

LEVEL A REQUIREMENTS

All events 30 sec. warm up & 45 sec. max competition time per athlete
 Meet Directors - please provide timers if able, or prep the judges that they will be timing

EVENT & SKILLS	ROUTINE EXAMPLE	COACHES	MEET DIRECTOR
<p>VAULT</p> <ul style="list-style-type: none"> • Handstand + Flat Fall onto mat stack • Straight Jump + Kick up to Handstand + Flat Fall onto Mat Stack 		<ul style="list-style-type: none"> • Minimum mat stack of 24" • Host gyms may have shorter runways • Airboards and springboards permitted, but may not always be available (ask ahead of time - you may bring your own if not available) • Assist with moving equipment as needed • Athlete is permitted 2 vaults 	<ul style="list-style-type: none"> • Please designate on your meet entry if your gym does not have a full vault runway • Please list the type of springboards you will supply • Have extra hands to help when possible to assist different vault level equipment changes
<p>BARS</p> <ul style="list-style-type: none"> • 4-6 skills required & must include circling skill • Routines can only be competed on low bar 	<ol style="list-style-type: none"> 1. Pullover + Cast + Back Hip Circle + Straddle Sole Circle 2. Glide swing + Pullover + Cast + Back Hip Circle + Cast + Squat On + Straight jump off 3. Jump to front support + Cast + Cast + Back Hip Circle + Undershoot 	<ul style="list-style-type: none"> • Cast is considered a skill • Squat on + jump off is permitted (no touching the high bar) • No springboards permitted • Coaches may stand by bars for safety with no deduction 	<ul style="list-style-type: none"> • Provide mounting block/mat • Provide equipment person for bar changes if possible, or show coaches how to adjust
<p>BEAM</p> <ul style="list-style-type: none"> • TURN ELEMENT MIN. ½ ROTATION • Acro element (no angle requirement) • Jump or Jump series • Dismount 	<ol style="list-style-type: none"> 1. ½ Turn in coupe, Lever, Split Jump, Side handstand dismount 2. ½ Turn in passe, Lever, Straight jump + Straight jump, Side handstand ¼ turn dismount 3. ½ Pivot turn, backward roll, tuck jump, Round off end of beam dismount 	<ul style="list-style-type: none"> • Beam height 1000-1200 • Acro skills permitted: Handstand, lever, ¾ handstand, roll, candlestick • Jumps in any position • TURN ELEMENT MIN HALF TURN • Dismount can be a position jump • Salto dismount acceptable 	<ul style="list-style-type: none"> • No bell warnings from timers • Have adjustable beams or multiple beams for height requirements • if you are doing touch warm ups you need to have someone there to help the coaches
<p>FLOOR</p> <ul style="list-style-type: none"> • TURN ELEMENT 1/2 • Leap • Gym Acro series or Isolated Forward Acro Skill + Isolated Side Acro Skill • Backward element • Jump Series 	<ol style="list-style-type: none"> 1. Full turn, Leap + Tuck jump, Forward Roll + Cartwheel 2. Full turn, Leap + straight jump, Cartwheel, Forward roll, Candlestick 3. Full turn, Leap + tuck jump, Forward roll + Cartwheel, Backward chasse 	<ul style="list-style-type: none"> • TURN ELEMENT MIN HALF TURN • No split requirement for leap • NO backhandsprings or saltos • Backward element does not have to be an acro skill (can be chasse) • Gym acro series can be combo of other requirements • Each athlete cannot have their own individual music • Be prepared to run your athlete's music if needed & bring your own device 	

LEVEL B REQUIREMENTS

All events 30 sec. warm up & 45 sec. max competition time per athlete
 Meet Directors - please provide timers if able, or prep the judges that they will be timing

EVENT & SKILLS	ROUTINE EXAMPLE	COACHES	MEET DIRECTOR
<p>VAULT</p> <ul style="list-style-type: none"> • Front Handspring • ¼ on • ½ on • ½ on + ½ off 		<ul style="list-style-type: none"> • Minimum mat stack of 24" & max of 48" • Host gyms may have shorter runways • Airboards and springboards permitted, but may not always be available (ask ahead of time - you may bring your own if not available) • Assist with moving equipment as needed • Vault will be over stacked mats no vaulting table • Athlete is permitted 2 vaults – please tell judge before athlete competes what type of vault they will compete 	<ul style="list-style-type: none"> • Please designate on your meet entry if your gym does not have a full vault runway • Please list the type of springboards you will supply • Have extra hands to help when possible to assist different vault level equipment changes
<p>BARS</p> <ul style="list-style-type: none"> • 4-6 skills required & must include circling skill 	<ol style="list-style-type: none"> 1. Pullover + Cast + Back hip circle + Squat On + Jump to high bar + Tap swing + Turn 2. Kip + Cast + Cast + Back Hip Circle + Squat on + Jump to high bar + Long hang pullover + Undershoot 	<ul style="list-style-type: none"> • Cast is considered a skill • Kip is allowed • Minimum of 1 skill must be completed on high bar • Coaches may stand by bars for safety with no deduction • No springboards 	<ul style="list-style-type: none"> • Provide mounting block/mat • Provide equipment person for bar changes if possible, or show coaches how to adjust
<p>BEAM</p> <ul style="list-style-type: none"> • Turn element min. ½ rotation • 2 Acro Skills • Isolated Leap or Jump series • Dismount 	<ol style="list-style-type: none"> 1. ½ Turn in Passe, Handstand, Split Jump + straight jump, Cartwheel + straight jump off end of beam 2. ½ Turn in Coupe, Cartwheel, Straight Jump + Tuck Jump, Handstand, Side handstand ¼ dismount 3. ½ Turn in Passe, Lever, Split jump + tuck jump, Cartwheel, Side handstand dismount 	<ul style="list-style-type: none"> • Beam height 1000-1200 • No split requirement for leap/jump series • Only one acro skill must be one of the following: Lever, Handstand, Cartwheel, Walkover, or acro with flight • Jump series must be two different jumps • Jump dismounts only acceptable when connected to an acro skill • NO salto dismount 	<ul style="list-style-type: none"> • No bell warnings from timers • Have adjustable beams or multiple beams for height requirements
<p>FLOOR</p> <ul style="list-style-type: none"> • Turn element min full turn • Isolated/series Leap OR jump series • 2 Forward OR side acro skills • 2 Backward acro skills 	<ol style="list-style-type: none"> 1. Full turn in passe, Leap + Tuck jump, Handstand + Forward Roll, Round off + Back Handspring 2. Full turn in coupe, Leap + Straddle Jump, Front Tuck, Round Off + Back Tuck 3. Full Turn in passe, Leap + Tuck jump, Front Handspring + Cartwheel, Round Off + Two Back Handsprings 	<ul style="list-style-type: none"> • No split requirement for leap • Jump series must be two different jumps • Acro must include one of the following: Salto, Aerial, or connected Back Handspring • Each athlete cannot have their own individual music • Be prepared to run your athlete's music if needed & bring your own device 	<ul style="list-style-type: none"> • If doing bump in for warm ups you must have someone there to help coaches.

