

FLOOR ROUTINE REQUIREMENTS

| | |
|-------------|---------------------------|
| 4.2 | EXECUTION |
| 3.0 | DIFFICULTY |
| 1.0 | EVENT REQUIREMENTS |
| 1.0 | COMPOSITION |
| 0.8 | BONUS |
| 10.0 | |

EXECUTION:
FORM— it's really that simple, and it's most valuable.
Tightness, cleanness, technique, pointed toes, power, height, posture, elegance, sticking it!!

DIFFICULTY:

| | |
|---------------|---|
| 1.2pts | 4: Mediums (M) – 0.3pts each |
| 1.5pts | 3: Superiors (S) – 0.5pts ea. |
| 0.3pts | 1: High Superior (HS) or Adv. High Superior (AHS) – 0.3pts ea. |
| 3.0pts | 8+ Skills: Must have all difficulty levels, M, S, & HS/AHS |

EVENT REQ. (0.20 each x 5 = 1.0 pt):

Acro

- Three tumbling passes with 2+ connected elements
- Superior acro element in last pass
- Twisting flip (at least ½ twist)

Dance

- One foot turn that is Superior+ difficulty
- A pass with 2+ different leap/jumps (including one leap and a superior leap/jump), connected directly or with chasse.

COMPOSITION:

Variety and creativity in your routine. You can be deducted **0.15 to 1.0 pt**. *The more basic, repetitive, and uncreative the routine = higher deduction.*

| | | |
|---------------|---------------|--|
| 0.05 - | 0.15 | Acro variety – non-flight + flight + flipping (salto) + flipping/twisting |
| 0.05 - | 0.15 | Dance variety – different shapes + twisting (jump/turns) |
| 0.10 - | 0.70 | Creativity <ul style="list-style-type: none"> - Balance acro + dance skills - Use different levels + directions(back/forward/sideways) - Balance difficulty (start easy, build up) - Different connections - Creative expression – perform it like you mean it, own it. |
| 0.15 - | 1.0 pt | |

BONUS:

You can add up to **0.8 pts** to your routine score for adding any or all of the following bonus opportunities to your routine.

| | | |
|--------------|----------------|---|
| 0.20 - | 0.40 | 0.20 for 1 AHS (no fall/spot) 0.40 for 2 AHS (no fall/spot) |
| | 0.20 | 0.20 for 1 high level back to back superior (HS+HS, HS+AHS, etc.) |
| 0.10 - | 0.20 | <i>can only earn 0.2 from any one of these:</i> <ul style="list-style-type: none"> - 0.10 each (2 = 0.2) for low level back to back superiors (S+S, S+HS, S+AHS), can be same or different - 0.20 for a 2nd high level back to back superior, can be same or different - 0.20 for a 3rd different AHS (no fall/spot) |
| 0.0 - | 0.8 pts | |

FLOOR SKILLS LIST WITH DIFFICULTY LEVELS

| | <i>Medium</i> | <i>Superiors</i> | <i>High Superiors</i> | <i>Advanced High Superiors</i> |
|----------------------|---|---|--|---|
| Jumps/Leaps | <ul style="list-style-type: none"> - Tuck, tuck ½, Cat leap, cat leap 1/2 - Wolf, Pike to 90° - Jump 1/1 (full) - Split/stag leap/jump to 180° - Side leap to 135° - Switch leap to 135° - Hitchkick - Sissone 180°, tour jete 135° - Ring jump/leap to hip height - Sheep jump to hip height | <ul style="list-style-type: none"> - Tuck 1/1, Cat leap 1/1 - Wolf ½, Pike 90° ½ - Straight jump 1.5 - Split leap/jump 180° + 1/2 - Stag leap/jump 1/1 - Side leap 180° - Schuschunova, Schuschunova 1/2 - Switch leap 180° - Tour jete 180° - Ring jump/leap to head height - Sheep jump to head height | <ul style="list-style-type: none"> - Tuck 1.5 - Cat leap 1.5 - Wolf 1/1 - Pike 90° 1/1 - Jump 2/1 (2 full turns in jump) - Split leap 180° + 1/1 - Side leap 180° + 1/1 - Schuschunova 1/1 - Switch leap 180° + 1/2 - Tour jete 135° + 1/2 | <ul style="list-style-type: none"> - Tuck 2/1 (2 full turns in jump) - Cat leap 2/1 - Wolf 1.5 - Pike 90° 1.5 - Jump 3/1 (3 full turns in jump) - Split leap 180° + 1.5 - Side leap 180° + 1.5 |
| Turns | <ul style="list-style-type: none"> - 1/1 (Full) turn - 1/2 illusion turn | <ul style="list-style-type: none"> - 1.5 turn - 1/1 turn w/ leg horizontal or above - 1/1 turn holding leg straight to 180° with hand - 1/1 illusion turn - 1/1 turn in tuck stand | <ul style="list-style-type: none"> - 2/1 turn (double) - 1.5 turn w/ leg horizontal or above - 1.5 turn holding leg straight to 180° with hand - 1.5 illusion turn - 1.5 turn in tuck stand | <ul style="list-style-type: none"> - 3/1 turn - 2/1 turn w/ leg horizontal or above - 2/1 turn holding leg straight to 180° with hand - 2/1 illusion turn - 2/1 turn in tuck stand |
| Handstands | <ul style="list-style-type: none"> - 1/2 pirouette | <ul style="list-style-type: none"> - 1/1 pirouette | <ul style="list-style-type: none"> - 2+ pirouette | - |
| Rolls | <ul style="list-style-type: none"> - Front/back roll, dive roll - Handstand front roll - Back roll to handstand, back roll to handstand with 1/2 pirouette | <ul style="list-style-type: none"> - From backward takeoff—1/2 twist into 180° dive roll - Back roll to handstand w/ 1/1 or 1.5 pirouette | <ul style="list-style-type: none"> - From stretch jump —1/1 twist into 180° dive roll - Back roll to handstand w/ 2+ pirouette | - |
| Cartwheels/Walkovers | <ul style="list-style-type: none"> - Front/Back walk over - Valdez (back walk over from tuck sit) - Cartwheels & roundoff | <ul style="list-style-type: none"> - Valdez to 1/1 pirouette | - | - |
| Handsprings | <ul style="list-style-type: none"> - Front/back handspring - Fly spring to 1 ft landing | <ul style="list-style-type: none"> - Connected front/back handsprings (series) - Fly spring to 2 ft landing - Back handspring with 1/2 twist off hands | <ul style="list-style-type: none"> - Front handspring w/ 1/1 twist, onto or off of hands - Back handspring w/ 1/1 twist onto hands | - |
| Aerials | <ul style="list-style-type: none"> - Front aerial to sit - Kick over front tuck to sit | <ul style="list-style-type: none"> - Cartwheel/roundoff aerial - Front aerial | - | - |
| Flips | - | <ul style="list-style-type: none"> - Front/back tuck - Front/back tuck 1/2 twist - Front/back pike - Front/back pike 1/2 twist - Back layout - Back layout 1/2 twist | <ul style="list-style-type: none"> - Front layout - Front layout 1/2 twist - Back flip (tuck/pike/stretched) w/ 1/1 twist | <ul style="list-style-type: none"> - Front flip (tuck/pike/stretched) w/ 1/1 twist - Double front tuck - Back flip (tuck/pike/stretched) w/ 1.5 twist - Double back tuck |

BEAM ROUTINE REQUIREMENTS

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| 1.0 | EVENT REQUIREMENTS |
| 1.0 | COMPOSITION |
| 0.8 | BONUS |
| 10.0 | |

EXECUTION:

FORM— it's really that simple, and it's most valuable.
Tightness, cleanness, technique, pointed toes, power, height, posture, elegance, sticking it!!

DIFFICULTY:

| | |
|--------|---|
| 1.2pts | 4: Mediums (M) – 0.3pts each |
| 1.5pts | 3: Superiors (S) – 0.5pts ea. |
| 0.3pts | 1: High Superior (HS) or Adv. High Superior (AHS) – 0.3pts ea. |
| 3.0pts | 8+ Skills: Must have all difficulty levels, M, S, & HS/AHS |

EVENT REQ. (0.20 each x 5 = 1.0 pt):

1. 360°+ turn on 1 foot
2. 1 acro flight element finished on the beam
3. 1 acro series of difficulty (2 connected tumbling elements, finished on the beam)
4. Superior+ Dismount
5. Dance series of difficulty (connected jumps/leaps) – cannot include balance skill or body wave.

COMPOSITION:

Variety and creativity in your routine. You can be **deducted 0.15 to 1.0 pt.** *The more basic, repetitive, and uncreative the routine = higher deduction.*

| | | |
|--------|--------|---|
| 0.05 - | 0.15 | Acro variety – non-flight + flight + connected series |
| 0.05 - | 0.15 | Dance variety – different shapes + twisting (jump/turns) |
| 0.10 - | 0.70 | Creativity <ul style="list-style-type: none"> - Balance acro + dance skills - Use different levels + directions (back/forward/sideways) - Balance difficulty (start easy, build up) - Different connections (no more than 2 straight leg pivot turns. - Creative expression – perform it like you mean it, own it. |
| 0.15 - | 1.0 pt | |

BONUS:

You can add **up to 0.8 pts to your routine score** for adding any or all of the following bonus opportunities to your routine.

| | | |
|--------|---------|---|
| 0.20 - | 0.40 | 0.20 for 1 AHS (no fall/spot) 0.40 for 2 AHS (no fall/spot) |
| | 0.20 | 0.20 for 1 high level back to back superior (HS+HS, HS+AHS, etc.) |
| 0.10 - | 0.20 | <i>can only earn 0.2 from any one of these:</i> <ul style="list-style-type: none"> - 0.10 each (2 = 0.2) for low level back to back superiors (S+S, S+HS, S+AHS), can be same or different - 0.20 for a 2nd high level back to back superior, can be same or different - 0.20 for a 3rd different AHS (no fall/spot) |
| 0.0 - | 0.8 pts | |

Name: _____

BEAM SKILLS LIST WITH DIFFICULTY LEVELS

| | <i>Medium</i> | <i>Superiors</i> | <i>High Superiors</i> | <i>Advanced High Superiors</i> |
|----------------------|--|---|---|---|
| Jumps/Leaps | <ul style="list-style-type: none"> - Tuck - Cat leap - Straight jump, straight 1/2 - Split/stag leap/jump to 135° - Hitchkick - Sissone 135° | <ul style="list-style-type: none"> - Tuck 1/2, Cat leap 1/2 - Wolf, Pike 90° - Straight jump 3/4 - Split/stag leap/jump 180° - Side/switch leap 135° - Sissone 180° - Ring leap/jump to hip height - Sheep jump to hip height | <ul style="list-style-type: none"> - Tuck ¾ - Cat leap 1/1 - Wolf 1/2, Pike 90° 1/2 - Straight jump 1/1 - Straddle jump from cross - Split/stag leap 180° w/ 1/2 - Side/switch leap 180° - Tour jete 135° | <ul style="list-style-type: none"> - Tuck 1/1 - Cat leap 1.5 - Wolf 3/4, Pike 90° 3/4 - Straight jump 1.5 - Straddle jump from side - Straddle w/ 1/2 - Tour jete 180° - Ring leap/jump to head height - Sheep jump to head height |
| Turns | <ul style="list-style-type: none"> - 1/1 (Full) turn | <ul style="list-style-type: none"> - 1.5 turn - 1/1 turn w/ hand holding leg between horizontal and 45° above horizontal - 1/1 turn w/ leg between horizontal and 45° below horizontal - 1/1 turn in tuck stand | <ul style="list-style-type: none"> - 1.5 turn w/ hand holding leg 45° above horizontal or higher - 1/1 turn w/ leg at or above horizontal - 1/2 illusion turn, one hand can briefly touch beam - 1.5 turn in tuck stand | <ul style="list-style-type: none"> - 2/2 turn - 1.5 turn w/ leg at or above horizontal - 1/1 illusion turn, one hand can briefly touch beam - 2/1 turn in tuck stand |
| Scales | <ul style="list-style-type: none"> - Straight leg above 90°, front/side/behind - Needle scale to 180°, hands touch beam | <ul style="list-style-type: none"> - Hold free leg to 180° | <ul style="list-style-type: none"> - Leg to 180°, no hand support | - |
| Handstands/Rolls | <ul style="list-style-type: none"> - Handstand/side handstand - Front/back roll w/ hands on beam | <ul style="list-style-type: none"> - Back walkover to handstand, descend to straddle support - Handstand 1/2 pirouette - Front roll w/out hands - Dive roll - Handstand front roll | <ul style="list-style-type: none"> - 1 arm handstand - Handstand 1/1 pirouette - Back roll to handstand | - |
| Cartwheels/Walkovers | <ul style="list-style-type: none"> - Back walk over - Cartwheel - Cartwheel 1 arm, cartwheel on forearms | <ul style="list-style-type: none"> - Front walkover - Front walkover tic – toc - Connected back walkovers - Valdez - Dive cartwheel/round-off | <ul style="list-style-type: none"> - Front walkover from side position on beam - Front walkover w/one arm - Valdez with 1/1 pirouette | <ul style="list-style-type: none"> - Jump 1/2 twist into front walkover - Aerial |
| Handsprings/Flips | - | <ul style="list-style-type: none"> - Back handspring, 2 ft or step out | <ul style="list-style-type: none"> - Front handspring - 1 arm back handspring - Back handspring with 1/4 twist to side handstand - Front aerial/front tuck to sit | <ul style="list-style-type: none"> - Back handspring with 3/4 to 1/1 twist - Front/back tuck 2ft landing on beam |
| Dismounts | - | <ul style="list-style-type: none"> - Cartwheel 1+1/4 twist after hands - Handspring 1/1 after hands - Front/Round off aerial - Front tuck/pike - Back tuck/pike/layout - Gainer back tuck to side of beam | <ul style="list-style-type: none"> - Cartwheel 1+3/4 twist after hands - Handspring 1.5 after hands - Front aerial 1/1 - Round off aerial 1/2 - Front layout, front layout 1/2 - Back tuck/pike/layout 1/2 | <ul style="list-style-type: none"> - Cartwheel 1/4 turn on hands and block to back tuck - Front aerial 1.5 - Round off aerial 1/1 - Front tuck/pike 1/1 - Back tuck/pike/layout 1/1 - Double front/back tuck |

BARS ROUTINE REQUIREMENTS

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| 4.2 | EXECUTION |
| 3.0 | DIFFICULTY |
| 1.0 | EVENT REQUIREMENTS |
| 1.0 | COMPOSITION |
| 0.8 | BONUS |
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EXECUTION:

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DIFFICULTY:

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| 1.2pts | 4: Mediums (M) – 0.3pts each |
| 1.5pts | 3: Superiors (S) – 0.5pts ea. |
| 0.3pts | 1: High Superior (HS) or Adv. High Superior (AHS) – 0.3pts ea. |
| 3.0pts | 8+ Skills: Must have all difficulty levels, M, S, & HS/AHS |

- EVENT REQ. (0.20 each x 5 = 1.0 pt):**
- 1 superior release/flight skill (not in dismount)
 - 1 change of direction (not in mount/dismount)
 - Kip
 - Element that passes through a vertical stretch position or within 20° of vertical
 - Superior dismount

COMPOSITION:

Variety and creativity in your routine. You can be deducted **0.0 to 1.0 pt**. *The more basic, repetitive, and uncreative the routine = higher deduction.*

| | | |
|--------|--------|---|
| | 0.05 | <i>Missing both forward and backward circling elements</i> |
| | 0.05 | <i>Overuse of same connection low bar <-> high bar</i> |
| 0.0 - | 0.30 | Choice of elements: Routine with 10-12 skills, mostly advanced, gets smallest deduction vs routine with 5-6 basic skills gets closer to 0.30 deduction |
| 0.10 - | 0.60 | Creativity <ul style="list-style-type: none"> - Use a variety of skills - Use different levels + directions (back/forward/sideways) - Balance difficulty (start easy, build up) - Different connections and creative combinations |
| 0.0 - | 1.0 pt | |

BONUS:

You can add up to **0.8 pts** to your routine score for adding any or all of the following bonus opportunities to your routine.

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| 0.0 - | 0.8 pts | |

BARS SKILLS LISTS

Name: _____

BARS COMMON SKILLS W/ DIFFICULTY LEVELS

- Kip, switch kip (M)
- Back/front/mil circle (M)
- Squat on (M)
- Long hang pull over (M)
- Basket swing (M)
- Clear hip- must be to 45° horizontal (S)
- Straddle cut to kip (S)
- Long hang kip (S)
- High bar hang, release and drop to low bar kip (S)
- Fly away dismount (S)
- Cast handstand (S)
- Jump 1/1 twist to catch either bar (S)
- Counter-swing on high bar to release and straddle over low bar (S)
- Counter-swing on high bar to release and pike over low bar (HS)
- Back up-rise (HS)
- Clear hip to handstand (HS)

VAULT

- When vaulting you can be deducted during the entirety of your vault as soon as you begin to run.
- Judges specifically look at your **flight onto the table, block on the table, and flight off the table.**
- Your score is determined by the starting value of your vault, minus any deductions made by the judge. The more twisting in a vault, the higher the starting value.

COMMON VAULTS W/ STARTING VALUES:

| | |
|-----|--|
| 8.6 | - Front handspring - 1/2 on, block off - 1/4 on -> 1/4 off |
| 8.8 | - Handspring 1/2 off |
| 9.0 | - 1/2 on -> 1/2 off |
| 9.4 | - Handspring 1/1 off - 1/2 on -> 1/1 off |
| 9.6 | - Handspring 1.5 off - 1/1 on -> 1/2 off - 1/2 on -> 1.5 off -Tsukahara |