



MAG Mod. NCAA Start Value Worksheet

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 0.8 for H.

Name of Skill	Difficulty (A-H)	Value (0.1-0.8)	Element Group (1-4)	Connections
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

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

B. Multiply 0.5 by the number of unique element groups in your routine. If your dismount is lower than C value, subtract 0.2 from this value. Record this value in the space. 2. _____

C. If you have at least 8 skills, write 10.0 in the space provided. For every skill less than 8, 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. _____

Expected Deductions

Floor: -0.3 for lack of double flipping element

Pommel Horse: -0.3 for not touching all 3 sections of the horse

Rings: -0.3 for lack of swing to handstand element