NCAA BARS – 2026

Record the Number of Elements _____

VALUE PARTS (VP)

-_.__ (-0.1) x _-___ A3
-_.__ (-0.3) x _-___ B3
-_.__ (-0.5) x _-___ C2

-_.__ **Value Parts from 9.4**

SPECIAL REQUIREMENTS (0.2)

-_.__ 2 Bar Changes
-_.__ 2 Flight Elements **(C/D)**
-_.__ C-Turn
-_.__ Dismount – **C → C**

-_.__ **Spec. Requirements from 9.4**

COMPOSITION (MAX. 0.20)

-_.__ 0.1 UTL
-_.__ 0.1 Variety of Elements

-_.__ **Composition from SV**

EXECUTION

-_.__ Fall
-_.__ Execution

-_.__ **Execution from SV**

Script Routine:

CALCULATION

__9.4__ **STARTING SCORE**

+__.___ BONUS (CV or D/E)

__.___ **STARTING SCORE + BONUS**

-__.___ Value Parts
-__.___ Special Requirements

__.___ **START VALUE**

-__.___ Composition
-__.___ Execution

-__.___ **SCORE AVERAGE**

-__.___ Short Exercise(- 2.0 C.J.)
　　　(less than 5 elements)

___.___ **FINAL AVERAGE**