#### **SKILL LEVEL 1**

(5 yrs. & Up) 10.0 Start Value

Minimum of Four (4) Elements (NO B's Allowed\*)
Warm-Up Time - 30 Seconds
Missing Value Parts - A (.1) B (.3) C (.5)
Missing Special Requirements (.5/ea)

	Missing Special Requirements (.5/ea)						
		Required Skills					
	VALUET.	Run, Stretch Jump to 8" -24" Raised Surface from Springboard					
	VAULT	Alternative Tramp Board Allowed					
,							
		1. Mount					
	BARS	2. Cast (any angle)					
	(Additional Cast Allowed)	3. Back Hip Circle, Stride Circle, Front Hip					
		4. Dismount					
		Maximum Routine Time 30 secs					
		1. ½ Turn on 1 Foot or Pivot Turn					
	BEAM	2. Stretch Jump					
	DEAW	3. Element Close to Beam (Including Mount)					
		4. Jump Dismount					
		"B" Leaps/Jumps Allowed					
		Maximum Routine Time 30 secs					
		1. Backward Roll OR Candlestick					
	FLOOR	2. ½ Turn on 1 Foot or Pivot Turn					
	FLOOR	3. Dance Combo (Min 2 Leap/Jumps)					
		4. ¾ Handstand (Feet make contact at or above 45 degrees)					
		(Max 2 Flight Elements Allowed)					

#### **SKILL LEVEL 2**

(5 yrs. & Up)

10.0 Start Value

Minimum of Five (5) Elements (NO B's Allowed)

Willi	Warm-Up Time - 30 Seconds					
	Required Skills					
VAULT	Run, Jump to Handstand Flatback onto 16"-32" Raised Surface Alternative Tramp Board Allowed *Void feet landing deduction does not apply					
	1. Pullover (From 1 or 2 Feet)					
DADO (A 1 1111 1	2. Cast (any angle)					
BARS (Additional Cast Allowed)	3. Circling Element					
Cast Allowed)	4. Underswing Dismount (Pike/Straddle/Cast/Sole Circle)					
	Maximum Routine Time 35 secs					
	1. ½ Turn on 1 Foot					
	2. Any Leap/Jump					
BEAM	3. 3/4 Handstand (Feet make contact at or above 45 degrees)					
	4. Any Dismount Off Hands					
	"B" Leaps/Jumps Allowed					
	Maximum Routine Time 45 secs					
F-1/71	1. Handstand - No Hold/Mark Vertical					
FLOOR	2. ½ Turn on 1 Foot					
	3. Dance Combo (Min 2 Leap/Jumps)					
	4. Cartwheel					
	(May NOT perform Saltos or Aerials)					

#### **SKILL LEVEL 3**

(6 yrs. & Up)

10.0 Start Value

Five (5) A's (NO B's Allowed) Warm-Up Time - 45 Seconds

Run, Front Handspring Over Resi (24"-40") 1/2 on (1/4-1/4) on Over Resi (24"-40") Alternative Tramp Board Allowed  1. Mount 2. Cast (any angle) 3. Circling Element 4. Any "A" Dismount (May Go To The HB)  Maximum Routine Time 45 secs 1. Minimum ½ Turn on 1 Foot 2. Leap/Jump 60° 3. Acro Skill That Achieves or Moves Thru Vertical 4. Any Dismount Off Hands "B" Leaps/Jumps Allowed  Maximum Routine Time 45 secs 1. Full Turn 2. Payredeff (Instituted on in Series)		Required Skills				
BARS (Additional Cast & Taps Swings Allowed)  2. Cast (any angle) 3. Circling Element 4. Any "A" Dismount (May Go To The HB)  Maximum Routine Time 45 secs 1. Minimum ½ Turn on 1 Foot 2. Leap/Jump 60° 3. Acro Skill That Achieves or Moves Thru Vertical 4. Any Dismount Off Hands "B" Leaps/Jumps Allowed  Maximum Routine Time 45 secs 1. Full Turn	VAULT	1/2 on (1/4-1 <mark>/4</mark> ) on Over Resi (24"-40")				
BARS (Additional Cast & Taps Swings Allowed)  2. Cast (any angle) 3. Circling Element 4. Any "A" Dismount (May Go To The HB)  Maximum Routine Time 45 secs 1. Minimum ½ Turn on 1 Foot 2. Leap/Jump 60° 3. Acro Skill That Achieves or Moves Thru Vertical 4. Any Dismount Off Hands "B" Leaps/Jumps Allowed  Maximum Routine Time 45 secs 1. Full Turn						
8. Taps Swings Allowed) 3. Circling Element 4. Any "A" Dismount (May Go To The HB)  Maximum Routine Time 45 secs 1. Minimum ½ Turn on 1 Foot 2. Leap/Jump 60° 3. Acro Skill That Achieves or Moves Thru Vertical 4. Any Dismount Off Hands "B" Leaps/Jumps Allowed  Maximum Routine Time 45 secs 1. Full Turn		1. Mount				
BEAM  Maximum Routine Time 45 secs  1. Minimum ½ Turn on 1 Foot  2. Leap/Jump 60°  3. Acro Skill That Achieves or Moves Thru Vertical  4. Any Dismount Off Hands  "B" Leaps/Jumps Allowed  Maximum Routine Time 45 secs  1. Full Turn	BARS (Additional Cast	2. Cast (any angle)				
BEAM  Maximum Routine Time 45 secs  1. Minimum ½ Turn on 1 Foot  2. Leap/Jump 60°  3. Acro Skill That Achieves or Moves Thru Vertical  4. Any Dismount Off Hands  "B" Leaps/Jumps Allowed  Maximum Routine Time 45 secs  1. Full Turn	& Taps Swings Allowed)	3. Circling Element				
1. Minimum ½ Turn on 1 Foot  2. Leap/Jump 60°  3. Acro Skill That Achieves or Moves Thru Vertical  4. Any Dismount Off Hands  "B" Leaps/Jumps Allowed  Maximum Routine Time 45 secs  1. Full Turn		4. Any "A" Dismount (May Go To The HB)				
1. Minimum ½ Turn on 1 Foot  2. Leap/Jump 60°  3. Acro Skill That Achieves or Moves Thru Vertical  4. Any Dismount Off Hands  "B" Leaps/Jumps Allowed  Maximum Routine Time 45 secs  1. Full Turn						
BEAM  2. Leap/Jump 60° 3. Acro Skill That Achieves or Moves Thru Vertical 4. Any Dismount Off Hands "B" Leaps/Jumps Allowed  Maximum Routine Time 45 secs 1. Full Turn		Maximum Routine Time 45 secs				
3. Acro Skill That Achieves or Moves Thru Vertical 4. Any Dismount Off Hands "B" Leaps/Jumps Allowed  Maximum Routine Time 45 secs 1. Full Turn		1. Minimum ½ Turn on 1 Foot				
3. Acro Skill That Achieves or Moves Thru Vertical 4. Any Dismount Off Hands "B" Leaps/Jumps Allowed  Maximum Routine Time 45 secs 1. Full Turn	DEAM	2. Leap/Jump 60°				
"B" Leaps/Jumps Allowed  Maximum Routine Time 45 secs  1. Full Turn	DEAW	3. Acro Skill That Achieves or Moves Thru Vertical				
Maximum Routine Time 45 secs  1. Full Turn		4. Any Dismount Off Hands				
1. Full Turn		"B" Leaps/Jumps Allowed				
1. Full Turn						
11.11.1		Maximum Routine Time 45 secs				
2. Daymord ff (Included an im Conice)		1. Full Turn				
Z. Koundoπ (Isolated or in Series)	EL OOD	2. Roundoff (Isolated or in Series)				
FLOOR  3. Dance Combo (Min 2 Leap/Jumps-60)	FLOOK	3. Dance Combo (Min 2 Leap/Jumps-60)				
4. Bridge Kick Over OR Tic Toc OR Walkovers OR Limbers	. I- V I	4. Bridge Kick Over OR Tic Toc OR Walkovers OR Limbers				
(May Perform 1 "A" Salto or Aerial)	LIU	(May Perform 1 "A" Salto or Aerial)				

#### **SKILL LEVEL 4**

(6 yrs. & Up) 10.0 Start Value

Five (5) A's (B Dance ONLY-NO B Acro) Warm-Up Time - 1 Minute

4				D. 1. 1. 1. 1. 11						
				Required Skills						
				1/2 On (or 1/4-1/4) Over Resi (24"-48")						
				Round-Off onto Board, BHS Over Resi (24"-48")						
ľ	VAU	ILT OF	PTIONS	Front Handspring Over Resi (24"-48")						
				Round-Off onto Board, Straight Jump onto Resi - 9.0 SV						
				*Void feet landing deduction only applies to straight jump						
				1. Glide Kip						
	BARS (	(Addit	ional Cast	2. Cast, Back Hip Circle						
	& Taps	Swing	s Allowed)	3. Tap Swing						
				4. "A" Dismount From HB						
•										
				Maximum Routine Time 1 Minute						
			ΑM	1. Min Full Turn						
		BEA		2. Leap/Jump 90°						
				3. Acro Element That Achieves or Moves Thru Vertical						
										4. "A" Dismount
				Maximum Routine Time 1 Minute						
		FLOOR		1. Min Full Turn						
				2. Dance Combo (Min 2 Leap/Jumps-90)						
			V	3. Acro Series (2-3 Elements)						
			IJ	4. Fwd Acro Skill w/Flight or Fwd Salto						

#### **SKILL LEVEL GOLD**

(6 yrs. & Up)

10.0 Start Value

Six (6) A's (B Dance Only-NO B Acro) Warm-Up Time - 1 Minute

1		Required Skills			
	VAUL <mark>T OPTIONS</mark> Manufacturer Setting (Max 135cm)			Handspring or 1/2 On (or 1/4-1/4) Over Vault Table (SV 10.0)	
					1. Bar Change
	BARS (Ac	lditi	onal C	asts	2. Cast to Horizontal
	& Tap Sw	ing	s Allov	ved)	3. Circle Element
					4. "A" Dismount From HB
					Maximum Routine Time 1 Minute
					1. Min Full Turn
	E	BEA	M		2. Leap/Jump 90°
					3. Acro Element Moving Thru Vertical
					4. "A" Dismount
					Maximum Routine Time 1 Minute
					1. Min Full Turn
	FLOOR			2. Dance Combo (Min 2 Leap/Jumps-90)	
					3. Acro Series (2 Connected Flight)
	C1177		-	4. Additional Acro Element w/Flight	

#### **SKILL LEVEL 5**

(6 yrs & Up)

10.0 Start Value

Six (6) A's (B Elements allowed) Warm-Up Time - 1 Minute

			Required Skills
	ULT OPTIONS		Round off, BHS onto 24"-56" Resi (NO VAULT TABLE)
VALL			Front Handspring Onto 24"-56" Resi (NO VAULT TABLE)
VAU	LIOF	TIONS	1/2 On or 1/4-1/4 Onto 24"-56" Resi (NO VAULT TABLE)
			*Vault judgement is complete upon first contact of feet or back *Void feet landing deduction does not apply
			1. Clear Hip
	BAR	9	2. Cast to Horizontal
	אאט	.0	3. Long Hang Kip
			4. "A" Dismount From HB
			Maximum Routine Time 1 Minute
			1. Min Full Turn
	BEA	.M	2. Leap/Jump 120°
			3. Bwd Acro or "B" Acro (NO rolls)
			4. Min "A" Dismount
			Maximum Routine Time 1 Minute
			1. Min Full Turn
	FLOC	OR	2. Dance Combo (Min 2 Leap/Jumps-120)
			3. Acro Series (min 3 elements w/Flight)
			4. Salto or Aerial

#### **SKILL LEVEL 6**

(6 yrs. & Up) 10.0 Start Value

Five (5) A's One (1) B (1 C Dance ONLY) Warm-Up Time - 1 Minute 30 Seconds

4		Required Skills	
	VAUL Manufacture (Ma <mark>x 1</mark> 35	r Setting	Front Handspring/Yurchenko/Tsuk Entry Onto 64" Max Mat Stack Behind Vault Table - 10.0 SV  *Vault judgement is complete upon first contact of feet or back  *Void feet landing deduction does not apply
_			
			1. Clear Hip
	BARS	•	2. Cast Above Horizontal
	DAR	3	3. 2nd Circling Element
			4. "A" Dismount
			Maximum Routine Time 1:15
		AM	1. Min Full Turn
	BEAN		2. Leap/Jump (150°)
			3. 1 Acro Flight or Non-Flight Series
			4. Min "A" Salto or Aerial Dismount
			Maximum Routine Time 1:15
			1. Min Full Turn
	FL00	R	2. Dance Combo (Min 2 Leap/Jumps-150)
			3. Acro Series (min 3 Flight Elements)
		777	4. Min "A" Salto
	U	Y.	MNASIIL5

#### **SKILL LEVEL PLATINUM**

(7 yrs. & Up)

10.0 Start Value

Six (6) A's, One (1) B (1 C Dance ONLY) Warm-Up Time - 1 Minute 30 Seconds

	Required Skills			
	Any Vault on Level 8 Chart - 10.0 SV			
VAULT Manufacturer Setting	Front Handspring/Yurchenko/Tsuk Entry Onto 64" Max Mat Stack			
Manufacturer Setting (Max 135cm)	Behind Vault Table - 10.0 SV			
(Max 100cm)	*Failure to land feet first Void deduction does not apply to drill style vaults			
	1. Bar Change			
BARS (1 Tap Swing	2. Cast above Horizontal			
Allowed)	3. "B" Circle Element			
	4. "A" Dismount			
	Maximum Routine Time 1:15			
	1. Min Full Turn			
BEAM	2. Leap/Jump (150°)			
	3. Acro Series w/wo Flight			
	4. "A" Dismount			
	Maximum Routine Time 1:15			
	1. Min "B" Turn			
FLOOR	2. Dance Combo (Min 2 Leap/Jumps-150)			
LV	3. Acro Series (2-3 Flight Elements)			
	4. Min "A" Salto in an Additional Pass			

#### **SKILL LEVEL 7**

(7 yrs. & Up) 10.0 Start Value

Five (5) A's, Two (2) B's (1 C Dance ONLY - NO C Acro)
Warm-Up Time - 1 Minute 30 Seconds

Required Skills

Required Skills			
VAULT Manufacturer Setting (Max 135cm)		r Setting	Front Handspring/Yurchenko/Tsuk Entry Onto 64" Max Mat Stack Behind Vault Table - 10.0 SV *Vault judgement is complete upon first contact of feet or back *Void feet landing deduction does not apply
			1. Clear Hip, Stalder, or Toe On Toe Off
р.	۸ D	c	2. Cast to 45° above Horizontal
D/	٩K	3	3. 2nd Circling Element
			4. "A" Dismount
			Maximum Routine Time 1:15
			1. Min Full Turn
В	ΞΑ	M	2. Leap/Jump (180°)
			3. Acro Series w/wo Flight
			4. Min A" Salto or Aerial Dismount
			Maximum Routine Time 1:15
	FLOOR		1. Min "B" Turn
FL			2. Dance Combo (Min 2 Leap/Jumps-180)
			3. Acro Series (3 Elements w/Back Layout)
		VI	4. Fwd Acro Series (Min 2 Flight Elements)
		II	MINDILLO
	Manufacti (Max	Manufacture (Max 13: BAR	Manufacturer Setting (Max 135cm)  BARS  BEAM

#### **SKILL LEVEL 8**

(7 yrs. & Up) 10.0 Start Value

Four (4) A's, Four (4) B's (C Dance ONLY + 1 C Acro) Warm-Up Time - 2 Minutes

	Required Skills				
VAULT Manufacturer Setting (Max 135cm)	Any Vault on Level 8 Vault Chart				
	1. Min "B" Flight or Turn				
BARS	2. Clear Hip, Stalder, or Toe On Toe Off				
	3. Min "B" Element to Handstand				
	4. Salto Dismount				
	Maximum Routine Time 1:30				
	1. Min Full Turn				
BEAM	2. Leap/Jump (180°)				
	3. Acro Series (1 Element w/Flight)				
	4. Min "A" Salto or Aerial Dismount				
	Maximum Routine Time 1:30				
	1. Min "B" Turn				
FLOOR	2. Dance Combo (Min 2 Leap/Jumps-180)				
61777	3. 3 Acro Flight Elements w/min "A" Salto				
EVI	4. "B" Salto				
	TITADU I LUDII				

#### **SKILL LEVEL DIAMOND**

(7 yrs. & Up) 10.0 Start Value

Four (4) A's, Two (2) B's (C/D Dance + 1 D Acro Allowed)
Warm-Up Time - 2 Minutes

d	Required Skills				
		VAUI acture lax 13	er Setting	Any Vault on Level 8 Vault Chart	
				1. Bar Change	
				2. Min "B" Circling Element	
		BAR	RS	3. Min "B" Element to Handstand	
				4. Salto Dismount	
				4. Sailo Disiliouni	
				Maximum Routine Time 1:30	
		DE 4		1. Min Full Turn	
		BEA	AM	2. Leap/Jump (180°)	
				3. Acro Series (1 Element w/Flight)	
				4. Min "A" Salto or Aerial Dismount	
				Maximum Routine Time 1:30	
				1. Min "B" Turn	
		FLOC	)R	2. Dance Combo (Min 2 Leaps/Jumps-180)	
				3. 2 Acro Flight Elements w/min "A" Salto	
N.			W	4. "B" Salto	
		т	T		

#### **SKILL LEVEL 9**

(8 yrs. & Up) 9.7 Start Value

Four (4) A's, Three (3) B's, One (1) C, (D Dance ONLY + 1 D Acro)
Warm-Up Time - 2 minutes

			Required Skills
	VAULT Manufacturer Setting (Max 135cm)		Any Vault on Level 9 Vault Chart
L			
			1. Min "B" Turn
	BAF	20	2. Min 2 Bar Changes
	DAI	.0	3. Min "B" Skill Set 3/6/7 Element
			4. Min "B" Dismount
Г			
			Maximum Routine Time 1:30
			1. Min Full Turn
	BEA	<b>\M</b>	2. Leap/Jump Series (180°) - 2 Elements
			3. Acro Series (2 Flight Elements)
			4. "B" Salto Dismount
			Maximum Routine Time 1:30
			1. Min "B" Turn
	FLO	OR	2. Leap/Jump Pass 180° (2 Elements)
			3. Two (2) Saltos in One (1) Pass
			4. "B" Salto

#### **SKILL LEVEL 10**

(8 yrs. & Up)

9.5 Start Value

Four (4) A's Three (3) B's Two (2) C's, (D & E elements allowed)
Warm-Up Time - 2 Minutes

	Required Skills			
	VAULT Manufacturer Setting (Max 135cm)		Any Vault on Level 10 Vault Chart	
		RS	1. Min "B" Flight	
	BAR		2. 2nd "C"+ Element w/Flight or Turn	
	DAN		3. Min "B" Skill Set 3/6/7 Element	
			4. Min "C" Dismount	
_				
			Maximum Routine Time 1:30	
			1. Min Full Turn	
	BEA	AM	2. Leap/Jump Series (180°) - 2 Elements	
			3. Acro Series with "C" Element	
			4. "C" Dismount	
			Maximum Routine Time 1:30	
	FLOOR		1. Min "C" Turn	
			2. Leap/Jump Pass 180° (2 Elements)	
			3. Two (2) Saltos in One (1) Pass	
			4. "C" Salto	