

Skill Level 1 Requirements

Age 5 and up

10.0 Start Value

Min 4 "A" elements

Missing "A" = .1 each time

Missing SR = .5 each time

May use X-skill list for additional "A" value parts

*No "B" or higher skills are allowed

Warm-up time 30 seconds per event

Vault

Run, Stretch Jump to raised surface
(min 8"- max 24")

Alternative tramp board allowed

Bars

1. Mount
2. Cast (no angle requirement)
3. Circling skill
4. Dismount

* May not go to High Bar

Beam

Routine time max 30 seconds

1. Pivot turn or Squat turn
2. Stretch Jump
3. 2 second hold on 1 leg (free leg position optional)
4. Dismount

Floor

Routine time max 30 seconds

No flight elements

1. Backward roll or Candlestick roll (may be isolated or in series)
2. 1/2 turn on 1 foot or pivot turn
3. Dance combo (min 2 leaps/jumps directly or indirectly connected)
4. Min 3/4 handstand (feet must make contact at or above 45 degrees)

Skill Level 2 Requirements

Age 5 and up

10.0 Start Value

Min 5 "A" elements

Missing "A" = .1 each time (Allowable "B"s count as "A"s)

Missing SR = .5 each time

May use X-skill list for additional "A" value parts

Warm-up time 30 seconds per event

Vault

Run, jump to handstand, fall to flat back on raised surface

(min 16"- max 32")

Alternative Tramp board allowed

(Feet first void deduction does not apply)

Bars

1. Pullover from 1 or 2 feet
2. Cast (no angle requirement)
3. Circling element
4. Underswing dismount (pike, straddle, cast, sole circle)

*May NOT go to High Bar

Beam

Routine time max 35 seconds

No "B" or higher acro

1. 1/2 turn on 1 foot
2. Leap or Jump element ("B" jumps and leaps with split allowed)
3. Min 3/4 handstand (feet must make contact at or above 45 degrees-no hold requirement)
4. Dismount (No saltos or aerials)

Floor

Routine time max 45 seconds

Max 1 flight element (no saltos or aerials)

No "B" or higher elements

1. Vertical handstand marked with feet together-no hold requirement (entry and exit positions optional)
2. Minimum 1/2 turn on 1 foot
3. Dance Combo w/one element containing a min 60-degree split (min 2 leaps/jumps directly or indirectly connected)
4. Cartwheel (may be isolated or in series)

Skill Level Silver (NEW) Requirements

Age 5 and up

10.0 Start Value

Min 5 "A" elements

Missing "A" = .1 each time (Allowable "B"s count as "A"s)

Missing SR = .5 each time

May use X-skill list for additional "A" value parts

Warm-up time 45 seconds per event

Vault

Run, jump to handstand, fall to flat back on raised surface

(min 16" - max 32")

Tramp Board allowed

*Run will be evaluated at this level

(Feet first void deduction does NOT apply)

Bars

1. Mount
2. Cast (no angle requirement)
3. Circling skill
4. Dismount (no saltos)

*May go to High Bar

Beam

Routine time Max 45 seconds

1. Min 1/2 turn on 1 foot
2. Any acro element (excluding X-skill lever)
3. Any jump or leap ("B" jumps and leaps with split allowed)
4. Any "A" dismount excluding jumps

Floor

Routine time Max 45 seconds

Max 1 "A" Salto or Aerial

1. Full turn
2. 2 acro elements directly connected
3. Flight element (must be separate from elements fulfilling #2 may be isolated or in combination)
4. Dance combo (min 2 jumps/leaps directly or indirectly connected)

Skill Level 3 Requirements

Age 6 and up

10.0 Start Value

Min 5 "A" elements

Missing "A" = .1 each time (Allowable "B's" count as "A's")

Missing SR = .5 each time

May use X-skill list for additional "A" value parts

Warm-up time 45 seconds per event

Vault

Allowable Vaults

1. Run, Front Handspring over resi
 2. Run, 1/4-1/2 on over resi
- Resi height- Min 24" Max 40"
Alternative tramp board allowed

Bars

1. Mount
 2. Cast (No angle requirement)
 3. Circling skill
 4. Dismount
- *May go to high bar

Beam

Routine time Max 45 seconds

No "B" or higher acro

1. Min 1/2 turn on 1 foot
2. Leap or jump containing a min 60 degree split (may be isolated or in series - "B" jumps and leaps with split allowed)
3. Acro skill that achieves or moves through vertical (a handstand does not require hold but must mark vertical with legs joined to fulfill this requirement)
4. Dismount (excluding jumps)

Floor

Routine time Max 45 seconds

Max 1 "A" Salto or Aerial

No "B" or higher acro

1. Full Turn
2. Acro series with min 2 elements, one must be a Round Off
3. Dance Combo w/one element containing a min 90-degree split (min 2 leaps/jumps directly or indirectly connected)
4. Any element containing or passing through a bridge position OR back extension roll to handstand entry and exit optional. Extension roll must show vertical handstand with legs together and straight

Skill Level 4 Requirements

Age 6 and up

10.0 Start Value

Min 5 "A" elements

Missing "A" = .1 each time (Allowable "B's" count as "A's")

Missing SR = .5 each time

Warm-up time 1 minute per athlete, per event

Vault

Allowable Vaults

1. 1/4-1/2 on over resi
2. Round off, back handspring over resi
3. Front Handspring over resi
Resi height- Min 24" Max 48"
*Landings are evaluated
*Alternative tramp board NOT permitted

Bars (May use X-skill list)

1. **Glide Kip on LB OR Long Hang Kip on HB**
2. Cast to Min 45 degrees BELOW Horizontal, Back Hip Circle
3. **Tap Swing (hips Max 60 degrees below bar on both sides of swing)**
4. Any "A" dismount from High Bar

Beam

Routine time Max 1 Minute

"B" turns, jumps, leaps allowed

1. Min 1/1 turn
2. Leap or jump containing a min 90 degree split (may be isolated or in series - "B" jumps and leaps with split allowed)
3. **Acro skill that achieves or moves through vertical (a handstand requires a 2 second hold and must start and finish on the beam to receive an "A" value part and fulfill this requirement)**
4. **"A" dismount (exception-May use handstand 1/4 turn dismount and receive an "A" value part)**

Floor

Routine time Max 1 Minute

"B" turns, jumps, leaps allowed

1. Min 1/1 turn
2. Dance Combo w/one element containing a min 90-degree split (min 2 leaps/jumps directly or indirectly connected)
3. Acro series with Min 2 directly connected flight elements
4. **Additional acro series with Min 2 directly connected flight elements OR isolated forward Salto**

Skill Level Gold Requirements

Age 6 and up

10.0 Start Value

Min 6 "A" elements

Missing "A" = .1 each time (Allowable "B's" count as "A's")

Missing SR = .5 each time

Warm-up time 1 minute per athlete, per event

Vault

10.0 Start Value

Allowable Vaults

1. Handspring over Vault Table

2. 1/2 on (1/4,1/4) over Vault Table

Vault height-manufacturer setting (Max 135cm)

*9.5 SV for use of alternative tramp board

Bars (May use X-skill list)

1. Cast to Min horizontal
2. Bar Change
3. Circling element
4. "A" dismount from High Bar

*"B" **In-Bar** circle skills (clear hip, toe on-toe off or stalder) are permitted and will receive "A" value part

Beam

Routine time Max 1 Minute

"B" turns, jumps, leaps allowed

1. Min 1/1 turn
2. Leap or jump containing a min 90 degree split (may be isolated or in series - "B" jumps and leaps with split allowed)
3. 1 acro skill that moves through vertical (May use "B" elements with NO flight)
4. "A" dismount

Floor

Routine time Max 1 Minute

"B" turns, jumps, leaps allowed

1. Min 1/1 turn
2. Dance Combo w/one element containing a min 120 degree split (min 2 leaps/jumps directly or indirectly connected)
3. Acro series with Min 2 directly connected flight elements
4. Additional Acro element (flight, salto or aerial isolated or in series)

Skill Level 5 Requirements

Age 6 and up

10.0 Start Value

Min 6 "A" elements

Missing "A" = .1 each time (Allowable "B's" count as "A's")

Missing SR = .5 each time

Warm-up time 1 minute per event

Vault

Allowable Vaults - (Table NOT Used)

1. Round Off entry BHS up Resi
 2. Front Handspring up to Resi
 3. 1/2 on (1/4, 1/4) up to Resi
- Resi height Min 24" Max 56"

*Vault judgement is complete upon first contact of feet OR back

Bars

1. Clear hip (any angle)
2. Cast to Horizontal (this cast, if achieved is awarded an "A" value part ONE time ANY cast that does not achieve horizontal will receive a flat .1 deduction)
3. Long Hang Kip
4. "A" dismount from HB

*May perform ONE tap swing without penalty but it will not be awarded a Value Part

Beam

Routine Time Max 1 minute

May use "B" value acro and dance

1. Min 1/1 turn
2. Leap or jump containing a min 120 degree split (may be isolated or in series)
3. Backward acro skill OR any "B" acro skill (rolls are NOT acceptable)
4. Min "A" dismount

Floor

Routine Time Max 1 Minute

"B" dance allowed

No "B" or higher acro

1. Min 1/1 Turn
2. Dance Combo w/one element containing a min 120 degree split (min 2 leaps/jumps directly or indirectly connected)
3. Acro series with min 3 connected skills (skills can be any combination of flight, salto or aerial elements)
4. Salto or Aerial (can be isolated or in series-if an athlete uses a salto or aerial within SR #3 series it WILL NOT count for SR#4. You may perform the salto or aerial again isolated or in a DIFFERENT connection to fulfill SR#4)

Skill Level 6 Requirements

Age 6 and up

10.0 Start Value

Min 5 "A" elements AND 1 "B" element

Missing "A" = .1 each time

Missing "B" = .3 each time

Missing SR = .5 each time

Warm-up time 1 minute 30 seconds per event

Vault

Allowable Vaults

Vault table (Min manufacturer setting Max 135 cm)

Matting-Max 64" resi or mat stack behind vault table

1. Front Handspring over table to mat stack
2. 1/2 (1/4, 1/4) over table to mat stack
3. Round off on to board, back handspring over table to mat stack

*Evaluation stops upon contact of feet OR back

Bars

1. Clear hip, toe on-toe off or stalder (**In-Bar** skills) (any angle-skills to handstand will receive "B" value)
2. Cast above horizontal (any cast not achieving requirement will receive a flat .1 deduction)
3. A 2nd circling element (if the same as #1 must be performed on a different bar OR in a different connection)
4. Min "A" dismount from High Bar

Beam

Routine Time Max 1 minute 15 seconds

May perform ONE "C" dance skill for "B" value

No "C" or higher acro

1. Min 1/1 turn
2. Leap or jump containing a min 150 degree split (may be isolated or in series)
3. Two (2) directly connected non flight acro elements OR 1 flight acro element (acro flight may be in series)
4. Min "A" salto or aerial dismount

Floor

Routine time Max 1 minute 15 seconds

May perform ONE "C" dance skill for "B" value

No "C" or higher acro

1. Min 1/1 turn
2. Dance Combo w/one element containing a min 150-degree split (min 2 leaps/jumps directly or indirectly connected)
3. Acro series containing 2 flight elements and one 1 salto (total of 3 elements)
4. Additional Min "A" salto (may be isolated or in series)

Skill Level Platinum Requirements

Age 7 and up

10.0 Start Value

Min 6 "A" elements AND 1 "B" element

Missing "A" = .1 each time

Missing "B" = .3 each time

Missing SR = .5 each time

Warm-up time 1 minute 30 seconds per event

Vault

Platinum Vault Chart

10.0 Start Value

No Drill Style Vaults

Bars

1. Bar Change
 2. Cast above horizontal (this cast, if achieved is awarded an "A" value part ONE time)
 3. Clear hip, toe on-toe off, or stalder (**In-Bar** skills) finishing at any angle
 4. Min "A" dismount from High Bar
- *May perform ONE tap swing without penalty but will NOT be awarded a Value Part

Beam

Routine Time Max 1 minute 15 seconds

May perform ONE "C" dance skill for "B" value

No "C" or higher acro

1. Min 1/1 turn
2. Leap or jump containing a min 150 degree split (may be isolated or in series)
3. Two (2) non flight acro skills that pass through vertical (if you choose to do the same skill twice, they must be done in a series OR a different connection. See clarifications for examples) OR one (1) acro flight skill (May OR May not be in series)
4. Min "A" dismount

Floor

Routine Time Max 1 minute 15 seconds

May perform ONE "C" dance skill for "B" value

No "C" or higher acro

1. Min "B" dance skill from skill sets 1 or 2 (maybe isolated or in series)
2. Additional Dance Combo w/one element containing a min 150-degree split (min 2leaps/jumps directly or indirectly connected)
3. Acro series with min two (2) flight elements
4. Additional Min "A" salto (may be isolated or in series)

Skill Level 7 Requirements

Age 7 and up

10.0 Start Value

Min 5 "A" elements AND 2 "B" elements

Missing "A" = .1 each time / Missing "B" = .3 each time

Missing SR = .5 each time

Warm-up time 1 minute 30 seconds per event

Vault

Allowable Vaults

Vault table (Min manufacturer setting Max 135 cm)

Matting-Max 64" resi or mat stack behind vault table

1. Front Handspring over table to mat stack
2. 1/2 (1/4, 1/4) over table to mat stack
3. Round off on to board, back handspring over table to mat stack

*Evaluation stops upon contact of feet OR back

*Feet DO NOT have to touch before landing on back

Bars

1. "B" circling element
 2. Cast to 45 degrees above horizontal (casts must be to handstand to receive a Value Part credit, but can receive a special requirement just for achieving angle requirement)
 3. 2nd circling skill Min "A"
 4. "A" salto dismount from High Bar
- *Any circling skill to handstand is an allowable "C" / *A 1/2 pirouette is an allowable "C"

Beam

Routine Time Max 1 minute 15 seconds

May perform ONE "C" dance skill for "B" value

No "C" or higher acro

1. Min 1/1 turn
2. Leap or jump containing a min 180 degree split (may be isolated or in series)
3. Two (2) non-flight acro skills directly connected AND one (1) "B" flight skill OR a 2 element acro series containing Min one (1) "B" flight skill and one (1) "A" non-flight skill
4. Min "A" salto or aerial dismount

Floor

Routine Time Max 1 minute 15 seconds

May perform ONE "C" dance skill for "B" value

No "C" or higher acro

1. Min "B" Dance element from skill sets 1 or 2 (maybe isolated or in series)
2. Dance Combo w/one element containing a min 180-degree split (min 2 leaps/jumps directly or indirectly connected)
3. Acro pass with 3 skills, one MUST be a back layout (layout with twisting DOES NOT fulfill this requirement)
4. Additional acro pass min 2 skills, one MUST be a forward salto (other skills can be either flight or salto)

Skill Level 8 Requirements

Age 7 and up

10.0 Start Value

Min 4 "A" elements AND 4 "B" elements

Missing "A" = .1 each time / Missing "B" = .3 each time / Missing SR = .5 each time

Allowable "C" elements receive "B" value

Warm-up time 2 minutes per event

Vault

Level 8 Vault Chart

Max setting 135cm

*Vault is void if feet (foot) do not touch upon landing

May spot flipping vaults for 1.00 deduction / May spot landing for .5 deduction

Bars

*May perform Max 2 "C" skills for "B" value

1. Clear Hip OR Stalder OR Toe On-Toe Off (**In-Bar** skills)
2. Min "B" turn or flight
3. Circling skill to or passing through handstand (must be separate skill from #1)
4. Min "A" salto dismount from High Bar

*Any "B" skill that upgrades to a "C" based on execution (Ex clear hip to HS or a flight skill that catches in a position upgrading Value Part) is allowable and will receive "B" value. HS 1/2 pirouette May be performed for "B" Value Part. These elements DO NOT count as one of the 2 additional "C" skills allowed.

Beam

Routine Time Max 1 minute 30 seconds

May perform any number of "C" dance skills for "B" value

May perform one (1) "C" acro skill for "B" value

No "D" skills allowed (exception-layout step out for "B" value)

1. Min 1/1
2. Leap or jump containing a min 180 degree split (may be isolated or in series)
3. Min two (2) flight acro skills directly connected OR one (1) non-flight acro skill connected to an acro flight skill
4. Min "A" salto or aerial dismount

Floor

Routine Time Max 1 minute 30 seconds

May perform any number of "C" dance skills for "B" value

May perform one (1) "C" acro skill for "B" value / No "D" skills allowed

1. Min "B" dance skill from skill sets 1 or 2 (maybe isolated or in series)
2. Additional Dance Combo w/one element containing a min 180-degree split (min 2leaps/jumps directly or indirectly connected)
3. Acro pass with minimum 3 skills, one must be Min "A" Salto (other two skills can be any combination of minimum "A" flight or salto acro skills)
4. Additional Min "B" salto (May be isolated or in series)

Skill Level Diamond Requirements

Age 8 and up

10.0 Start Value

Min 5 "A" elements AND 2 "B" elements

Missing "A" = .1 each time

Missing "B" = .3 each time

Missing SR = .5 each time

Allowable "C" and "D" elements receive "B" value

Warm-up time 2 minutes per event

Vault

Diamond Vault Chart

Max setting 135cm

*Vault is void if feet (foot) do not touch upon landing

Bars

1. Bar Change
2. Min "B" circling element
3. Additional "B" element
4. Min "A" Salto dismount

*May perform any number of "C" elements for "B" value

*May perform ONE (1) D/E element without penalty for "B" value

Beam

Routine Time Max 1 minute 30 seconds

May perform any number of "C" skills for "B" value

May perform "D/E" dance one (1) "D/E" acro skill for "B" value

1. Min 1/1 turn
2. Leap or jump series containing min two (2) connected skills one must have 150 degree split
3. Two (2) non-flight acro skills directly connected AND one (1) "B" flight skill OR a 2 element acro series containing Min one (1) "B" flight skill and one (1) "A" non-flight skill
4. Min "A" salto or aerial dismount

Floor

Routine Time Max 1 minute 30 seconds

May perform any number of "C" skills for "B" value

May perform ONE (1) "D/E" skill for "B" value

1. Dance Combo w/one element containing a min 180 degree split (min 2 leaps/jumps directly or indirectly connected)
2. Additional "B" dance element from skill sets 1 or 2 (maybe isolated or in series)
3. Acro series with 2 Min "A" flight elements, one (1) MUST be a salto
4. Additional acro series Min 2 flight elements, one (1) MUST be a "B" salto

Skill Level 9 Requirements

Age 9 and up

9.7 Start Value (10.0 max)

Min 3 "A" elements 4 "B" elements AND 1 "C" element

Missing "A" = .1 each time / Missing "B" = .3 each time / Missing "C" = .5 each time

Missing SR = .5 each time

May receive Max .1 for Difficulty bonus (D OR E skill) all other allowable "D" receive "C" Value

Max .1 difficulty bonus all other bonus must come from connective value

Warm-up time 2 minutes per event / 2.5 minutes UB

Vault

Level 9 Vault Chart

Bars

May have max one (1) "E" and one (1) "D" OR two (2) "D's"

*Only .1 difficulty bonus will be awarded for D/E skills

1. Min "B" LA turn
2. Min 2 bar changes
3. Min "B" In-Bar skill (3-6-7 skills)
4. Min "B" salto dismount

Beam

Routine Time Max 1 minute 30 seconds

May have max one (1) "E" and one (1) "D" acro skill OR two (2) "D" acro skills

May have unlimited "D" dance skills

*Only .1 difficulty bonus will be awarded for D/E skills

1. Minimum 1/1 turn
2. Leap or jump series containing min two (2) connected skills one must have 180 degree split OR mixed series containing min one leap or jump with 180 degree connected to min "A" acro skill
3. Acro series containing min two (2) "B" flight/salto elements connected
4. Min "B" salto dismount OR "A" salto follow min "C" acro skill

Floor

Routine Time Max 1 minute 30 seconds

May have max one (1) "E" and one (1) "D" acro skill OR two (2) "D" acro skills

May have unlimited "D" dance skills

*Only .1 difficulty bonus will be awarded for D/E skills

1. Min "C" Dance skill from skill sets 1 or 2 (maybe isolated or in series)
2. Dance Combo w/one element containing a min 180-degree split (min 2 leaps/jumps directly OR indirectly connected)
3. Acro series containing minimum two (2) saltos directly OR indirectly connected one MUST be a min "B"
4. Additional acro series Min 2 flight/salto elements one MUST be min "B" OR an isolated "C" element

Skill Level 10 Requirements

Age 9 and up

9.4 Start Value (10.1 max)

Min 3 "A" elements 4 "B" elements AND 1 "C" element

No difficulty restrictions

Missing "A" = .1 each time

Missing "B" =.3 each time

Missing "C" =.5 each time

Missing SR = .5 each time

Warm-up time 2 minutes per event / 2.5 minutes UB

Vault

Level 10 vault chart

Bars

1. Minimum two (2) bar changes
2. Min 2 flight elements MUST be min 2 "C's" OR 1 "B" and 1 "D".
3. Min "C" element with LA turn
4. Min "C" dismount

*For #2 and #3 dismounts will NOT fulfill requirement

Beam

Routine time Max 1 minute 30 seconds

1. Min 1/1 turn
2. Dance OR mixed (containing dance and acro) series Min 2 skills, one MUST have 180 degree split
3. Acro series with Min 2 flight OR salto skills, one MUST be Min "C" (May be in mount)
4. Min "C" dismount OR "B" dismount preceded by a "D/E" acro skill

Floor

Routine time Max 1 minute 30 seconds

1. Acro pass with 2 Saltos, one Salto MUST be a min "B" or Acro pass with 2 directly connected saltos, one Salto MUST be a min "B"
2. Additional acro series (min 3 elements) that includes min one (1) "C" Salto
3. Min "C" dance skill (May be in series or mixed series)
4. Dance Combo w/one element containing a min 180 degree split (min 2 leaps/jumps directly OR indirectly connected)