Team _____ Athlete # _____

UB 1N Warm Up 0:30	**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) Cast off to stand (1 VP) 3/4 fwd circle to stand Squat on - jump down (jump off MUST be forward)= 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**

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

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 2N/BN Warm Up 0:30	**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) Cast off to stand (1 VP) 3/4 fwd circle to stand Squat on - jump down (jump off MUST be forward)= 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**

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

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 SN Warm Up 0:45	**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 (X-Skill 802 – Hand must contact HB after 1⁄2 turn is complete, otherwise .10 deduction) Cast off to stand (1 VP) 3/4 fwd circle to stand Squat on - jump down (jump off MUST be forward)= 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**

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

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 3N Warm Up 0:45	**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 (X-Skill 802 – Hand must contact HB after 1/2 turn is complete, otherwise .10 deduction) Cast off to stand (1 VP) 3/4 fwd circle to stand Squat on - jump down (jump off MUST be forward)= 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**

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 (X-Skill 802 – Hand must contact HB after 1/2 turn is complete, otherwise .10 deduction) Cast off to stand (1 VP) 3/4 fwd circle to stand Squat on - jump down (jump off MUST be forward)= 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** **Salto Dsmt allowed, not required**

Requirements (0.5 each)

- ☐ Kip (run-out kip may not be used; single/double leg jam, long hang kip ok)
- ☐ Cast-BHC (MIN 20°⬇️hor)
- ☐ Tap Swing with Counterswing (hips ≥ 45°⬇️ 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'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 (X-Skill 802 – Hand must contact HB after 1/2 turn is complete, otherwise .10 deduction) Cast off to stand (1 VP) 3/4 fwd circle to stand Squat on - jump down (jump off MUST be forward)= 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 ⭕** **Salto Dsmt allowed, not required** **No TWISTING Salto Dismounts** **Extra casts/swings allowed**

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. 32) Cast amplitude: Each cast ⬇️ HOR = 0.1 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 0.3 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 A)** **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**

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

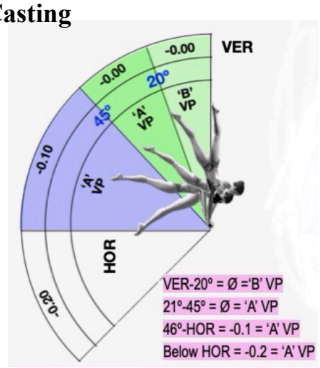
C+ (if restricted) * 0.5 off SV

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**

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 (4) 0.1 each / B (2) 0.3 each
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

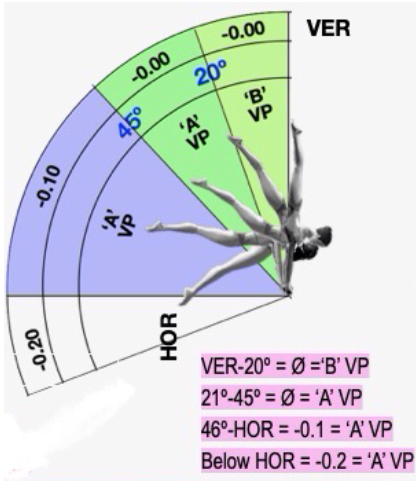
PN
Warm Up
1:30

Clarifications
Cast amplitude: Each cast 46° - Horizontal = 0.10 deduction
Cast 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 each / B (1) 0.3 each
C+ in-bar ⭕HS award as B VP

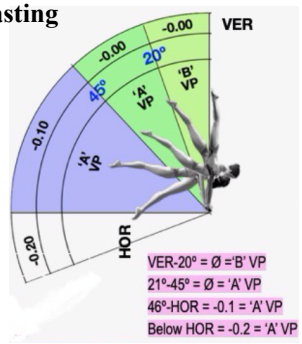
C+ (if restricted) 0.5 off SV

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

Requirements (0.5 each)

- ☐ B 360º In bar Circle VP (Clear / Stalder / Pike Sole)
- ☐ Cast Min 45 degrees ⬆️hor
- ☐ Min 'B' 360° Circle VP
- ☐ Min 'A' HB Salto Dsmt

Value Parts -
A (4) 0.1 each / B (3) 0.3 each
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 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:** • **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**

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 each / B (4) 0.3 each
9.9 SV: Add'l +.10 from any C Value Part.
The C value part can be one of the 4 Bs in the routine. It is NOT in addition to the 4 Bs.

C+ (if restricted) .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

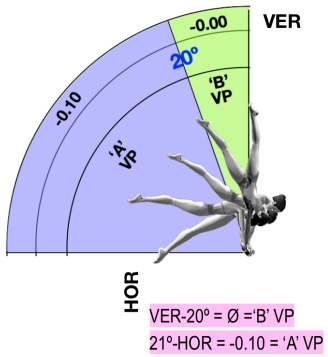
Clarifications
Award VP/SR if > ½ skill completed unassisted before falling

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:
- **D Stalder HS ok (award as B)**

Extra casts/swing deductions YES

Circling skill amplitude deductions apply

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 each / B (2) 0.3 each
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:
- **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)

***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

Value Parts - A (3) 0.1 each
B (4) 0.3 each / C (1) 0.5 each

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 - Single 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

Add'l +.1 bonus given when: E VP, +0.70 CV+DV & 10.0 SV achieved

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 ½ twist dismount **D**
Stalder / 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 dsmt **D,** Front Flyaway 2/1 Twist dsmt **E**
Stalder fwd/bwd to HS w or w/o ½ turn **D**
Stalder fwd/bwd to HS w 1/1 turn **E,**
Shaposhnikova **E**, Chow **E**

***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 each / B (3) 0.3 each
C (2) 0.5 each

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

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 (2 second hold)	**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**

Addtl X skills: Toe flip drop knee sit, Fwd/S relevé 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 (2-second hold)	**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**

Addtl X skills: Toe flip drop knee sit, Fwd/S relevé 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)

- ☐ ½ turn - 1 foot
- ☐ Leap or Jump - No MIN split
- ☐ HS - lead leg min 45° from vert, 2nd leg must leave BM (X Skill Lever may be used)
- ☐ 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 (2-second hold)	**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**

Addtl X Skills: Toe flip drop knee sit, Fwd/Swd relevé 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 (2-second hold)	**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 *Move thru or achieve vert. If HS, no hold req & mark vert w legs joined **B split leaps/jumps ok** **Other B+ restrict**

Addtl X Skills: Toe flip drop knee sit, Fwd/Swd relevé 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 DESCRIPTION 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 (2-second hold)	**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 *Move thru or achieve vert. If HS, no hold req & mark vert w legs joined **B dance & B non-flt acro ok** **Other B^+ restricted**

Addtl X Skills: Toe flip drop knee sit, Fwd/Swd relevé 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) (may include mount)
- ☐ 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 (2-second hold)	**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**

Addtl X Skills: Toe flip drop knee sit, Fwd/Swd relevé 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/may include mounts)
- ☐ 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

Requirements (0.5 each)

- ☐ Min. full turn - 1 foot
- ☐ Leap/Jump ≥120° split - (Iso or Series)
- ☐ *Acro VP - Bkwd Acro or any B Acro (see descr above) (may include mount)
- ☐ **MIN 'A' salto / aerial Dismount

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	Upgraded Skills: Sissone B Downgraded Skills: Straddle ¼ (cross to side / side to cross) B Straddle ½ C	A/B VP & 1 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 **Up to 1/1 twist allowed in dismount

Requirements (0.5 each)

- ☐ Min. full turn - 1 foot
- ☐ Leap/Jump ≥150° split - (Iso or Series)
- ☐ *Acro series (non flt/direct) OR 1 flt ele (Iso or Series) (may include mount)
- ☐ **Min A Salto/Aerial Dsmt

Value Parts A (4) 0.1 each / B (2) 0.3 each

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	Upgraded Skills: Sissone B Downgraded Skills: Straddle ¼ (cross to side / side to cross) B Straddle ½ C	A/B VP & C dance ok One (1) Acro 'C' allowed All other C+ Acro & D/E restricted	**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 fulfill the special requirement.

Requirements (0.5 each)

- ☐ Min Full turn - 1 foot
- ☐ Leap/Jump ≥150° 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 Salto / Aerial Dismount

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

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	Upgraded Skills: Sissone B Downgraded Skills: Straddle ¼ (cross to side / side to cross) B Straddle ½ 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

Requirements (0.5 each)

- ☐ Min. full turn: 1 foot
- ☐ Leap/Jump ≥180° split - (Iso or Series)
- ☐ *Acro Series & 1-B flt (flt may be included in series) (may include mount)
- ☐ Min 'A' Salto/Aerial Dsmt

Value Parts A (4) 0.1 each / B (3) 0.3 each

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	Upgraded Skills: Sissone B Downgraded Skills: Straddle ¼ (cross to side / side to cross) B Straddle ½ C	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 **9.9 Start Value – Additional +.10 from any 'C' Value Part** The C value part can be one of the four (4) Bs in the routine. It is NOT in addition to the four (4) Bs.

Requirements (0.5 each)

- ☐ Min Full turn - 1 foot
- ☐ Leap/Jump Series - Min 2 VP - Min (1) 180° split
- ☐ Acro Series w min 1 flt (may include mount)
- ☐ Min A Salto/Aerial Dsmt

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

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

Upgraded Skills:
Sissone B

Downgraded Skills:
Straddle ¼ (cross to side / side to cross) B
Straddle ½ C

NCAA Adopted Skill Values
Ring or Stag-ring leap/jump (rear leg @ head) **D**
Tour jeté ¼ **E** Switch side leap ¼ **E**
Double turn on 1 foot or double wolf turn **E**

Acro / Dismount NCAA Adopted Skill Values
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**
Gainer front lay w 1/1 off side **C**
Salto fwd tucked or lay w 1 1⁄2 twist (off 2 ft) **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

Requirements (0.5 Each)

- ☐ Min Full turn - 1 foot
- ☐ Leap/Jump Series - Min 2 VP - Min (1) 180° split
- ☐ Acro Series & 1-B flt (flt may be incl. in series) (may include mount)
- ☐ Min A Salto/Aerial Dsmt

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

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

Upgraded Skills:
Sissone B

Downgraded Skills:
Straddle ¼ (cross to side / side to cross) B
Straddle ½ C

NCAA Adopted Dance & Acro Skill VP
Ring or Stag-ring leap/jump **D**
Tour jeté w ¼ turn **E**
Switch side leap w ¼ turn **E**
Double turn on 1 foot **E**
Double Wolf turn **E**

NCAA Adopted Acro / Dismounts Skill VP
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**
Gainer front **lay** w 1/1 tw off side **C**
Salto fwd tucked or lay w 1 1⁄2 twist (off 2 ft) **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**

Bonus
Acro (ex dsmt): BC^{salto} +1 CC +2
Acro (triple, mt/dsmt ok): BBC +1 BCC +3
If triple acro has one C VP (excl dsmt series), receives 0.1 add'l CV

Dance/Mix (ex dsmt): BC +1 CC +2
Turn Only: AC +1

Dsmt CV: B^{acro}+C^{dsmt} / C^{dance}+C^{dsmt} +1
Note: non-flt B acro ok for dismount CV

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

Note: One (1) VP MAY fulfill more than one (1) SR - Requirements (0.5 each)

- ☐ Min. full turn - 1 foot
- ☐ Dance/Mix series, dance ≥180° split
- ☐ Acro Series w min 2 B flt (May include Mounts)
- ☐ 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

Upgraded Skills:
Sissone B

Downgraded Skills:
Straddle ¼ (cross to side / side to cross) B
Straddle ½ C

NCAA Adopted Dance & Acro Skill VP
Ring or Stag-ring leap/jump **D**
Tour jeté w ¼ turn **E**
Switch side leap w ¼ turn **E**
Double turn on 1 foot **E**
Double Wolf turn **E**

NCAA Adopted Acro/Dismounts Skill VP
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**
Gainer front lay w 1/1 tw off side **C**
Salto fwd tucked or lay w 1 1⁄2 twist (off 2 ft) **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**

Connection Bonus
Acro (ex dsmt): AD +1 CC BD +2 DD +3
Acro (triple, mt/dsmt ok): BBC +1 BCC BBD +3
If triple acro has one C VP (excl dsmt series), receives 0.1 add'l CV

Dance/Mix (ex dsmt): AD BC +1 BD CC +2 CD DD +3
Turn Only: AC +1

Dsmt CV: $B^{acro}+C^{dsmt}$ / $C^{dance}+C^{dsmt}$ **+1**
Note: non-flt B acro ok for dismount CV

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

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

Note: One (1) VP MAY fulfill more than one (1) SR - Requirements (0.5 each)

- ☐ Min. full turn - 1 foot
- ☐ Dance/Mix series, dance ≥180° 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 # _____

FX 1N Warm Up 0:30 Max Routine time: 0:45	**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	**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** **SR 1 & SR 3 may not be combined** **SR 2 & SR 4 may not be combined**

Requirements (0.5 each)

- ☐ Dance combo (2 jumps/leaps- no min split)
- ☐ Bwd Roll or Candlestick (2 sec hold 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 # _____

FX 2N/BN Warm Up 0:30 MAX Routine time 0:45	**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	**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 an 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 skills (no saltos or aerials)** **B VP & Saltos/Aerials restricted** **SR 1 & SR 3 may not be combined** **SR 2 & SR 4 may not be combined**

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
- ☐ One (1) Acro element - Cartwheel or Round Off (isolated 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 # _____

FX SN Warm Up 0:45 MAX Routine time 1:00 :45 (strongly encouraged 2026-2027 season, required 2027-2028 season)	**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	**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 an 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**

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 # _____

FX 3N Warm Up 0:45 MAX Routine time 1:00	**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	**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 an 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** **SR 1 & SR 3 may not be combined** **SR 2 & SR 4 may not be combined**

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 # _____

FX 4N Warm Up 1:00 MAX Routine time: 1:00	**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	**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:** 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)** **SR 1 & SR 3 may not be combined** **SR 2 & SR 4 may not be combined**

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 # _____

FX GN Warm Up 1:00 MAX Routine time: 1:00	**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	**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:** 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)**

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 # _____

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

Requirements (0.5 each)

- ☐ Dance combo ≥120° 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

Requirements (0.5 each)

- ☐ Dance combo ≥150° 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 (4) 0.1 each / B (2) 0.3 each

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 # _____

FX
PN

Warm Up
1:30
MAX Routine time: 1:30
1:15 (strongly encouraged 2026-2027 season, required 2027-2028 season)

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, 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
1 C acro allowed
All other C & D/E VP restricted (allowable C=B)
***Add'l min B Dance SR3 MUST be separate from SR1 Dance Combo**

Requirements (0.5 each)

- ☐ Dance combo ≥150° 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

VPs A (6) 0.1 each / B (1) 0.3 each

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 # _____

FX 7N Warm Up 1:30 MAX Routine time: 1:30	**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, 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**

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

VPs A (4) 0.1 each / B (3) 0.3 each

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 # _____

FX

8N

Warm Up
2:00
MAX Routine time: 1:30

9.9 Start Value – Additional +.10 from any C Value Part
The C value part can be one of the four (4) Bs in the routine. It is NOT in addition to the four (4) Bs.

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, direct or indirect
Max two 8" used on FX, one per pass
Salto step out considered same element as salto landing on both feet
*Coach on FX - 0.3 CJ Deduction
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**

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

VPs A (4) 0.1 each / B (4) 0.3 each

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 # _____

FX DN Warm Up 2:00 MAX Routine time: 1:30	**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 *Coach on FX - 0.3 CJ Deduction 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**

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

VPs A (5) 0.1 each / B (2) 0.3 each

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 # _____

FX

9N

Warm Up
2:00
MAX Routine time
1:30

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^BA^BC **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 takeoff) 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
*Coach on FX - 0.3 CJ Deduction
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**

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 each / B (4) 0.3 each / C (1) 0.5 each

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 # _____

FX
10N

Warm Up 2:00
MAX Routine time 1:30

Bonus CV Principles (Saltos/Aerials)
Acro Indirect:
AC$^{\pm}$ BC A^{B}A^{B}C **+1** BD$^{\pm}$ A^{B}A^{B}D$^{\pm}$ CC AE **+2** CD$^{\pm}$ **0.3**
Acro Direct:
AC **0.1** BB **0.1** AAC **0.1** AAD **0.2** A^{B}D^{+} **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 takeoff) ok, ex: 2/1 turn + Popa

Last Pass Add'l 0.1 DV→ Dbl flipping salto OR 'E' Acro

UTL (3 pass routine) must have ALL:
- ☐ 1-E VP (acro/dance ok) **OR** 2 dif D (1 acro)
- ☐ Acro dsmt w either min C salto w CV **OR** D/E salto

UTL (2 pass routine): #1-2 from above AND
- ☐ min D acro in one pass, min D or 0.2 CV in 2nd

1-acro pass routine would not meet the UTL requirement

SR 1 & SR 3 may not be combined
SR 2 & SR 4 may not be combined

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**

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 each

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