



VAULT

Allowable Vaults

	<u>Start Value</u>
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. None.

Value Part Requirements (0.5 each):

1. Perform 6 “A” skills
 - One B element is allowed
 - 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. More than 1 allowable B
2. Any C or higher elements

Deductions:

1. -0.5 for each missing A
2. -0.5 for each additional B element on uneven bars
3. -2.0 for each C or higher element



BALANCE BEAM

Special Requirements (1.0 each):

1. Must have at least one acro skill (other than the dismount, e.g. roll, handstand, walkover, handspring)
2. Must have at least one dance skill

Value Part Requirements (0.5 each)

1. Perform 6 "A" skills (Allowable "B" skills will count as an "A")

Length Requirements:

1. Routines must be between 30 seconds and 1 minutes 15 seconds

Composition:

1. No composition deductions

Allowable "B" Elements

1. One "B" level acro element - counting as an A value part
2. Any number of "B" dance elements allowed

Deductions

1. -0.5 for each missing A
2. -0.1 if routine less than 30 seconds or over 1 minute 15 seconds
3. -0.5 for each additional B acro element on balance beam
4. -2.0 for each C or higher element

FLOOR EXERCISE

Special Requirements (1.0 each):

1. Must have at least two acro skills
2. Must have at least one dance skill

Value Part Requirements (0.5 each)

1. Perform 6 "A" skills (Allowable "B" skills will count as an "A")

Length Requirements:

1. Routines must be between 30 seconds and 1 minutes 15 seconds

Composition:

1. No composition deductions

Allowable "B" Elements

1. One "B" level acro element - counting as an A value part
2. Any number of "B" dance elements allowed

Deductions

1. -0.5 for each missing A
2. -0.1 if routine less than 30 seconds or over 1 minute 15 seconds
3. -0.5 for each additional B acro element on floor exercise
4. -2.0 for each C or higher element