

Connection Value	0.1	0.2	NCAA Requirements: 3A, 3B, 2C	<b>Element Choice</b> = Routine must have a release sequence, pirouette sequence, combination sequence or dismount sequence of <b>C+C+D</b> or <b>D+D</b> in any order (Only one skill in sequence needs to have turn or release) <u>OR</u> 2 "D" releases <u>AND</u> must have "D" Release (may be included in sequence) <u>AND</u> "D" Dismount or "C" Dismount in Bonus Combination
NCAA	C + C/D	D + D	<u>Start Value:</u> 9.5	

Both "C" elements must have flight or turn but If "C" connected to "D/E" then "C" not required to have flight/turn -or- If 2 "C" 3/6/7 skills connected do not need turn/flight to receive CV (\*Both "C" 3/6/7 skills must be different)

**Elements:** Uprise HS with 1/2 = D Fwd/bkwd stalders or with 1/2 = D Fwd/bkwd Stalders with 1/1 turn = E 1-1/2 IN HS = E  
 All other elements that include 1/1 turn after handstand (Healy) = D  
**\*\*Bonus may be awarded for any skill or series of skills unless gymnast falls**

#	_____ VP	<u>Special Requirements (0.2 each)</u> 2 BAR CHANGES 2 Diff "C" Flight or "B"+"D" "C" LA turn (not in dismount) "C" Dismount -or- "C" preceded by same 2 "A" or "B" (0.1) Lack of Variety → 0.2 Insufficient Distribution (0.05)
	_____ CV	
	_____ DV	>1 squat (0.1 each)
		Element Choice (0.1)
	_____ SV	Exec/Amp
Score:		

#	_____ VP	<u>Special Requirements (0.2 each)</u> 2 BAR CHANGES 2 Diff "C" Flight or "B"+"D" "C" LA turn (not in dismount) "C" Dismount -or- "C" preceded by same 2 "A" or "B" (0.1) Lack of Variety → 0.2 Insufficient Distribution (0.05)
	_____ CV	
	_____ DV	>1 squat (0.1 each)
		Element Choice (0.1)
	_____ SV	Exec/Amp
Score:		

#	_____ VP	<u>Special Requirements (0.2 each)</u> 2 BAR CHANGES 2 Diff "C" Flight or "B"+"D" "C" LA turn (not in dismount) "C" Dismount -or- "C" preceded by same 2 "A" or "B" (0.1) Lack of Variety → 0.2 Insufficient Distribution (0.05)
	_____ CV	
	_____ DV	>1 squat (0.1 each)
		Element Choice (0.1)
	_____ SV	Exec/Amp
Score:		

NCAA Balance Beam

Vitale 2010

Connection Value	0.1	0.2	<b>NCAA Requirements: 3A, 3B, 2C</b> **Bonus may be awarded for any skill or series of skills unless gymnast falls	<b>Start Value: 9.5</b>	<b>Acro Choice:</b> If flight series is without connection bonus then routine must have additional "D" acro (can include mount/dismount) <b>Acro Variety:</b> Fwd/bkwd/sdwd skills must be minimum "A" skill in mount or on beam - Dismount NOT included
Acro Flight (2 element) (excludes dismount)		B + D/E C + C/D	<b>Elements:</b> Bkwd layout thru vertical to pike down = D Bkwd Layout Stepout = D Full Twisting BHS or with swingdown = E Double Stag or Ring Leap/Jump = D Front Salto one leg takeoff to sit/stand = D Gainer Salto Tucked with 1/1 at end = D		
Acro Flight (3 element)	B + B + C	B + C + C	<b>Exceptions:</b> B + D Acro Flight = 0.2 CV <u>except</u> BHS + Layout Stepout = NO CV B + D Acro Flight = 0.2 CV (Round Off + Layout Stepout = 0.2 CV) <u>except</u> BHS + Layout Feet together stretched then piked = 0.1 CV B + B + D = 0.2 CV <u>except</u> BHS + BHS + Layout Stepout = 0.1 CV <u>any variation</u> or order of 2 BHS's and layout stepout		
Dance or Mixed Series (acro elements must have flight) (excludes dismount)	A + D or B + C C + C same dance	B + D C + C diff. dance	B + D Mixed Series = 0.2 CV <u>including</u> "B" Jump + Layout Stepout = 0.2 CV		
Dance Turns (on one foot)	A+C or C+A				

#	_____ VP	<b>Special Requirements (0.2 each)</b>
	_____ CV	_____ Flight Series "C" required
	_____ DV	_____ Dance Series "C" required
	_____ SV	_____ 180° Leap/Jump
		_____ Minimum 360° turn
		_____ "C" dismount or "B" dismount directly connected to any "C"
	_____ Acro Variety: no bkwd acro (0.1)	
	_____ Acro Variety: no fwd/sdwd acro (0.1)	
	_____ Dance Variety: <2 different shapes (0.1)	
	_____ >1 dance element to prone (0.1 each)	
	_____ Distribution → 0.1	_____ Space → 0.1
	_____ Level changes → 0.1	_____ Direction → 0.1
	_____ Acro Choice (0.1)	_____ Artistry → 0.3
	_____ Exec/Amp	
	Score:	

#	_____ VP	<b>Special Requirements (0.2 each)</b>
	_____ CV	_____ Flight Series "C" required
	_____ DV	_____ Dance Series "C" required
	_____ SV	_____ 180° Leap/Jump
		_____ Minimum 360° turn
		_____ "C" dismount or "B" dismount directly connected to any "C"
	_____ Acro Variety: no bkwd acro (0.1)	
	_____ Acro Variety: no fwd/sdwd acro (0.1)	
	_____ Dance Variety: <2 different shapes (0.1)	
	_____ >1 dance element to prone (0.1 each)	
	_____ Distribution → 0.1	_____ Space → 0.1
	_____ Level changes → 0.1	_____ Direction → 0.1
	_____ Acro Choice (0.1)	_____ Artistry → 0.3
	_____ Exec/Amp	
	Score:	

Connection Value	0.1	0.2	<b>NCAA Requirements: 3A, 3B, 2C</b> <b>Start Value: 9.5</b> **Acro elements in mixed series must be salto or flight element to receive CV *C* turn followed by *C* jump may receive CV if directly connected *Bonus may be awarded for any skill or series of skills unless gymnast falls	<b>Elements: Front salto piked = A</b> <b>Different Shapes:</b> Pike, Tuck, Straddle, Ring, Split (includes stag/double stag), Cat, Sheep, Wolf, Straight/Beat <b>Dance passage:</b> allows for running steps, hops, chassés, assemblés or chainé turns between two dance elements – Turns (pivot or 360°+) are not permitted in pass – First element must take off or land on one foot <b>Acro Choice:</b> If missing any or all → 1. One "D" salto or better 2. One <i>acro series</i> with C salto or better 3. <i>Acro dismount</i> with a minimum C salto in bonus combination -or- minimum of a D Salto Dismount <b>Acro Dismount :</b> defined as last isolated salto or in last salto combination <b>Acro Series:</b> defined as minimum 3 acrobatic flight elements
Acro Indirect	A/B + A/B + C/D C+C or A/B+D	C + D/E		
Acro Direct	B+B or A+C A+A+C	B+C or C+C A+A+D or A/B +D		
2 Dance/Mixed** *must be different dance skills	B + D or C + C* D salto + A jump	C + D/E		

#	_____ VP	<b>Special Requirements (0.2 each)</b>	
	_____ CV		_____ 2 salto series or 2 direct saltos
	_____ DV		_____ 3 different saltos
	_____ SV		_____ Dance passage with 180°leap
	_____	_____ "C" Salto Dismount	
	_____	_____ Lack of Dance Bonus min. 0.1 CV or DV (0.1)	
	_____	_____ Acro Variety: min. 1 fwd/sdwd & 1 bkwd salto → 0.1	
	_____	_____ Dance Variety: <2 different shapes (0.1)	
	_____	_____ No "C" salto (0.3) _____ Direction → 0.1	
	_____	_____ Acro Choice (0.1) _____ Space → 0.1	
_____	_____ Distribution (0.05) _____ >1 prone (0.1 each)		
_____	_____ Artistry → 0.3 (1 dance & 1 acro allowed)		
_____	_____ Exec/Amp		
Score:			

#	_____ VP	<b>Special Requirementst (0.2 each)</b>	
	_____ CV		_____ 2 salto series or 2 direct saltos
	_____ DV		_____ 3 different saltos
	_____ SV		_____ Dance passage with 180°leap
	_____	_____ "C" Salto Dismount	
	_____	_____ Lack of Dance Bonus min. 0.1 CV or DV (0.1)	
	_____	_____ Acro Variety: min. 1 fwd/sdwd & 1 bkwd salto → 0.1	
	_____	_____ Dance Variety: <2 different shapes (0.1)	
	_____	_____ No "C" salto (0.3) _____ Direction → 0.1	
	_____	_____ Acro Choice (0.1) _____ Space → 0.1	
_____	_____ Distribution (0.05) _____ >1 prone (0.1 each)		
_____	_____ Artistry → 0.3 (1 dance & 1 acro allowed)		
_____	_____ Exec/Amp		
Score:			

