

Athlete # _____

<p>FX</p> <p>1N</p> <p>Warm Up 0:30</p>	<p>Dance - Add'l A VP 1/2 turn (any technique) FWD Swing turn BWD Swing turn Split leap (min 60°) Leg swing hop w free leg any angle</p>	<p>Acro - Add'l A VP Candlestick or BWD roll to push up HS: Partial HS Min 45° or Vertical HS Headstand (no hold req) Push up bridge (or backbend) kick over Headspring FWD limber Cartwheel step-in or side cartwheel</p>	<p>Clarifications: SV 10 Dive roll not considered flt Stretch jump not an element Dance SR- any combo of leaps and/or jumps (same or diff), dir or ind con No flight skills No "B" elements Routine time 0:45</p>
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Requirements (0.5 Each)

½ turn 1 ft or pivot	
Bwd Roll or Candlestick	
Dance combo	
Min ¼ HS (ft must close at or above 45°)	

Value Parts

A (4) 0.1 each	
B+ (restricted)	0.5 off SV

SV	
Execution	
Artistry	/ 3
Dynamics	/ 2
Rel Music & Move thruout	/ 2
Footwork	/ 2
Relax Pos/body non VP	/ 3

Judge 1 _____ Judge 2 _____ Neutral Deductions _____ Final Score _____ *courtesy score 5.0*

Athlete # _____

FX 2N Warm Up 0:30	Dance - Add'l A VP 1/2 turn (any technique) FWD Swing turn BWD Swing turn Split leap (min 60°) Leg swing hop w free leg any angle	Acro - Add'l A VP Candlestick or BWD roll to push up HS: Partial HS Min 45° or Vertical HS Headstand (no hold req) Push up bridge (or backbend) kick over Headspring FWD limber Cartwheel step-in or side cartwheel	Clarifications: SV 10 Dive roll not considered flt Stretch jump not an element Dance SR- any combo of leaps and/or jumps (same or diff), dir or ind con Max 1 flight skills No salto/aerials No "B" elements Routine time 0:45
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Requirements (0.5 Each)

½ turn 1 ft	
HS - mark 45° or higher, ft close	
Dance combo min 60°	
Cartwheel	

Value Parts

A (5) 0.1 each	
B+ (restricted)	0.5 off SV

SV	
Execution	
Artistry	/ 3
Dynamics	/ 2
Rel Music & Move thruout	/ 2
Footwork	/ 2
Relax Pos/body non VP	/ 3

Judge 1 _____ Judge 2 _____ Neutral Deductions _____ Final Score _____ *courtesy score 5.0*

Athlete # _____

<p>FX</p> <p>SN</p> <p>Warm Up 0:45</p>	<p>Dance - Add'l A VP 1/2 turn (any technique) FWD Swing turn BWD Swing turn Split leap (min 60°) Leg swing hop w free leg any angle</p>	<p>Acro - Add'l A VP Candlestick or BWD roll to push up HS: Partial HS Min 45° or Vertical HS Headstand (no hold req) Push up bridge (or backbend) kick over Headspring FWD limber Cartwheel step-in or side cartwheel</p>	<p>Clarifications: SV 10 Dive roll not considered flt Stretch jump not an element Dance SR- any combo of leaps and/or jumps (same or diff), dir or ind con Max 1 salto/aerial No "B" elements Routine time 0:45</p>
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Requirements (0.5 Each)

Full turn 1 ft	
2 Acro dir connect	
Dance combo	
Acro flight (sep from SR2)	

Value Parts

A (5) 0.1 each	
B+ (restricted)	0.5 off SV

SV	
Execution	
Artistry	/ 3
Dynamics	/ 2
Rel Music & Move thruout	/ 2
Footwork	/ 2
Relax Pos/body non VP	/ 3

Judge 1 _____ Judge 2 _____ Neutral Deductions _____ Final Score _____ *courtesy score 5.0*

Athlete # _____

<p>FX</p> <p>3N</p> <p>Warm Up 0:45</p>	<p>Dance - Add'l A VP 1/2 turn (any technique) FWD Swing turn BWD Swing turn Split leap (min 60°) Leg swing hop w free leg any angle</p>	<p>Acro - Add'l A VP Candlestick or BWD roll to push up HS: Partial HS Min 45° or Vertical HS Headstand (no hold req) Push up bridge (or backbend) kick over Headspring FWD limber Cartwheel step-in or side cartwheel</p>	<p>Clarifications: SV 10 Dive roll not considered flt Stretch jump not an element Dance SR- any combo of leaps and/or jumps (same or diff), dir or ind con Max 1 salto/aerial No "B" elements Routine time 0:45</p>
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Requirements (0.5 Each)

Full turn 1 ft	
2 Acro dir con w round off	
Dance combo min 90°	
Acro w bridge or back ext roll thru HS vert legs tog & straight	

Value Parts

A (5) 0.1 each	
B+ (restricted)	0.5 off SV

SV	
Execution	
Artistry	/ 3
Dynamics	/ 2
Rel Music & Move thruout	/ 2
Footwork	/ 2
Relax Pos/body non VP	/ 3

Judge 1 _____ Judge 2 _____ Neutral Deductions _____ Final Score _____ *courtesy score 5.0*

Athlete # _____

<p>FX</p> <p>4N</p> <p>Warm Up 1:00</p>	<p>Skills of Note Ring or stag ring jump w full turn D</p>	<p>Clarifications: SV 10 Dive roll not considered flt Stretch jump not an element Dance SR- any combo of leaps and/or jumps (same or diff), dir or ind con No "B" Acro, "B" Dance ok Routine time 1:00</p>
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Requirements (0.5 Each)

Min Full turn	
2 Acro flt dir connect	
Dance combo min 90°	
2 Acro flt dir con OR Iso Fwd Salto	

Value Parts

A (5) 0.1 each	
B+ (if restricted)	0.5 off SV

SV	
Execution	
Artistry	/ 3
Dynamics	/ 2
Rel Music & Move thruout	/ 2
Footwork	/ 2
Relax Pos/body non VP	/ 3

Judge 1 _____ Judge 2 _____ Neutral Deductions _____ Final Score _____ *courtesy score 5.0*

Athlete # _____

<p>FX</p> <p>GN</p> <p>Warm Up 1:00</p>	<p>Skills of Note Ring or stag ring jump w full turn D</p>	<p>Clarifications: SV 10 Dive roll not considered flt Stretch jump not an element Dance SR- any combo of leaps and/or jumps (same or diff), dir or ind con No "B" Acro, "B" Dance ok Routine time 1:00</p>
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Requirements (0.5 Each)

Min Full turn	
2 Acro flt dir connect	
Dance combo min 120°	
Acro (flt/salto/aerial)	

Value Parts

A (6) 0.1 each	
B+ (if restricted) *	0.5 off SV

SV	
Execution	
Artistry	/ 3
Dynamics	/ 2
Rel Music & Move thruout	/ 2
Footwork	/ 2
Relax Pos/body non VP	/ 3

Judge 1 _____ Judge 2 _____ Neutral Deductions _____ Final Score _____ *courtesy score 5.0*

Athlete # _____

<p>FX</p> <p>5N</p> <p>Warm Up 1:00</p>	<p>Skills of Note Ring or stag ring jump w full turn D</p>	<p>Clarifications: SV 10 Dive roll not considered flt Stretch jump not an element Dance SR- any combo of leaps and/or jumps (same or diff), dir or ind con No "B" Acro, "B" Dance ok Routine time 1:00</p>
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Requirements (0.5 Each)

Min Full turn	
3 Acro dir con (flt/salto/aer)	
Dance combo min 120°	
Acro (salto/aerial, dif SR2)	

Value Parts

A (6) 0.1 each	
B+ (if restricted) *	0.5 off SV

SV	
Execution	
Artistry	/ 3
Dynamics	/ 2
Rel Music & Move thruout	/ 2
Footwork	/ 2
Relax Pos/body non VP	/ 3

Judge 1 _____ Judge 2 _____ Neutral Deductions _____ Final Score _____ *courtesy score 5.0*

Athlete # _____

<p>FX</p> <p>6N</p> <p>Warm Up 1:30</p>	<p>Skills of Note Ring or stag ring jump w full turn D</p>	<p>Clarifications: SV 10 Dive roll not considered flt Stretch jump not an element Dance SR- any combo of leaps and/or jumps (same or diff), dir or ind con Max 1 "C" dance (receives "B" VP credit) No C+ Acro Routine time 1:15</p>
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Requirements (0.5 Each)

Min Full turn	
3 Acro Flt (min 1 salto)	
Dance combo min 150°	
Acro (min A salto, dif SR2)	

Value Parts

A (5) 0.1 each	
B (1) 0.3 each	
C+ (restricted)	0.5 off SV

SV	
Execution	
Artistry	/ 3
Dynamics	/ 2
Rel Music & Move thruout	/ 2
Footwork	/ 2
Relax Pos/body non VP	/ 3

Judge 1 _____ Judge 2 _____ Neutral Deductions _____ Final Score _____ *courtesy score 5.0*

Athlete # _____

<p>FX</p> <p>PN</p> <p>Warm Up 1:30</p>	<p>Skills of Note Ring or stag ring jump w full turn D</p>	<p>Clarifications: SV 10 Dive roll not considered flt Stretch jump not an element Dance SR- any combo of leaps and/or jumps (same or diff), dir or ind con Max 1 "C" dance (receives "B" VP credit) No C+ Acro Routine time 1:15</p>
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Requirements (0.5 Each)

Min B Dance (leap/jump/turn)	
Dance combo min 150°	
Acro pass min 2 acro flt	
Acro min A salto (dif SR3)	

Value Parts

A (6) 0.1 each	
B (1) 0.3 each	
C+ (when restricted)	0.5 off SV

SV	
Execution	
Artistry	/ 3
Dynamics	/ 2
Rel Music & Move thruout	/ 2
Footwork	/ 2
Relax Pos/body non VP	/ 3

Judge 1 _____ Judge 2 _____ Neutral Deductions _____ Final Score _____ *courtesy score 5.0*

Athlete # _____

<p>FX</p> <p>7N</p> <p>Warm Up 1:30</p>	<p>Skills of Note Ring or stag ring jump w full turn D</p>	<p>Clarifications: SV 10 Dive roll not considered flt Stretch jump not an element Dance SR- any combo of leaps and/or jumps (same or diff), dir or ind con Max 1 "C" dance (receives "B" VP credit) No C+ Acro Routine time 1:15</p>
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Requirements (0.5 Each)

Min B Dance (leap/jump/turn)	
Acro series w bwd layout to two feet, no twist	
Dance combo min 180°	
2 acro flt fwd, 1 fwd salto	

Value Parts

A (5) 0.1 each	
B (2) 0.3 each	
C+ (when restricted)*	0.5 off SV

SV	
Execution	
Artistry	/ 3
Dynamics	/ 2
Rel Music & Move thruout	/ 2
Footwork	/ 2
Relax Pos/body non VP	/ 3

Judge 1 _____ Judge 2 _____ Neutral Deductions _____ Final Score _____ *courtesy score 5.0*

Athlete # _____

<p>FX</p> <p>8N</p> <p>Warm Up 2:00</p>	<p>Skills of Note Ring or stag ring jump w full turn D</p>	<p>Clarifications: SV 10 Dive roll not considered flt Stretch jump not an element Dance SR- any combo of leaps and/or jumps (same or diff), dir or ind con Unlimited "C" dance allowed (receives "B" VP credit) Max 1 "C" Acro (receives "B" VP credit) No "D/E" elements allowed Routine time 1:30</p>
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Requirements (0.5 Each)

Min B Dance (leap/jump/turn)	
3 Acro Flt (min 1 salto)	
Dance combo min 180°	
Acro min "B" Salto (dif SR2)	

Value Parts

A (4) 0.1 each	
B (4) 0.3 each	
C+ (when restricted)*	0.5 off SV

SV	
Execution	
Artistry	/ 3
Dynamics	/ 2
Rel Music & Move thruout	/ 2
Footwork	/ 2
Relax Pos/body non VP	/ 3

Judge 1 _____ Judge 2 _____ Neutral Deductions _____ Final Score _____ *courtesy score 5.0*

Athlete # _____

<p>FX</p> <p>DN</p> <p>Warm Up 2:00</p>	<p>Skills of Note Ring or stag ring jump w full turn D</p>	<p>Clarifications: SV 10 Dive roll not considered flt Stretch jump not an element Dance SR- any combo of leaps and/or jumps (same or diff), dir or ind con Unlimited "C" elements allowed (receives "B" VP credit) Max 1 "D/E" element (receives "B" VP credit) Routine time 1:30</p>
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Requirements (0.5 Each)

Min B Dance (leap/jump/turn)	
2 Acro Flt (min 1 salto)	
Dance combo min 180°	
2 Acro Flt (min 1 "B" salto)	

Value Parts

A (5) 0.1 each	
B (2) 0.3 each (C =B)	
D/E+ (when restricted)*	0.5 off SV

SV	
Execution	
Artistry	/ 3
Dynamics	/ 2
Rel Music & Move thruout	/ 2
Footwork	/ 2
Relax Pos/body non VP	/ 3

Judge 1 _____ Judge 2 _____ Neutral Deductions _____ Final Score _____ *courtesy score 5.0*

Athlete # _____

<p>FX</p> <p>9N</p> <p>Warm Up 2:30</p>	<p>Skills of Note Ring or stag ring jump w full turn D</p> <p>Bonus CV Principles Acro Indirect: AD⁺ 0.1 AAC 0.1 BD⁺ 0.2 AAD⁺ 0.2 CC 0.2 CD⁺ 0.3</p> <p>Acro Direct: AC 0.1 BB 0.1 AD⁺ 0.2 BC⁺ 0.2 CC⁺ 0.3 (BB salto only)</p>	<p>Bonus CV Continued Dance/Mixed*: BD⁺ 0.1 CC 0.1 D^{salto}A^{jump} + 0.1 CD⁺ 0.2 DD⁺ 0.3 Turn+jmp/hop (2 or 1-ft take off) ok (ex: 2/1 turn+Popa) *Mix series Add'1 0.1 CV→ Acro/Dance/Acro = Dir acro w min 2 Saltos (1 'C') + Dance + Salto (ex: front lay 1/1 + front ½ + ring jump + front tuck)</p>	<p>Clarifications: SV 9.7 (10 max, may receive 0.1 DV) Dive roll not considered flt Stretch jump not an element Dance SR- any combo of leaps and/or jumps (same or diff), dir or ind con Max 2 "D" or (1 "D"+1"E") acro, award "C" (CV) Routine time 1:30</p>
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Requirements (0.5 Each)

Min C Dance (leap/jump/turn)	
Pass w 2 saltos (one "B")	
Dance combo min 180°	
2 Acro Flt (min 1 "B" salto) or ISO "C" salto	

Value Parts

A (3) 0.1 each	
B (4) 0.3 each	
C (1) 0.5 each	

CV (max 0.3)	
DV (max 0.1)	
SV (9.7 base)	
Execution	
Other (footwork/art/dy)	

Judge 1 _____ Judge 2 _____ Neutral Deductions _____ Final Score _____ *courtesy score 5.0*

Athlete # _____

<p>FX</p> <p>ON</p> <p>Warm Up 2:30</p>	<p>Skills of Note Ring or stag ring jump w full turn D</p> <p>Bonus CV Principles Acro Indirect: AD⁺ 0.1 AAC 0.1 BD⁺ 0.2 AAD⁺ 0.2 CC 0.2 CD⁺ 0.3 Acro Direct: AC 0.1 BB 0.1 AD⁺ 0.2 BC⁺ 0.2 CC⁺ 0.3 (BB salto only)</p>	<p>Dance/Mixed*: BD⁺ 0.1 CC 0.1 D^{salto}A^{jump} 0.1 CD⁺ 0.2 DD⁺ 0.3 Turn+jmp/hop (2 or 1-ft take off) ok (ex: 2/1 turn+Popa) *Mix series Add'l 0.1 CV→ Acro/Dance/Acro = Dir acro w min 2 Saltos (1 'C') + Dance + Salto (ex: front lay 1/1 + front ½ + ring jump + front tuck) Last Pass Add'l 0.1 DV→ Double BWD Salto OR 'E' Acro</p>	<p>Clarifications: SV 9.4 (10.1 max if 10 SV, 0.7 bonus w min 0.1 each CV & DV & "E" acro) Dive roll not flt /Stretch jump not an ele Dance SR- any combo of leaps and/or jumps (same or diff), dir or ind con UTL (3 pass routine): 1 "E" or 2 dif "D" (1 acro), acro 3 ser w min "C" salto, acro dsmt w min "C" salto w CV or "D/E" UTL (2 pass routine): min "D" acro, min "D" or 0.2 CV Routine time 1:30</p>
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Requirements (0.5 Each)

Min C Dance (leap/jump/turn)	
*3 Flt acro ser w 2 saltos (1 min "B") OR *2 acro dir w min 1 "B" salto	
Dance combo min 180°	
3 Acro Flt w min 1 "C" salto	

Value Parts

A (3) 0.1 each	
B (3) 0.3 each	
C (2) 0.5 each	
CV (max 0.5)	
DV (max 0.5)	
SV (9.4 base, 10.1 max)	
Execution	
UTL	0.1
No Dance Bonus (CV/DV)	0.1
No Bwd Acro min "A"	0.1
No Fwd/Swd Acro min "A"	0.1

Judge 1 _____ Judge 2 _____ Neutral Deductions _____ Final Score _____ *courtesy score 5.0*