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

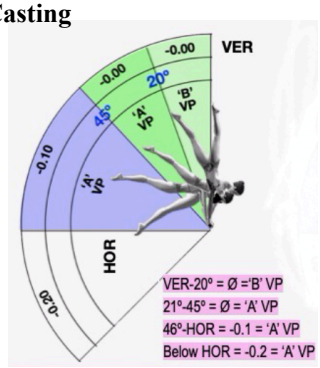
C+ (if restricted) * 0.5 off SV

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

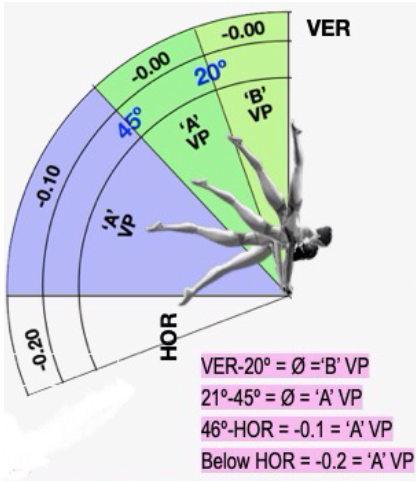
PN
Warm Up
1:30

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

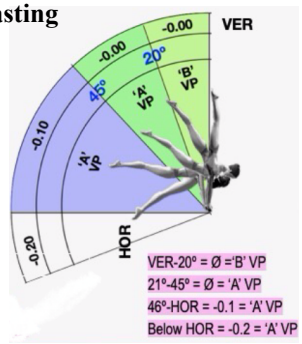
C+ (if restricted) 0.5 off SV

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

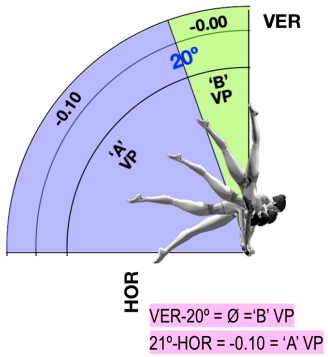
Clarifications
Award VP/SR if > ½ skill completed unassisted before falling

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