip circle into squat on) is an extra cast deduction, 0.30 VP/SR awarded if > 1/2 skill completed unassisted before falling Same skill LB & HB = different elements Uncharacteristic Movement = 0.1 (all levels)	A/B VP ok C in-bar ○ HS ok/D Stalder HS ok (award B) Max ½ twist allowed in salto dsmt Swing 1/2 turn + add'l swing prior to FWD flyaway dsmt - no penalty, no VP, yes execution 1 tap swing allowed- 'A' VP awarded Extra casts/swing deductions YES
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Requirements (0.5 Each)

- ☐ 360° In-Bar ○ VP to clear support
- ☐ Cast Min horiz
- ☐ 2nd 360° ○ VP or 2nd cast Min horiz
- ☐ 'A' Salto Dsmt HB

Value Parts A (6) 0.1 each
 B/C In Bar ○ ok, credit as A VP

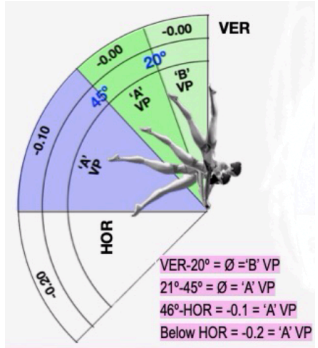
C+ (if restricted) * 0.5 off SV

SV	
Execution	_____
Dynamics	/ 2

Judge 1 _____ Judge 2 _____ ND _____ 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 # _____

UB 6N Warm Up 1:30	Clarifications Cast achieves SR but short of 'B' cast, 'A' VP awarded VP/SR awarded if > 1/2 skill completed unassisted before falling Same skill LB & HB = different elements No amplitude deduction for 10°-45° from VER on all circling VP Uncharacteristic Movement = 0.1 (all levels)	Casting 	A/B VP ok C in-bar ○ HS ok/D Stalder HS ok (award as B) Max full twist allowed in salto dsmt Swing 1/2 turn + add'l swing prior to FWD flyaway dsmt - no penalty, no VP, yes execution Extra casts/swing deductions YES Circling skill amp deduct apply
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Requirements (0.5 Each)

- ☐ 360° In-Bar ○ Skill to Clear Support
- ☐ Cast ↑ horiz
- ☐ 360 ○ OR 2nd cast ↑ horiz
- ☐ Min 'A' HB Salto Dsmt (max full twist ok)

Value Parts A (5) 0.1 / B (1) 0.3
 C+ in-bar ○ HS award as B VP

C+ (if restricted) 0.5 off SV

SV	
Execution	_____
Dynamics	/ 2

Judge 1 _____ Judge 2 _____ ND _____ 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 # _____

UB**PN**Warm
Up
1:30**Clarifications**Cast amplitude: Each cast 46° - Horizontal = 0.10 deductionCast amplitude: Each cast  Horizontal = 0.2 deduction

Cast achieves SR but short of 'B' cast, award 'A' value part.

1 tap swing allowed w/o penalty ('A' VP awarded). Add'l tap swings 0.3 deduction (max 0.5 per occurrence)

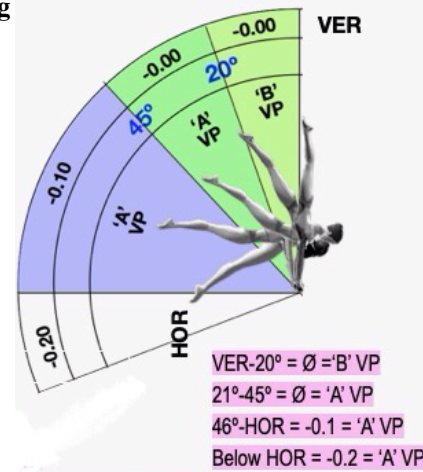
Dir change (ex: back hip circle into squat on) is an extra cast ded, 0.30

VP/SR awarded if $> 1/2$ skill completed unassisted before falling


Same skill LB & HB = different elements

No amplitude deduction for 10° - 45° from VER on all circling VP

Uncharacteristic Movement = 0.1 (all levels)

Casting

A/B VP ok

C in-bar  HS ok/D Stalder HS ok (award as B)

Salto dsmt not required


Swing 1/2 turn + add'l swing prior to FWD flyaway dsmt - no penalty, no VP, yes execution

Extra casts/swing deductions YES

1 tap swing allowed w/o penalty ('A' VP awarded). Add'l tap swings 0.3 deduction (max 0.5 per occurrence)

Circling skill amp deduct apply

Requirements (0.5 Each)

- ☐ Glide kip or Kip variation (no run out glide) - LB or HB
- ☐ Cast/VP w clr support  hor
- ☐ Min 'B' 360° Circle VP
- ☐ Min 'A' HB Dsmt

Value Parts A (6) 0.1 / B (1) 0.3C+ in-bar  HS award as B VP

C+ (if restricted)

0.5 off SV

SV

Execution

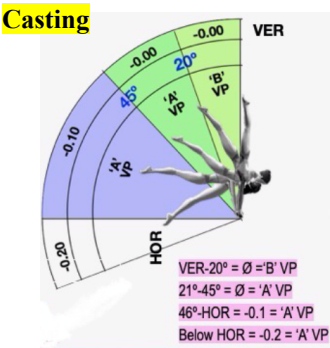
Dynamics

/ 2

Judge 1 _____ Judge 2 _____ ND _____ 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 # _____

<div>UB</div> <div>7N</div> <div>Warm Up</div> <div>1:30</div>	<div>Uncharacteristic Movement = 0.1 (all levels)</div> <div>Same skill LB & HB = diff elements</div>	<div>Casting</div> 	<div>A/B VP ok</div> <div>C Cast HS ½ Pirouette ok (award as B)</div> <div>C in-bar ○ HS ok/D Stalder HS ok (award as B)</div> <div>Swing 1/2 turn + add'l swing prior to FWD flyaway dsmt - no penalty, no VP, yes execution</div> <div>Award VP/SR if > ½ skill completed unassisted before falling</div> <div>No amp deduction for 10°-45°from VER on all circling VP</div> <div>Extra casts/swing deductions YES</div>
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Requirements (0.5 Each)


- ☐ 'B' 360° In Bar ○
- ☐ Cast ≥45° ↑ horiz
- ☐ 2nd 360 ○ min 'B'
- ☐ Min 'A' HB Salto Dsmt

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


C+ (if restricted) 0.5 off SV

SV	
Execution	_____
Dynamics	/ 2

Team _____ Athlete # _____

UB 8N Warm Up 2:00	Clarifications Award VP/SR if > ½ skill complete unassisted before falling Same skill LB & HB = diff elements Uncharacteristic Movement = 0.1 No amp ded for 10°-45° from VER on all circling VP	NCAA Adopted Skill Values Uprise backward to handstand on HB with 1/2 turn D 1 1/2 pirouette (turn is in handstand, not a Healy) E Toe on front pike w ½ twist dismount D Stalder or clear support front tuck or pike w ½ twist dismount D Flyaway double full D Double tuck flyaway w ½ twist E Front Flyaway 1 1/2 dismount D Front Flyaway 2/1 Twist dismount E Stalder fwd/bwd to HS w or w/o ½ turn D Stalder fwd/bwd to HS w full turn E Shaposhnikova E , Chow E	A/B VP ok Max 2 C VP allowed in addition to: <ul style="list-style-type: none"> • C Cast HS ½ Pirouette ok (award as B) • C in-bar  HS ok (award as B) • D Stalder HS ok (award as B) Extra casts/swing deductions YES NO Cast amplitude deduction before bail
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Requirements (0.5 Each)

- ☐ Min 'B' 360° In Bar 
- ☐ Min 'B' turn/flight
- ☐ 360 Circle to / pass thru HS (sep from SR1)
- ☐ Min 'A' HB Salto Dsmt

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

C+ (if restricted)

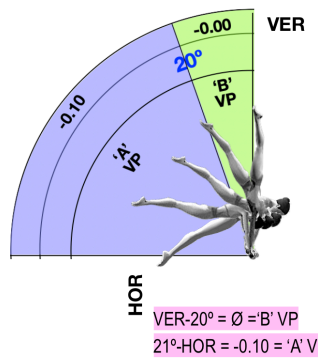
0.5 off SV

SV	
Execution	_____
Dynamics	/ 2


Judge 1 _____ Judge 2 _____ ND _____ 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 # _____

UB DN Warm Up 2:00	Clarifications Award VP/SR if > ½ skill completed unassisted before falling Same skill LB & HB = different elements Uncharacteristic Movement = 0.1	NCAA Adopted Skill Values Uprise backward to handstand on HB with 1/2 turn D 1 1/2 pirouette (turn is in handstand, not a Healy) E Toe on front pike w ½ twist dismount D Stalder or clear support front tuck or pike w ½ twist dismount D Flyaway double full D Double tuck flyaway w ½ twist E Front Flyaway 1 1/2 dismount D Front Flyaway 2/1 Twist dismount E Stalder fwd/bwd to HS w or w/o ½ turn D Stalder fwd/bwd to HS w full turn E Shaposhnikova E , Chow E	Casting - Below HOR -.20 	A/B/C VP ok Max 1 D/E VP allowed in addition to: <ul style="list-style-type: none"> D Stalder HS ok (award as B) Extra casts/swing deductions YES Circling skill amp deduct apply
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Requirements (0.5 Each)

- ☐ Min 'B' 360°  VP
- ☐ Cast or 360 Circle VP, Min 45° from Vertical
- ☐ Add'l 'B' VP
- ☐ Min 'A' HB Salto Dsmt

Value Parts A (5) 0.1 / B (2) 0.3
 Allowable C+ VP award as B VP

D* (if restricted) 0.5 off SV

SV	
Execution	_____
Dynamics	/ 2

Judge 1 _____ Judge 2 _____ ND _____ 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 # _____

UB 9N Warm Up 2:30	Clarifications Award VP/SR if > ½ skill completed unassisted before falling Same skill LB & HB = diff elements Uncharacteristic Movement = 0.1 CV Bonus: +0.1 C-C one element w turn or flight +0.2 C-D one element w turn or flight +0.1 2 diff 3/6/7 elements +0.2 C-C each with turn or flight EXCEPTION +0.2 Stalder HS (D) + Stalder HS (D)	NCAA Adopted Skill Values Uprise backward to handstand on HB with 1/2 turn D 1 1/2 pirouette (turn is in handstand, not a Healy) E Toe on front pike w ½ twist dismount D Stalder or clear support front tuck or pike w ½ twist dismount D Flyaway double full D Double tuck flyaway w ½ twist E Front Flyaway 1 1/2 dismount D Front Flyaway 2/1 Twist dismount E Stalder fwd/bwd to HS w or w/o ½ turn D Stalder fwd/bwd to HS w full turn E Shaposhnikova E , Chow E	A/B/C VP ok Max 1-D & 1-E or 2-D VP allowed in addition to: <ul style="list-style-type: none"> D Stalder HS ok (award as C) Extra casts/swing deductions YES One (1) VP may fulfill more than one (1) SR unless specified (NCAA)
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*One element may fulfill more than one (1) SR unless specified

Requirements (0.5 Each)

- ☐ Min 'B' 360° In Bar 
- ☐ Min 'B' Flight
- ☐ Min 'B' LA Turn
- ☐ Min 'B' HB Salto Dsmt

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

D+ (when restricted)* 0.5 off SV

CV (max 0.3) _____

DV (max 0.1) _____

SV (9.7 base, max 10)	
Execution	_____
Dynamics	/ 2

Judge 1 _____ Judge 2 _____ ND _____ 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 # _____

UB 10N Warm Up 2:30	Clarifications Award VP/SR if completes > 1/2 of the skill unassisted before falling Same skill LB & HB = different elements B release HB->LB upgraded to C if directly follows D/E release on HB UTL/Comp (must fulfill 1 & 2 below, or flat 0.1 deduction applied): 1 - Sing bar release min D OR E release OR min 2 D releases OR min 2 E skills AND 2 - D dsmt OR C dsmt in bonus combination Uncharacteristic Movement = 0.1	CV Bonus: +0.1 2 diff 3/6/7 elements +0.1 C-C each with turn or flight +0.1 C-D/E +0.2 D/E-D/E Single bar D release or any E release +1 DV <i>Add 1 E bonus given when: E VP, +0.70 CV+DV & 10.0 SV achieved</i>	NCAA Adopted Skill Values Uprise backward to handstand on HB with 1/2 turn D 1 1/2 pirouette (turn is in handstand, not a Healy) E All Healy D Shaposhnikova Release to HB E Chow Release to HB E Toe on front pike w 1/2 twist dismount D Stalder / clear support front tuck or pike w 1/2 twist dismount D Flyaway double full D Double tuck flyaway w 1/2 twist E Front Flyaway 1 1/2 dsmt D , Front Flyaway 2/1 Twist dsmt E Stalder fwd/bwd to HS w or w/o 1/2 turn D Stalder fwd/bwd to HS w 1/1 turn E , Shaposhnikova E , Chow E
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*One element may fulfill more than one (1) SR unless specified

Requirements (0.5 Each)

- ☐ Min 2 bar changes
- ☐ Min 2 flights (2 Diff 'C' or 1 'D' & 1 'B')
- ☐ Min 'C' w LA Turn
- ☐ Min 'C' HB Salto Dsmt

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

CV (max 0.5) _____

DV (max 0.5) _____

☐ 'E' Bonus +1**SV (9.4 base, 10+1 max)**☐ **UTL 0.1**

Execution	_____
Dynamics	/ 2

Judge 1 _____ Judge 2 _____ ND _____ 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 # _____

Judge 1 _____ Judge 2 _____ ND _____ 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

BM 1N Warm Up 0:30 Routine Time 0:30	Dance - Add'l A VP (X Skills) Split jump/leap/straddle (min 45°) Tuck / straight jump w ¼ turn Turns: Pivot, 1/2 turn on 1 foot (any technique), Fwd or bwd swing, Squat, Toe flick ½ turn	Acro - Add'l A VP (X Skills) Lever to touch beam Partial HS (lead leg <45° from vert) Cross /side HS to vert (no hold) Push to bridge (1s) Candlestick roll	Dismounts - Add'l A VP (X Skills) Cartwheel to partial HS Stretch/tuck/straddle jump (90°+) Jump w 180° or 360° of rotation Knee Scale Whip	Fall Time 0:45 All mounts = A VP if not in skill chart No B or higher VP No salto/aerial dismounts
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Add'l X skills: Toe flip drop knee sit, Fwd/S releve kick (1s), Needle kick (120°+), Arabesque (L1N-2N/BN only), Prone position (2s), Splits (2s), Knee scale (2s), Whip sqt stand

Requirements (0.5 Each)

- ☐ Pivot or Squat Turn
- ☐ Stretch Jump
- ☐ 2s hold on 1 leg
- ☐ Dsmt (no salto/aerial)

Value Parts A (4) 0.1 each

B+ (restricted)

0.5 off SV

SV	
Execution	_____
Artistry	/ 3
Dynamics	/ 2
Sureness	/ 2
Footwork	/ 3
Rhythm Throughout	/ 2

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

BM 2N/BN Warm Up 0:30 Routine Time 0:35	Dance - Add'l A VP (X Skills) Split jump/leap/straddle (min 45°) Tuck / straight jump w ¼ turn Turns: Pivot, 1/2 turn on 1 foot (any technique), Fwd or bwd swing, Squat, Toe flick ½ turn	Acro - Add'l A VP (X Skills) Lever to touch beam Partial HS (lead leg <45° from vert) Cross /side HS to vert (no hold) Push to bridge (1s) Candlestick roll	Dismounts - Add'l A VP (X Skills) Cartwheel to partial HS Stretch/tuck/straddle jump (90°+) Jump w 180° or 360° of rotation Knee Scale Whip	Fall Time 0:45 All mounts = A VP if not in skill chart B split leaps/jump ok, other B+ restrict No salto/aerial dismounts
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Add'l X skills: Toe flip drop knee sit, Fwd/S releve kick (1s), Needle kick (120°+), Arabesque (LIN-2N/BN only), Prone position (2s), Splits (2s), Knee scale (2s), Whip sqt stand

Requirements (0.5 Each)

- ☐ ½ turn - 1 foot
- ☐ Leap or Jump - No MIN split
- ☐ HS - lead leg min 45° from vert, 2nd leg must leave BM
- ☐ Dsmt (no salto/aerial)

Value Parts A (5) 0.1 each

B+ (if restricted)

0.5 off SV

SV	
Execution	_____
Artistry	/ 3
Dynamics	/ 2
Sureness	/ 2
Footwork	/ 3
Rhythm Throughout	/ 2

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

BM SN Warm Up 0:45 Routine Time 0:45	Dance - Add'l A VP (X Skills) Split jump/leap/straddle (min 45°) Tuck / straight jump w ¼ turn Turns: Pivot, 1/2 turn on 1 foot (any technique), Fwd or bwd swing, Squat, Toe flick ½ turn	Acro - Add'l A VP (X Skills) Partial HS (lead leg < 45° from vert) Cross /side HS to vert (no hold) Push to bridge (1s) Candlestick roll	Dismounts - Add'l A VP (X Skills) Cartwheel to partial HS Knee Scale Whip	Fall Time 0:45 All mounts = A VP if not in skill chart B split leaps/jumps ok, other B⁺ restrict
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Add'l X Skills: Toe flip drop knee sit, Fwd/Swd releve kick (1s), Needle kick (120°+), Prone position (2s), Splits (2s), Knee scale (2s), Whip squat stand

Requirements (0.5 Each)

- ☐ Min ½ turn - 1 foot
- ☐ Leap or Jump (Iso or Series) - No MIN split
- ☐ Acro VP (excl X-skill Lever)
- ☐ Dsmt (No jumps)

Value Parts A (5) 0.1 each

B+ (if restricted)

0.5 off SV

SV	
Execution	_____
Artistry	/ 3
Dynamics	/ 2
Sureness	/ 2
Footwork	/ 3
Rhythm Throughout	/ 2

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

BM 3N Warm Up 0:45 Routine Time 0:45	Dance - Add'l A VP (X Skills) Split jump/leap/straddle (min 45°) Tuck / straight jump w ¼ turn Turns: Pivot, 1/2 turn on 1 foot (any technique), Fwd or bwd swing, Squat, Toe flick ½ turn	Acro - Add'l A VP (X Skills) Partial HS (lead leg <45° from vert) Cross /side HS to vert (no hold) Push to bridge (1s) Candlestick roll	Dismounts - Add'l A VP (X Skills) Cartwheel to partial HS Knee Scale Whip	Fall Time 0:45 All mounts = A VP if not in skill chart <div style="background-color: #f8d7da; padding: 5px;">*Move thru or achieve vert. If HS, no hold req & mark vert w legs joined</div> B split leaps/jumps ok Other B⁺ restrict
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Add'l X Skills: Toe flip drop knee sit, Fwd/Swd releve kick (1s), Needle kick (120°+), Prone position (2s), Splits (2s), Knee scale (2s), Whip squat stand

Requirements (0.5 Each)

- ☐ Min ½ turn - 1 foot
- ☐ Leap/Jump ≥60° split - (Iso or Series)
- ☐ *Acro VP (see descr above)
- ☐ Dsmt (No jumps)

Value Parts A (5) 0.1 each

B+ (if restricted)

0.5 off SV

SV	
Execution	_____
Artistry	/ 3
Dynamics	/ 2
Sureness	/ 2
Footwork	/ 3
Rhythm Throughout	/ 2

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

BM 4N Warm Up 1:00 Routine Time 1:00	Dance - Add'l A VP (X Skills) Split jump/leap/straddle (min 45°) Tuck / straight jump w ¼ turn Turns: Pivot, 1/2 turn on 1 foot (any technique), Fwd or bwd swing, Squat, Toe flick ½ turn	Acro - Add'l A VP (X Skills) Partial HS (lead leg <45° from vert) Cross /side HS to vert (no hold) Push to bridge (1s) Candlestick roll	Dismounts - Add'l A VP (X Skills) Cartwheel to partial HS Knee Scale Whip	Fall Time 0:45 All mounts = A VP if not in skill chart <div style="background-color: #f8d7da; padding: 5px;"> *Move thru or achieve vert. If HS, no hold req & mark vert w legs joined </div> B dance & B non-flt acro ok Other B+ restricted
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Add'l X Skills: Toe flip drop knee sit, Fwd/Swd releve kick (1s), Needle kick (120°+), Prone position (2s), Splits (2s), Knee scale (2s), Whip squat stand

Requirements (0.5 Each)

- ☐ Min ½ turn - 1 foot
- ☐ Leap/Jump ≥90° split - (Iso or Series)
- ☐ *Acro VP (see descr above)
- ☐ Dsmt (No jumps)

Value Parts A (5) 0.1 each

B+ (if restricted)

0.5 off SV

SV	
Execution	_____
Artistry	/ 3
Dynamics	/ 2
Sureness	/ 2
Footwork	/ 3
Rhythm Throughout	/ 2

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

BM GN Warm Up 1:00 Routine Time 1:00	Dance - Add'l A VP (X Skills) Split jump/leap/straddle (min 45°) Tuck / straight jump w ¼ turn Turns: Pivot, 1/2 turn on 1 foot (any technique), Fwd or bwd swing, Squat, Toe flick ½ turn	Acro - Add'l A VP (X Skills) Partial HS (lead leg <45° from vert) Cross /side HS to vert (no hold) Push to bridge (1s) Candlestick roll	Dismounts - Add'l A VP (X Skills) Cartwheel to partial HS Knee Scale Whip	Fall Time 0:45 All mounts = A VP if not in skill chart *HS Exception - hold NOT req for VP/SR credit if VERT & legs joined *one VP moves thru vertical (HS is not “thru vert”) B dance & B flt acro ok Other B+ restricted
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Add'l X Skills: Toe flip drop knee sit, Fwd/Swd releve kick (1s), Needle kick (120°+), Prone position (2s), Splits (2s), Knee scale (2s), Whip squat stand

Requirements (0.5 Each)

- ☐ Min Full turn - 1 foot
- ☐ Leap/Jump ≥90° split -
(Iso or Series)
- ☐ *2 Acro VP - (1) **thru** vert
- (Iso or Series)
- ☐ Dsmt (No jumps)

Value Parts A (6) 0.1 each

B+ (if restricted) * 0.5 off SV

SV	
Execution	_____
Artistry	/ 3
Dynamics	/ 2
Sureness	/ 2
Footwork	/ 3
Rhythm Throughout	/ 2

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

BM 5N Warm Up 1:00 Routine Time 1:00		NO X-SKILLS ALLOWED A/B VP allowed C + skills restricted	Fall Time 0:45 All mounts = A VP if not in skill chart *Rolls ok if move thru vert w hand support (ex: handstand fwd roll or back extension roll) **Up to 1/2 twist allowed in salto dismount
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Requirements (0.5 Each)

- ☐ Min Full turn - 1 foot
- ☐ Leap/Jump $\geq 120^\circ$ split - (Iso or Series)
- ☐ *Acro VP - Bkwd Acro or any B Acro (see descr above)
- ☐ **Min A Dsmt

Value Parts A (6) 0.1 each

B = A VP credit

C+ (restricted)

0.5 off SV

SV	
Execution	_____
Artistry	/ 3
Dynamics	/ 2
Sureness	/ 2
Footwork	/ 3
Rhythm Throughout	/ 2

 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

BM 6N Warm Up 1:30 Routine Time 1:15	NCAA Adopted Skill Values: Straddle pike/split jmp w a 1/4 turn C	A/B VP & 1 C dance ok C⁺ Acro & D/E restrict	Fall Time 0:45 All mounts = A VP if not in skill chart *Series awarded regardless of # of attempts Up to 1/1 twist allowed in dismount
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Requirements (0.5 Each)

- ☐ Min Full turn - 1 foot
- ☐ Leap/Jump $\geq 150^\circ$ split - (Iso or Series)
- ☐ *Acro series (non flt/direct)
OR 1 flt ele (Iso or Series)
- ☐ **Min A Salto/Aerial Dsmt

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

C+ (when restricted)* 0.5 off SV

SV	
Execution	_____
Artistry	/ 3
Dynamics	/ 2
Sureness	/ 2
Footwork	/ 3
Rhythm Throughout	/ 2

 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

BM PN Warm Up 1:30 Routine Time 1:30	NCAA Adopted Skill Values: Straddle pike/split jump w a 1/4 turn C	A/B VP & C dance ok C+ Acro & D/E restrict	Fall Time 0:45 All mounts = A VP if not in skill chart Series awarded regardless of # of attempts *Note: SR3 may be isolated or in series (Example: Cartwheel and Backward roll fulfills the special requirement.
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Requirements (0.5 Each)

- ☐ Min Full turn - 1 foot
- ☐ Leap/Jump $\geq 150^\circ$ split - (Iso or Series)
- ☐ *2 Acro non-flt VP/1 thru VERT (Iso or in series) **OR** (1) B Acro VP (flight or non-flt) (Iso or Series)
- ☐ Min A Dsmt

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

C+ (when restricted)* 0.5 off SV

SV	
Execution	_____
Artistry	/ 3
Dynamics	/ 2
Sureness	/ 2
Footwork	/ 3
Rhythm Throughout	/ 2

 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

BM 7N Warm Up 1:30 Routine Time 1:15	NCAA Adopted Skill Values: Straddle pike/split jump w a 1/4 turn C	A/B VP & C dance ok C+ Acro & D/E restricted	Fall Time 0:45 All mounts = A VP if not in skill chart Series awarded regardless of # of attempts *SR3 Acro Series may consist of (1) or (2) Acro Flight. Example 1: BWO+BWO and BHS Example 2: FWO, BHS Example 3: BHS, BHS
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Requirements (0.5 Each)

- ☐ Min Full turn 1- foot
- ☐ Leap/Jump $\geq 180^\circ$ split - (Iso or Series)
- ☐ *Acro Series & 1-B flt (flt may be included in series)
- ☐ Min A Salto/Aerial Dsmt

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

C+ (when restricted)* 0.5 off SV

SV	
Execution	_____
Artistry	/ 3
Dynamics	/ 2
Sureness	/ 2
Footwork	/ 3
Rhythm Throughout	/ 2

 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

BM 8N Warm Up 2:00 Routine Time 1:30	NCAA Adopted Skill Values: Straddle pike/split jmp w a 1/4 turn C Salto bwd lay w step-out D	A/B VP , C dance & 1-C Acro ok: BWD Lay step out (D) ok = 1-C acro noted above Add'l C acro & other D/E restricted.	Fall Time 0:45 All mounts = A VP if not in skill chart Series awarded regardless of # of attempts
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Requirements (0.5 Each)

- ☐ Min Full turn - 1 foot
- ☐ Leap/Jump $\geq 180^\circ$ split - (Iso or Series)
- ☐ Acro Series w min 1 flt
- ☐ Min A Salto/Aerial Dsmt

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

C+ (when restricted)* 0.5 off SV

SV	
Execution	_____
Artistry	/ 3
Dynamics	/ 2
Sureness	/ 2
Footwork	/ 3
Rhythm Throughout	/ 2

 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

BM DN Warm Up 2:00 Routine Time 1:30	NCAA Adopted Skill Values Straddle pike/split jump w a 1/4 turn C Ring or Stag-ring leap/jump (rear leg @ head) D Tourjete ¼ E Switch side leap ¼ E Double turn on 1 foot or double wolf turn E Salto fwd take off from 1 or 2 legs to a sit D Salto bwd lay w step-out D Salto 2 ft bwd lay thru vert then pike down to 2 ft D	Dismount NCAA Adopted Skill Values Gainer front lay w 1/1 off side C Salto fwd tucked or lay w 1 1/2 twist (off 2 ft) D Double full twist D Gainer salto tucked or lay w 1 1/2 twist to side D Gainer salto tucked w 1/1 twist off end D Salto fwd lay w 2/1 twist (off two feet) E Gainer salto bwd lay w 2/1 or 2 1/2 twist to side E	Fall Time 0:45 All mounts = A VP if not in skill chart Series awarded regardless of # of attempts *SR3 Acro Series may consist of (1) or (2) Acro Flight. Example 1: BWO+BWO and BHS Example 2: FWO, BHS Example 3: BHS, BHS A/B/C VP , D/E dance, 1 D/E acro ok Add'l D/E acro VP restricted
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Requirements (0.5 Each)

- ☐ Min Full turn - 1 foot
- ☐ Jump/leap series w $\geq 180^\circ$ split
- ☐ Acro Series & 1-B flt (flt may be incl in series)
- ☐ Min A Salto/Aerial Dsmt

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

D+ (when restricted)*

0.5 off SV

SV	
Execution	_____
Artistry	/ 3
Dynamics	/ 2
Sureness	/ 2
Footwork	/ 3
Rhythm Throughout	/ 2

 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

BM 9N Warm Up 2:00 Routine Time 1:30	NCAA Adopted Dance & Acro Skill VP Straddle pike/split jump w 1/4 turn C Ring or Stag-ring leap/jump D Tourjete w 1/4 turn E Switch side leap w 1/4 turn E Double turn on 1 foot E Double Wolf turn E Fwd salto from 1 or 2 legs to a sit D Bwd lay w step-out D Bwd lay thru vert then pike down to 2 ft D	NCAA Adopted Dismounts Skill VP Gainer front lay w 1/1 tw off side C Salto fwd tucked or lay w 1 1/2 twist (off 2 ft) D Double full D Gainer salto tucked or lay w 1 1/2 twist to side D Gainer salto tucked w 1/1 twist off end D Salto fwd lay w 2/1 twist (off two feet) E Gainer bwd lay w 2/1 or 2 1/2 twist to side E Note: One (1) VP MAY fulfill more than one (1) SR	Bonus Acro (ex dsmt): <u>BC^{salto} +1</u> <u>CC +2</u> Acro (triple, mt/dsmt ok): <u>BBC +1</u> <u>BCC +3</u> <i>if triple acro has one C VP (excl dsmt series), receives 0.1 add'l CV</i> Dance/Mix (ex dsmt): <u>BC +1</u> <u>CC +2</u> Turn Only: <u>AC +1</u> Dsmt CV: <u>B^{acro} + C^{dsmt}</u> / <u>C^{dance} + C^{dsmt} +1</u> <i>Note: non flt B acro ok for dismount CV</i>	Bonus Cont'd Front aerial / Lay Step out in BHS series*, treat element as C for CV but award DV *BHS series incl BHS SO, 2ft, Gainer, or Swing down All mounts = A VP if not in skill chart Series awarded regardless of # of attempts A/B/C VP, D/E dance, 2 D acro or 1E & 1D acro ok, Add'l D/E acro VP restricted
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Requirements (0.5 Each)

- ☐ Min Full turn - 1 foot
- ☐ Dance/Mix series, dance $\geq 180^\circ$ split
- ☐ Acro Series w min 2 B flt
- ☐ Dsmt Min B Salto/Aerial or min C Acro - A Salto

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

D+ (when restricted)* 0.5 off SV

CV (max 0.3) _____

DV (max 0.1) _____

SV (9.7 base)	
Execution	_____
Artistry	/ 3
Dynamics	/ 2
Sureness	/ 2
Footwork	/ 3
Rhythm Throughout	/ 2

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

BM 10N Warm Up 2:00 Routine Time 1:30	NCAA Adopted Dance & Acro Skill VP Straddle pike/split jump w 1/4 turn C Ring or Stag-ring leap/jump D Tourjete w 1/4 turn E Switch side leap w 1/4 turn E Double turn on 1 foot E Double Wolf turn E Fwd salto from 1 or 2 legs to a sit D Bwd lay w step-out D Bwd lay thru vert then pike down to 2 ft D	NCAA Adopted Dismounts Skill VP Gainer front lay w 1/1 tw off side C Salto fwd tucked or lay w 1 1/2 twist (off 2 ft) D Double full D Gainer salto tucked or lay w 1 1/2 twist to side D Gainer salto tucked w 1/1 twist off end D Salto fwd lay w 2/1 twist (off two feet) E Gainer bwd lay w 2/1 or 2 1/2 twist to side E Note: One (1) VP MAY fulfill more than one (1) SR	Connection Bonus Acro (ex dsmt): <u>AD +1</u> <u>CC BD +2</u> <u>DD +3</u> Acro (triple, mt/dsmt ok): <u>BBC +1</u> <u>BCC BBD +3</u> <i>if triple acro has one C VP (excl dsmt series), receives 0.1 add'l CV</i> Dance/Mix (ex dsmt): <u>AD BC +1</u> <u>BD CC +2</u> <u>CD DD +3</u> Turn Only: <u>AC +1</u> Dsmt CV: $B^{acro} + C^{dsmt} / C^{dance} + C^{dsmt} + 1$ <i>Note: non flt B acro ok for dismount CV</i>	Bonus Cont'd Front aerial / Lay Step out in BHS series*, treat element as C for CV but award DV *BHS series incl BHS SO, 2ft, Gainer, or Swing down All mounts = A VP if not in skill chart Series awarded regardless of # of attempts Add'l E acro bonus given when: E Acro, +0.70 CV+DV & 10.0 SV achieved
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UTL If no CV in acro series -> add'l D/E acro or E dance req (incl mt/dsmt). D/E acro dir to dsmt will not fulfill UTL. If series completed but CV not awarded due to fall, no UTL taken

Requirements (0.5 Each)

- ☐ Min Full turn - 1 foot
- ☐ Dance/Mix series, dance $\geq 180^\circ$ split
- ☐ Acro Series, min 2 flt w C VP or Group 7 'A'+E' — (May include Mounts)
- ☐ Dsmt Min C Salto/Aerial

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, 10+1 max)	
Execution	_____
UTL	0.1
No Bwd Acro	0.1
No Fwd/Swd Acro	0.1
Artistry	/ 3
Dynamics	/ 2
Sureness	/ 2
Footwork	/ 3
Rhythm Throughout	/ 2

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 # _____

<div><div><div>FX</div><div>1N</div></div><div><div>Warm Up</div><div>0:30</div><div>Max Routine time</div><div>0:45</div></div></div>	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	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) 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)	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
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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

Team _____ Athlete # _____

<div><div><div>FX</div><div>2N/BN</div></div><div><div>Warm Up</div><div>0:30</div><div>MAX Routine time</div><div>0:45</div></div></div>	<div>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</div>	<div>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)</div>	<div>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</div>
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Requirements (0.5 Each)

- ☐ Dance combo ≥ 60° in 1-ele
- ☐ HS - mark 45° from vert or higher, ft close - No hold req'd
- ☐ Min ½ 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

Team _____ Athlete # _____

<div><div>FX</div><div>SN</div><div>Warm Up 0:45 MAX Routine time 1:00</div></div>	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	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)	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
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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

Team _____ Athlete # _____

<div><div><div>FX</div><div>3N</div></div><div><div>Warm Up</div><div>0:45</div><div>MAX Routine time</div><div>1:00</div></div></div>	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	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)	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
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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

Team _____ Athlete # _____

<div><div><div>FX</div><div>4N</div></div><div><div>Warm Up</div><div>1:00</div><div>MAX Routine</div><div>time 1:00</div></div></div>	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	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)	Notes: 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 Arabian salto considered forward salto Salto step out considered same VP as salto landing both feet Round off rebound bwd/fwd roll will NOT fulfill acro SRs A & B VP ok C+ VP restricted (allowable B = 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
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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

Team _____ Athlete # _____

<div><div><div>FX</div><div>GN</div></div><div><div>Warm Up</div><div>1:00</div><div>MAX Routine</div><div>time 1:00</div></div></div>	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	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)	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
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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

Team _____ Athlete # _____

FX 5N Warm Up 1:00 MAX Routine time 1:00	No X Skills allowed A/B VP (B flight & Saltos WITHOUT twist allowable) ok C+ VP & B flight/Saltos with twist restricted (allowable B = A) SR 1 & SR 3 may not be combined SR 2 & SR 4 may not be combined	Notes: 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 Salto step out considered same element as salto landing on both feet
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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 # _____

FX 6N Warm Up 1:30 MAX Routine time 1:15	No X Skills allowed A/B VP & 1-C dance VP ok C acro, add'l C dance VP & D/E VP restricted (allowable C=B) SR 1 & SR 3 may not be combined SR 2 & SR 4 may not be combined	Notes: 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
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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 style="text-align: center;">FX PN</p> <p style="text-align: center;">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>
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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 # _____

<div>FX</div> <div>7N</div> <div>Warm Up 1:30 MAX Routine time 1:30</div>	<div>NCAA Adopted Skill Values:</div> <div>Ring or stag ring jump w full turn D Switch Side 1/2 D</div> <div>SR 1 & SR 3 may not be combined SR 2 & SR 4 may not be combined</div>	<div>Note:s</div> <div>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</div> <div>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</div>
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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

Team _____ Athlete # _____

<div>FX</div> <div>8N</div> <div>Warm Up 2:00 MAX Routine time 1:30</div>	<div>NCAA Adopted Skill Values:</div> <div>Ring or stag ring jump w full turn D Switch Side 1/2 D</div> <div>SR 1 & SR 3 may not be combined SR 2 & SR 4 may not be combined</div>	<div>Notes:</div> <div>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'l C acro & D/E VP restricted (allowable C=B) *Add'l min B Dance SR3 MUST be separate from SR1 Dance Combo</div>
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Requirements (0.5 Each)

- ☐ Dance combo ≥180° in 1-ele
- ☐ Min 3-ele Acro flt pass w min 1-salto
- ☐ *Add'l min B Dance (leap/jump/turn)
- ☐ Add'l 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

Team _____ Athlete # _____

<div>FX DN</div> <div>Warm Up 2:00 MAX Routine time 1:30</div>	NCAA Adopted Skill Values: Ring or stag ring jump w full turn D Switch Side 1/2 D SR 1 & SR 3 may not be combined SR 2 & SR 4 may not be combined	Notes 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 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
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Requirements (0.5 Each)

- ☐ Dance combo ≥180° 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

Team _____ Athlete # _____

<div><div><div>FX</div><div>9N</div><div>Warm Up 2:00 MAX Routine time 1:30</div></div></div>	NCAA Adopted Skill Values: Ring or stag ring jump w full turn D Switch side leap with ½ turn D	Bonus CV Principles (Saltos/Aerials:) Acro Indirect: AC 0.1 BC 0.1 A ^B A ^B C 0.1 CC 0.2 Acro Direct: AC 0.1 BB 0.1 BC 0.2 CC 0.3 Dance/Mixed*: CC 0.1 Turn + jump/hop (2 or 1-ft take off) ok, ex: 2/1 turn + Popa SR 1 & SR 3 may not be combined SR 2 & SR 4 may not be combined	Notes: 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
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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)
- ☐ 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 # _____

<div><div><div>FX</div><div>10N</div><div>Warm Up 2:00 MAX Routine time 1:30</div></div></div>	<p>Bonus CV Principles (Saltos/Aerials) Acro Indirect: <u>AC[±] BC A^BA^BC +1 BD[±] A^BA^BD[±] CC AE +2 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 ¼ 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 <u>*Coach on FX - 0.3 CJ Deduction</u> 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 <u>*Add'l min C Dance SR3 MUST be separate from SR1 Dance Combo</u></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