

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 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
BEAM <ul style="list-style-type: none"> • Turn element min. $\frac{1}{2}$ rotation • Acro element (no angle requirement) • Jump or Jump series • Dismount 	<ol style="list-style-type: none"> 1. $\frac{1}{2}$ Turn in coupe, Lever, Split Jump, Side handstand dismount 2. $\frac{1}{2}$ Turn in passe, Lever, Straight jump + Straight jump, Side handstand $\frac{1}{4}$ turn dismount 3. $\frac{1}{2}$ 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, $\frac{3}{4}$ 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 + 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 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 Handspring¼ on½ on½ on + ½ off		<ul style="list-style-type: none">Minimum mat stack of 24" & max of 48"Host gyms may have shorter runwaysAirboards 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 neededVault will be over stacked mats no vaulting tableAthlete 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 runwayPlease list the type of springboards you will supplyHave 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	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 skillKip is allowedMinimum of 1 skill must be completed on high barCoaches may stand by bars for safety with no deductionNo springboards	<ul style="list-style-type: none">Provide mounting block/matProvide equipment person for bar changes if possible, or show coaches how to adjust
BEAM <ul style="list-style-type: none">Turn element min. ½ rotation2 Acro SkillsIsolated Leap or Jump seriesDismount	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 1000-1200No split requirement for leap/jump seriesOnly one acro skill must be one of the following: Lever, Handstand, Cartwheel, Walkover, or acro with flightJump series must be two different jumpsJump dismounts only acceptable when connected to an acro skillNO salto dismount	<ul style="list-style-type: none">No bell warnings from timersHave adjustable beams or multiple beams for height requirements
FLOOR <ul style="list-style-type: none">Turn element min full turnIsolated/series Leap OR jump series2 Forward OR side acro skills2 Backward acro skills	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 leapJump series must be two different jumpsAcro must include one of the following: Salto, Aerial, or connected Back HandspringEach athlete cannot have their own individual musicBe 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 to 5 f.

.2 up to .5 for FAIR form

.5 for Heavy Spot

2.2 Coaching Assist

.2 for **GOOD** form

SCORING - BARS

Level A - Min 4 skills, 1 circling skill, low bar on

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 Assis

.2 for **GOOD** form

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 Gains Against

.2 Coaching Assist .2 for **GOOD** form

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