



VAULT

Allowable Three Vaults (all have a 10.0 start value):

1. Front handspring (landing WILL be judged)
2. ¼ - ½ twist on (Tsukahara Entry) repulsion to feed (landing WILL be judged)
3. Round-off entry (Yurchenko) repulsion to feet (landing WILL be judged)

UNEVEN BARS

Special Requirements (0.5 each):

1. One Cast to Handstand (angle deductions will apply)
2. Two 360 degree Clear Circling Elements, Same or Different
 - a. One 360 degree Clear Circling Element, Minimum of "B"
 - b. One 360 degree Clear Circling Element, Group 3/6/7
4. Salto Dismount, Minimum of "A"

Value Part Requirements:

1. 5 A's
2. 2 B's

Composition

1. No composition deductions

Allowable "C" Elements:

1. Cast handstand half pirouette
2. Clearhip/back stalder/pike sole circle (toe on) to Handstand or half pirouette

Deductions:

1. -0.1 for each missing A
2. -0.3 for each missing B
3. -2.0 if less than 5 skills
4. -0.5 for each element that violates difficulty restrictions beyond those listed above

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BALANCE BEAM

Special Requirements (0.5 each):

1. Acro Series – with/without flight (excluding mount/dismount) AND 1 acro flight (isolated or as part of series)
2. One leap/jump requiring 180° cross or side split
3. Min. of 360° Group 3 turn on one foot
4. Salto/aerial dismount, Minimum of "A"

Value Part Requirements:

1. 5 A's
2. 2 B's

Length Requirements:

1. Routines must be between 30 seconds and 1 minutes 20 seconds

Composition:

1. No composition deductions

Allowable "C" Elements

1. One "C" level dance element - counting as a B value part

Deductions:

1. -0.1 for each missing A
2. -0.3 for each missing B
3. -2.0 if less than 30 seconds
4. -0.1 if over 1 minute 20 seconds
5. -0.5 for each element that violates difficulty restrictions beyond those listed above

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FLOOR EXERCISE

Special Requirements (0.5 each):

1. One acro series - minimum three directly connected flight elements with a backward salto stretched to two feet
2. Two or more directly connected forward acro flight elements with a salto/aerial
3. Dance passage - minimum of two different Group 1 elements with one 180 degree leap
4. Turn - minimum 360 degree turn on one foot

Value Part Requirements:

1. 5 A's
2. 2 B's

Length Requirements:

1. Routines must be between 30 seconds and 1 minutes 30 seconds

Composition:

1. No composition deductions

Allowable "C" Elements

1. One "C" level dance element - counting as a B value part

Deductions:

1. -0.1 for each missing A
2. -0.3 for each missing B
3. -2.0 if less than 30 seconds
4. -0.1 if over 1 minute 30 second
5. -0.5 for each element that violates difficulty restrictions beyond those listed above

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For the Love of the Sport