# BARS NCAA

Range: 9.80 – 10.00 = .10 (post season =.20); 9.775 – 9.50 = .20; 9.00 – 9.475 = .30; 8.00 – 8.975 = .50; Below 8.00 = 1.00

**SR (.20)**
Two bar changes (2 VP & 1 VP)
Two dif flights: min 1D, 1C (not dsmt)
Min C LA turn (not mt/dsmt)
C Dismount preceded by C OR D/E

**NCAA Value Part**

| | |
|---|---|
| 1½ pirouette (any stem) | E |
| Healy (any stem) | D |
| Uprise ! HB with ½ turn | D |
| Back Stalder w/ or w/o ½ turn | D |
| Shaposh and Chow | E |
| Clear front tuck ½ | D |
| Flyaway 2/1 twist | D |
| Front Flyaway 1 ½ twist | D |
| Front Flyaway 2/1 twist | E |
| Double Tuck Flyaway ½ twist | E |

**BONUS**
CC = .10 with flight/turn
CC = .10 two dif 3/6/7 no F/T req'd
CD = .10
DD = .20*

| | | |
|---|---|---|
| Maloney–Pak | .00 CV | .20 DV |
| Maloney – Overshoot | .00 CV | .10 DV |
| Maloney–Overshoot ! | .00 CV | .20 DV |

**D/E release + C 3-6-7 to HS = .20**

LB-HB:

HB-LB:

**Structure Deductions**

| | |
|---|---|
| >1 squat (except fall) | .10 each |
| Uncharacteristic | .10 each |
| ¾ giant forward | .10 each |

**9.20 – VP/SR (.20)** _____
3A (10); 3B (30); 2C (50)

**CV**_____

**D**_____
*Single bar D = +.10 DV*
**E**_____ _____
*Any E release = +.10 DV* **Max .60**

**CC RELEASE (.10)** _____
1 D single bar release **or**
1 E release **or**
2 D releases

**CC DSMT (.10)** _____
D/E or D/E + C (.10)

**SV** _____

**Start Value** _____
Execution _____
Structure _____
Dynamics ^.20 _____
**Total Deducts** _____
**J1 Score** _____
**J2 Score** _____
**Average**



# BEAM NCAA

Range: 9.80 – 10.00 = .10 (post season =.20); 9.775 – 9.50 = .20; 9.00 – 9.475 = .30; 8.00 – 8.975 = .50; Below 8.00 = 1.00

| NCAA Value Parts | DV | CV | +1 CV | Bonus | SR .20 | Score |
|---|---|---|---|---|---|---|
| **D** Ring leap/jump (stag ok) | | | | **Acro Flight** | Acro series min 1 C; or Grp 7 A + E (mt ok)# | 9.20 - VP/SR (.20) _____ |
| **E** Tour Jete 1/4 | | | | B + C salto No Bonus | C dance/dance or C dance/acro series # | 3A (10); 3B (30); 2C (50) |
| **E** Switch Side leap 1/4 | | | | B + D/E* .20 not dismt | 180 ° leap/jump | |
| **E** Double turn | | | | C/D + C/D .20 | 360 ° turn-no hand support permitted | CV _____ |
| **E** Wolf 2/1 or 2 1/2 | | | | BBC* .10 | C dsmt | |
| | | | | BCC .20 | # can't be connected to dsmt | D/E _____ |
| **D** Tuck Front fr 1 or 2 leg to sit | | | | B +B/C + D .20 | | .60 max |
| **D** Back LOSO | | | | 3 acro w/ 1 C .10 additional CV not dsmt | **CC DANCE (.10) if min .20 TB #** _____ | **CC (.20)** |
| **D** Salto layout pike down | | | | | D/E dance element (mt/mt connects OK) **or** | |
| | | | | *BHS-LO stretched then pike = .10 CV | CV Dance/Dance or Dance/Acro** **or** | **Start Value** |
| **D** Rudi tuck/layout | | | | see chart for other exceptions | Combination of .10 DV and .10 CV | |
| **D** Gainer 1.5 to side (tuck/LO) | | | | | # can't be connected to dsmt | **Execution** |
| **D** Gainer tuck 1/1 end | | | | **Dance/Mixed** | may be performed in two separate connections | |
| **E** Front 2/1 dismount (off 2 feet) | | | | A + D .10 B/C + D .20 | | **Structure** |
| **E** Gainer 2/1 or 2 1/2 to side | | | | B + C .10 C + C same/dif. .20 | **CC ACRO (.10) #** _____ | |
| | | | | | Acro flight series w/CV (able to fulfill SR) **or** | **Artistry** |
| **Structure Deductions** | | | | **Turns** AC and CA .10 | D/E acro separate from SR series (broken ok): | |
| No back; no front/side acro .10 ea | | | | | mt/dsmt ok | **Total Deducts** |
| Choreography F/S/B .05 | | | | **Dismount Bonus .10 CV** | D/E direct to dsmt does not count for CC | |
| Level change/spatial use .05 ea | | | | B acro + C dsmt | # can't be connected to dsmt | **Score** |
| | | | | C Dance + C dsmt | ** D acro in CC Dance series also ok for CC acro | |

CP (20)_____ CB/S (10)_____ CF(10)_____ CD(20)_____ RT (20)_____ Sure (20)_____ BP(30)_____ FW (30)_____

| | |
|---|---|
| Switch side w/ 1/2 or 3/4 | D |
| Ring/stag ring 1/1 | D |
| Front salto pike | A |

# Floor NCAA

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**SR (.20)** Acro pass min 2 saltos (same/dif) **OR**
2 directly connected saltos
Three different saltos
Min of 2 acro passes-2 different diagonals
Dance Passage
Last pass C in CV combo OR D/E salto

| **BONUS** | **0.1** | **0.2** | **0.30** |
|---|---|---|---|
| **Indirect** | BC | CC | |
| **Acro** | A/B +A/B+ C | AAD | |
| | AD | AE | |
| | | B+D/E | C +D/E |
| **Direct** | AC | BC | CC |
| **Acro** | BB **(2 dif)** | A/B + D/E | |
| | AAC | A+ A +D/ E | |

**Dance/Mix** B + D/E C + D/E
CC (same/dif)
D/E salto + A /B jump
Turn/jump ok (2 ft take off) Jump/turn ok 1 or 2 ft

**Last Pass DV (except Rudi in both 2 & 3 pass)**
2-pass: +.10 any D/E acro in direct/indirect combo
3-pass: +.10 any D/E acro performed

**9.20 – VP/SR (.20)** _____
3A (10); 3B (30); 2 C (50)

**CV**_____

**D/E** _____ _____
**.60 max**

**CC DANCE (.10)** _____
D/E Dance element OR
+.10 CV dance/dance combination

**CC 2-ACRO pass routine (.10)** _____
1 E acro OR
1 D acro in both passes OR
1 D acro in one pass and +.30 CV in other pass with an additional D **dance** element

**CC 3-ACRO pass routine (.10)** _____
1 E acro OR
2 different D elements, 1 must be acro

**Start Value** _____

**Execution** _____

**Structure** _____
Back and front/side acro (.10 ea)
Spatial use of floor (.05)

**Artistry** _____

**Total Deduct** _____

**J1 Score** _____

**J2 Score** _____

**Average**

CC(15) ___ CF(15)____ CV(10)____ CD(20)____ MM (20)_____ EE (20)_____ BP(30)____ FW(30)_____

**Diagonal**