



MAG Masters Start Value Worksheet

Gymnast Name: _____ Age Decade: _____ Event/Apparatus: _____

Gymnast Club/Team Name: _____

The purpose of this worksheet is for the gymnast to calculate their start value and can also be used as a handy reference for judges to assist in confirming SV.

Name of Skill	Difficulty (Misc, NAIGC, A, B, etc.)	Value (0.0-1.2)	Element Group (I-IV)
1.			
2.			
3.			
4.			
5.			
6.			
7.			

A. Sum the skill values in the table above and record in the space. 1. _____

B. Multiply 0.5 by the number of unique element groups in your routine. See the table below regarding Dismount EG bonus Difficulty Requirements per Age Decade. 2. _____

C. If you have at least the minimum number of skills for your decade, write 10.0 in the space provided. For every skill less than the minimum, subtract 1.0 from 10.0 and record value in space provided. 3. _____

D. Record your start value as the sum of numbers in spaces 1 through 3 above. 4. _____

Age Decade	30-39	40-49	50-59	60-69	70+	
Minimum number of elements (also maximum)	6 + dismount	6 + dismount	6 + dismount	5 + dismount	5 + dismount	
EG Bonus & Routine Length Skill Level Requirement	NAIGC non-NCAA+	NAIGC non-NCAA+	Misc. +	Misc. +	Misc. +	
Dismount EG Bonus	A: 0.3 B+: 0.5	A: 0.3 B+: 0.5	non-NCAA: 0.3 A+: 0.5	Misc.: 0.3 non-NCAA+: 0.5	Misc.: 0.3 non-NCAA+: 0.5	
Vault Age Bonus	1.5	1.9	2.3	2.7	3.1	
Diff. Value	Misc. Skills	N/A	0.0	0.1	0.2	0.3
	NAIGC non-NCAA	0.0	0.1	0.2	0.3	0.4
	FIG/NCAA A	0.2	0.3	0.4	0.5	0.6
	FIG/NCAA B	0.4	0.5	0.6	0.7	0.8
	FIG/NCAA C	0.6	0.7	0.8	0.9	1.0
	FIG/NCAA D+	0.8	0.9	1.0	1.1	1.2