



VAULT	
Allowable Vaults	Start Value
Squat on.....	8.0
Straddle over.....	8.5
Squat through.....	9.8
½ or ¼ on.....	10.0
Handspring.....	10.0

UNEVEN BARS	
Special Requirements (0.5 each):	
1. Mount	
2. Circling Skill	
3. Cast to 45° below horizontal	
4. Dismount	
Value Part Requirements (0.5 each):	
1. Perform 6 “A” or “B” skills	
- A skill will not be given value credit the second time it is performed if the skill uses the same entry and exit	
Composition:	
1. No composition deductions	
Non-Allowable Elements	
1. Any C or higher elements	
Deductions:	
1. -0.5 for each missing A	
2. -2.0 for each C or higher element	

BALANCE BEAM	
Special Requirements (1.0 each):	
1. Minimum of half turn	
2. Leap or jump with 90° split	
3. Acro skill	
4. Dismount	
Value Part Requirements (0.5 each)	
1. Perform 6 “A” or “B” skills	
Length Requirements:	
1. Routines must be between 30 seconds and 1 minutes 15 seconds	
Composition:	
1. No composition deductions	
Allowable Elements	
1. Any number of “A” or “B” elements (Dance or Acro)	
Deductions	
1. -0.5 for each missing A	
2. -0.1 if routine less than 30 seconds or over 1 minute 15 seconds	
3. -2.0 for each C or higher element	

FLOOR EXERCISE	
Special Requirements (1.0 each):	
1. 360° turn	
2. Leap pass with 2 leaps or jumps; One must have a 90° split (Direct/Indirect connection)	
3. Tumbling pass with at least 2 skills	
4. A second different tumbling pass with at least 2 skills OR 1 flight	
Value Part Requirements (0.5 each)	
1. Perform 6 “A” or “B” skills	
Length Requirements:	
1. Routines must be between 30 seconds and 1 minutes 15 seconds	
Composition:	
1. No composition deductions	
Allowable Elements	
1. Any number of “A” or “B” elements (Dance or Acro)	
Deductions	
1. -0.5 for each missing A	
2. -0.1 if routine less than 30 seconds or over 1 minute 15 seconds	
3. -2.0 for each C or higher element	

For the Love of the Sport