

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
VAULT <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
BARS <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 Circle2. Glide swing + Pullover + Cast + Back Hip Circle + Cast + Squat On + Straight jump off3. 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
BEAM <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 dismount2. ½ Turn in passe, Lever, Straight jump + Straight jump, Side handstand ¼ turn dismount3. 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• Dismount can be a position jump• NO salto dismount	<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
FLOOR <ul style="list-style-type: none">• Turn element• 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 + Cartwheel2. Full turn, Leap + straight jump, Cartwheel, Forward roll, Candlestick3. Full turn, Leap + tuck jump, Forward roll + Cartwheel, Backward chasse	<ul style="list-style-type: none">• Turn element min full 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
VAULT <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 possib;e to assist different vault level equipment changes
BARS <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 + Turn2. 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
BEAM <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 beam2. ½ Turn in Coupe, Cartwheel, Straight Jump + Tuck Jump, Handstand, Side handstand ¼ dismount3. 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 heigh requirements
FLOOR <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 Handspring2. Full turn in coupe, Leap + Straddle Jump, Front Tuck, Round Off + Back Tuck3. 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.

SCORING - VAULT

Level A - Handstand Flat fall **OR** Straight jump + Handstand Flat Fall
Level B - Front Handspring **OR** any of the following: 1/4 on, 1/2 on, 1/2 On + 1/2 Off

- .2 for Light Spot
- .2 for each fall
- .2 up to .5 for **FAIR** form

.5 for Heavy Spot
.2 Coaching Assist
.2 for **GOOD** form

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SCORING - BARS

Level A - Min 4 skills, 1 circling skill, **low bar only**
Level B - Min 4 skills, 1 circling skill, min. 1 skill on high bar

.2 for Light Spot
.2 for each fall
.2 up to .5 for **FAIR** form

.5 for Heavy Spot
.2 Coaching Assist
.2 for **GOOD** form

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SCORING - BEAM

Level A - 1/2 Turn, 1 Acro (no angle req.), Min. 1 jump, Dismount (no salto)
Level B - 1/2 Turn, 2 Acro (1 must be handstand/lever), Isolated leap **or** jump series, Dismount (no salto)

.2 for Light Spot
.2 for each fall
.2 up to .5 for **FAIR** form

.5 for Heavy Spot
.2 Coaching Assist
.2 for **GOOD** form

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SCORING - FLOOR

Level A - 1/1 Turn, Leap/Jump series, FWD/SDW Acro Series **or** Isolated, Backward element

Level B - 1/1 Turn, Leap/Jump series, 2 FWD/SDW Acro Series **or** Isolated, 2 Backward acro series **or** isolated

.2 for Light Spot
.2 for each fall
.2 up to .5 for **FAIR** form

.5 for Heavy Spot
.2 Coaching Assist
.2 for **GOOD** form

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