



# MAG Intermediate Start Value Worksheet

Gymnast Name: \_\_\_\_\_ Event: \_\_\_\_\_

The purpose of this worksheet is for the gymnast to calculate their start value under the assumption that they know the start value of their skills, the element groups, and any connection bonuses they will receive throughout their routine.

List your routine below. To assign value to a skill, record 0.1 for A skills, 0.2 for B, up to 1.0 for J.

Name of Skill	Difficulty (A-J)	Value (0.1-1.0)	Element Group (1-4)	Connections
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				

- A. Sum the skill values and connection bonuses in the table above and record in the space. 1. \_\_\_\_\_
- B. Calculate Element Group bonuses. Any recognized skill coming from EG I receives +0.5. For all other EG's, an A receives +0.3, B or higher receives +0.5. Record the sum of these four values in the space provided (0 - 2.0). 2. \_\_\_\_\_
- C. Add any other bonus (such as connection bonus, double salto dismount on floor, or the one time strength bonus on rings for a C or higher strength skill of +0.3) here. 3. \_\_\_\_\_
- D. If you have at least 6 skills, write 10.0 in the space provided. For every skill less than 6, subtract 1.0 from 10.0 and record value in space provided. 4. \_\_\_\_\_
- E. Record your start value as the sum of numbers in spaces 1 through 3 above. **SV Cap including all bonuses is 13.2.** 5. \_\_\_\_\_