

## ~ 2012 NCAA REVIEW/CHANGES ~

### UNEVEN BARS: ELEMENT VALUES DIFFERENT FROM LEVEL 1

Number	Technique Clarification	Value
2.303	Uprise backward to handstand on HB with ½ turn	D
<u>All elements that include a 1/1 (360 degree) turn completed on one arm after handstand phase in the descent phase (Healy technique)</u>		
2.301	Cast Healy	D
2.303	Uprise Healy	D
3.305	Clear Hip Healy	D
4.303	Back Giant Healy	D
5.302	Front Giant Healy	D
7.308	Front Sole Circle Healy	D
7.309	Back Sole Circle Healy	D
<u>Value of the Stalder</u>		
	– Stalder (forward or backward), straddled or in-bar, to handstand with or without a ½ turn	D
	– Stalder (forward or backward), straddled or in-bar, to handstand with a 1/1 turn	E
	1 ½ pirouette (turn is in handstand, not a Healy)	E

### BALANCE BEAM:

Choice of ACRO ELEMENTS NOT up to the COMPETITIVE LEVEL.....**flat .10**

**NEW definition for Choice of Elements** “up to the competitive level” will now be defined by the following basic standards:

– If a flight series is performed on the beam WITHOUT Connection Value (**consider only those skills performed on the beam**), then an additional D acro element, **including mounts and dismounts**, is required.

**Example:**

**BHS, LO, LO full dismount (B-D-B) DOES NOT meet up to the level unless an additional D element is performed.**

**BH,S BHS, LO, LO full dismount (B-B-D-B) DOES meet up to the level and no additional D element is required.**

ELEMENT VALUES DIFFERENT FROM LEVEL 10.

Number	Group	Technique Clarification	Value
2.307	Leaps, Jumps and Hops	Ring or Stag-ring leap or jump (rear leg at head height)	D
7.412	Walkovers, Cartwheels, etc	Full twisting BHS swingdown	E
8.301	Saltos	Salto forward take off from one leg to a sit	D
8.304	Saltos	Salto backward stretched with step-out	D
9.202	Dismount	From a stand on one leg -- swing free leg backward to front salto <u>STRETCHED</u> with 1/1 twist off side or end of beam	C B (tucked)
<b>9.304</b>	<b>Dismount</b>	<b>Salto forward tucked or stretched with a 1 ½ twist (off two feet)</b>	<b>D</b>
<b>9.308</b>	<b>Dismount</b>	<b>Gainer salto stretched with 1 ½ twist to side of beam</b>	<b>D</b>
9.309	Dismount	Gainer salto tucked with 1/1 twist off end of beam	D
<b>9.404</b>	<b>Dismount</b>	<b>Salto forward stretched with 2/1 twist (off two feet)</b>	<b>E</b>
<b>9.406</b>	<b>Dismount</b>	<b>Salto backward stretched with 2 ½ twist</b>	<b>E</b>
<b>9.408</b>	<b>Dismount</b>	<b>Gainer salto backward stretched with 2/1 or 2 ½ twist to side of beam</b>	<b>E</b>
	Dismount	Salto backward stretched through vertical and then pike down, with legs together	D

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### BEAM - CONNECTION VALUE EXCEPTIONS

Principles for awarding connection value bonus on beam:

Bonus principles will not apply in the case of a B dismount. (In order for a dismount to add connection value to an acro series, the dismount must be a C value).

### FLOOR EXERCISE

#### CONNECTION BONUS

1. Turn + Jump – a turn on one foot followed by a jump with a two-foot take-off WILL be eligible for CV Bonus (if directly connected with no stop, extra steps, hop or repositioning of the foot).  
Example: 2/1 turn + Popa, C + C = +0.1 CV
  
2. **+0.1 Connection Value Bonus will be awarded to a MIXED SERIES including an ACRO/DANCE/ACRO direct connection on floor that meets the following criteria:**
  - Series must include at least 2 Acro elements and one must be of a C value part.
  - The dance element must be of at least an A value and must be followed by a “salto” element of at least an A.
  - The dance element breaks the series for all other purposes.