Partial Women's
Technical Handbook

Women's Technical Handbook
2022-2024

nationalgym.org

2022-2023 NGA Women's Level Requirements

- Each level is displayed in two separate sections

    1. Event Level Requirements—One event, all levels

    2. Level Requirements—All events per level

At this time, only the Level Requirements are being release. The remaining rules and guidelines for the Women's Technical handbook, including the Table of Elements will be published shortly.

The NEW and unique Table of Elements contains over 1,400 full color illustrated elements for Vault, Uneven Bars, Balance Beam, and Floor Exercise. A sample of what each element will look like is displayed in the X-skills. NGA is pushing for an August 1st publication date. We will keep you informed of this newest NGA tool!

Included also in this publication is:

    3. X-Skills Chart for UB, BM, FX and the VT Level 1N to Level 7N

After listening to our membership, some Special Requirements have been modified or changed. This is shown in pink highlighted font.

We hope the newly expanded charts for each level show what is allowed, what is restricted—will be easier to decipher and understand!

As always, please let us know if you have any questions, or are unclear on a requirement…we are here to help!

VP Required
- Each Level is assigned a specific number of each VP to perform in their routine
- Silver example needs 5 'A' VP's performed successfully for full difficulty
- Silver allowed to use X-skills plus 'A' Elements to fulfill the requirement of (5)

VP Allowances
- Individually, by value, each type of VP is given assigned allowances

VP Allowed
Each Level is allowed to perform assigned VP difficulty

SILVER SN			
☑ X	5	1. Min 1/2 (180º) turn 1-foot	☑ Yes—X-skills
☑ A		2. Leap/Jump	☑ Yes—'A' Acro Non-Flight
☑ B*		• 'B'* Leaps/Jumps w split allowed	☑ No—'B' Acro Non-Flight
☐ C		3. Acro—Any 'A' Acro Non-Flight	☑ No—Acro Flight
☐ D		• No X-skill lever	☑ Yes—'A' Salto Dismount
☐ E		4. 'A' Dismount	☑ Yes—'A' Aerial Dismount
		• No Jumps	☑ Yes—'B'* Leaps /Jumps w Split = A
		• Yes Max 'A' Salto/Aerial	

Asterisk by VP
- Signifies VP has been given an exception

VP Asterisked
- Signifies VP upgrade exception

Example:
- 'B' Leaps/Jumps w Split are allowed to be performed and will receive 'A' VP

Special Requirements (SR)
- Each Level on UB, BM and FX are assigned (4) Special Requirements.
- Complete with special notes or directions for completion

NGA WOMEN'S PROGRAM — 2022-2023 LEVEL REQUIREMENTS — SUMMARY

		VAULT	UNEVEN BARS	BALANCE BEAM	FLOOR EXERCISE

LEVEL 1N	**5 years & up**
	SV = 10.0
	VP: 'A' = 4
	X-Skill = 'A' VP
	No 'B' or higher
	WU = 30s each event
	Routine time BB = 30s
	Routine time FX = 45s
		Run—Stretch Jump
		• Raised surface—Min 8'- Max 24'
		• Alternate Tramp board allowed
		Accelerated run evaluated
		Speed thru out evaluated
		Board lean evaluated
			1. Mount
			2. Cast
			  • No angle required
			3. 360º Circle skill
			4. Dismount
			No HB
				1. Pivot <u>OR</u>
				1. Squat turn
				2. Stretch Jump
				3. 1-leg balance—2s hold
				  • Free leg position optional
				4. Dismount
				  • No Saltos/Aerials
				No Acro flight
				No 'B' Dance
					1. 1/2 (180º) turn 1-foot <u>OR</u>
					1. Pivot turn
					2. BWD roll—Any Entry/Exit position <u>OR</u>
					2. Candlestick—Any Entry/Exit position
					  • SR2—Isolated/Series
					3. Dance Combo—Min (2) Leaps/Jumps
					  • Direct/Indirect
					4. Acro Skill–Min 3/4 HS—No hold req'd
					  • Feet must contact at/above 45º
					Max (1) Acro 'A' Flight (Ø Saltos), No 'B' Dance

L2N / BRONZE BN	**5 years & up**
	SV = 10.0
	VP: A = 5
	X-Skill = 'A' VP
	Allowable 'B' = 'A'
	WU = 30s each event
	Routine time BB = 35s
	Routine time FX = 45s
		Run—Jump HS—Fall flat back
		• Raised surface—Min 16'- Max 48'
		• Alternative Tramp board allowed
		Accelerated run evaluated
		Speed thru out evaluated
		Board lean evaluated
		'Feet first' VOID does NOT apply
			1. Mount
			2. Cast
			  • No angle required
			3. 360º Circle skill
			4. Dismount—Cast-Underswing
			  • Clear hip/Stalder/Sole
			No HB
			No 'B' or higher
				1. 1/2 (180º) turn 1-foot
				2. Leap/Jump
				  • 'B' Leaps/Jumps w split allowed
				3. Acro—Handstand
				  • LEAD leg min. 45º from VER
				  • 2nd leg height optional
				  • Must leave BM for VP
				4. Dismount
				  • No Saltos/Aerials
				No Acro 'B' or higher
				Yes 'B' Split Leaps/Jumps
					1. Min 1/2 (180º) turn 1-foot
					2. Handstand—No hold required
					  • Between 45º-VER
					  • Mark feet together
					  • Entry/Exit positions optional
					3. Dance Combo—Min (2) Leaps/Jumps
					  • (1) Min 60º split
					  • Direct/Indirect
					4. Acro Skill—Cartwheel
					  • Isolated/Series
					Max (2) Acro 'A' Flight, Max (1) per pass or isolated Ø Salto/Aerial, No 'B'

SILVER SN	**5 years & up**
	SV = 10.0
	VP: A = 5
	X-Skill = 'A' VP
	Allowable 'B' = 'A'
	WU = 45s each event
	Routine time = 1:00m
		Run—Jump HS—Fall flat back
		• Raised surface—Min 16' - Max 48'
		• Tramp board allowed
		Accelerated run evaluated
		Speed thru out evaluated
		Board lean evaluated
		'Feet first' VOID does NOT apply
			1. Mount
			2. Cast
			  • No angle required
			3. 360º Circle skill
			4. Dismount
			  • No saltos
			Yes-HB
			No 'B' or higher
				1. Min 1/2 (180º) turn 1-foot
				2. Leap/Jump
				  • 'B' Leaps/Jumps w split allowed
				3. Acro Skill—Any 'A' Acro Non-flight skill
				  • No X-skill lever
				4. 'A' Dismount
				  • No Jumps
				  • 'A' Salto/Aerial allowed
				No Acro 'B' or higher, Yes 'B' Split Leaps/Jumps
					1. 1/1 (360º) turn 1-foot
					2. Acro Pass—Min (2) 'A' Acro skills
					  • Direct
					3. Dance Combo—Min (2) Leaps/Jumps
					  • Direct/Indirect
					4. Acro Skill—'A' Acro Flight
					  • Separate from #2 SR VP
					  • Isolated/Combination
					Max (1) Acro Salto/Aerial, No 'B' or higher skill

LEVEL 3N	**6 years & up**
	SV = 10.0
	VP: A = 5
	X-Skill = 'A' VP
	Allowable 'B' = 'A'
	WU = 45s each event
	Routine time = 45s
		Run—FHS
		Run—¼-½ on, Repulsion off
		• Over Resi—Min 24' - Max 48'
		• Alternative tramp board allowed
		Accelerated run evaluated
		Speed thru out evaluated
		Board lean evaluated
		Landing evaluated
			1. Mount
			2. Cast
			  • No angle required
			3. 360º Circle skill
			4. Dismount
			  • No saltos
			Yes-HB
			No 'B' or higher
				1. Min 1/2 (180º) turn 1-foot
				2. Leap / Jump—Min. 60º split
				  • 'B' Leaps / Jumps w split allowed
				  • Isolated / Series
				3. Acro skill—Moves thru/achieves VER
				  • HS—Ø hold req'd—Must mark VER w legs joined
				4. 'A' Dismount
				  • No Jumps
				  • 'A' Salto/Aerial allowed
				No Acro 'B' or higher, Yes 'B' Leaps/Jumps w split
					1. 1/1 (360º) turn 1-foot
					2. Acro pass—Min (2) 'A' Acro skills
					  • (1) a RO
					3. Dance Combo—Min (2) Leaps/Jumps
					  • (1) Min 90º split
					  • Direct/Indirect
					4. Acro Skill—Contain/pass thru Bridge <u>OR</u>
					4. Acro Skill—BWD Ext. Roll HS thru VER
					  • Entry/exit optional
					Max (1) Acro Salto/Aerial, No Acro 'B' or higher

LEVEL 4N	**6 years & up**
	SV = 10.0
	VP: A = 5
	X-Skill = 'A' VP *(UB only)*
	Allowable 'B' = 'A'
	WU = 1:00m each event
	Routine time = 1:00m
		Run—FHS
		Run—¼-½ on, Repulsion off
		Run—RO—BHS
		• Over Resi—Min 24' - Max 48'
		• No alternate tramp board allowed
		Speed thru out evaluated
		Landing evaluated
			1. Glide Kip-LB <u>OR</u>
			1. Long Hang-HB
			2. Cast—BWD Hip Circle
			  • Cast min 45º < HOR
			3. Tap swing
			  • Hips min 45º < HB-both sides
			4. 'A' HB Dismount
			Yes-HB
			X-Skill List - 'A' VP
			Yes 'B' In bar 360º circle = 'A' VP
				1. Min 1/1 (360º) turn 1-foot
				2. Leap/Jump—Min. 90º split
				  • Isolated/Series
				3. Acro skill—Moves thru/achieves VER
				  • If HS = 2s Hold
				  • Excludes Mount/Dismount
				4. 'A' Dismount
				  • HS ¼ (90º) turn = 'A' VP
				  • 'A' Salto/Aerial allowed
				No Acro Flight, Yes-'B' Dance
					1. Min 1/1 (360º) turn 1-foot
					2. Acro Pass—Min (2) 'A' Acro Flight skills
					  • Direct
					3. Dance Combo—Min (2) Leaps/Jumps
					  • (1) Min 90º split
					  • Direct/Indirect
					4. Additional Acro Pass—Min (2) skills
					  • Direct Acro-Flight <u>OR</u>
					  • 3 Isolated FWD salto
					No Acro 'B' or higher, Yes 'B' Dance

		VAULT	UNEVEN BARS	BALANCE BEAM	FLOOR EXERCISE

GOLD GN	6 years & up
	SV = 10.0
	VP: A = 6
	X-Skill = 'A' VP *(UB only)*
	Allowable 'B' = 'A'
	WU = 1:00m each event
	Routine time = 1:00m
		FHS
		½ on (¼—¼), Repulsion off
		• Over Table
		• Max 135 cm—Manufacturer setting
		• 9.5 SV - Using alternate Tramp board
		Speed thru out evaluated
		Landing evaluated
			1. Bar change
			2. Cast—OR— VP Min HOR
			3. 360º Circle skill**
			4. 'A' HB Dismount
			  • 'A' Salto allowed, Ø twist
			Yes-HB
			X-Skill List = 'A' VP
			**'B' In-bar circle—Clear hip/Stalder/Sole
			allowed = 'A' VP
				1. Min 1/1 (360º) turn 1-foot
				2. Leap/Jump—Min. 90º split
				  • Isolated/Series
				3. Acro—(2) Acro skills—(1) thru VER**
				  • 'B' Non-Flight allowed
				  • Isolated/Series
				4. 'A' Dismount
				  • 'A' Salto/Aerial allowed
				No Acro Flight, Yes 'B' Dance
				**HS achieves VER, does not go thru VER
					1. Min 1/1 (360º) turn
					2. Acro Pass—Min (2) 'A' Acro Flight
					  • Direct
					3. Dance Combo—Min (2) Leaps/Jumps
					  • (1) Min 120º split
					  • Direct/Indirect
					4. Additional Acro Skill
					  • Flight/Salto/Aerial
					  • Isolated/Series
					No Acro 'B' or higher, Yes 'B' Dance

LEVEL 5N	6 years & up
	SV = 10.0
	VP: A = 6
	Allowable 'C' = 'B'
	WU = 1:00m each event
	Routine time = 1:00m
		Run—FHS
		Run—½ on (¼—¼)
		Run—RO Entry-FF
		• Up to Resi—Min 24' - Max 56'
		• No table used
		Speed thru out evaluated
		Evaluation stops w foot/back contact
			1. 360º In-bar Circle skill**
			  • Clear/Stalder/Sole
			  • Any angle
			2. Cast HOR
			  • HOR achieved = 'A' one time
			  • All other casts not HOR = deduct 0.10
			3. Long Hang kip
			4. 'A' HB Salto Dismount (up to 1/2 twist)
			**Circle to HS = 'B' VP
			May perform (1) tap swing, no penalty, no VP
				1. Min 1/1 (360º) turn 1-foot
				2. Leap/Jump—Min 120º split
				  • Isolated/Series
				3. Acro—BWD Acro skill** OR
				3. Acro—Any 'B' Acro skill**
				4. Min 'A' Dismount
				**No rolls unless thru VER, shows open hip, w hand support
				Yes Acro 'B', Yes 'B' Dance
					1. Min 1/1 (360º) turn
					2. Acro Series—Min (3) Acro skills
					  • Flight/Salto/Aerial
					  • Direct connect
					3. Dance Combo—Min (2) Leaps/Jumps
					  • (1) Min 120º split
					  • Direct/Indirect
					4. Additional Acro Skill—Salto/Aerial
					  • Isolated/Series
					#2 may not fulfill #4 unless isolated / different series
					No-Acro 'B' or higher, Yes 'B' Dance

LEVEL 6N	6 years & up
	SV = 10.0
	VP: A = 5, B = 1
	Allowable 'C' = 'B'
	WU = 1:30m each event
	Routine time = 1:15m
		FHS
		½ on (¼—¼)
		RO Entry-FF
		• Over table —Mat stack
		• Min 32" - Max 64" behind table
		• Max 135 cm—Manufacturer setting
		Evaluation stops w foot/back contact
		Feet not req'd to touch prior to landing on back
			1. 360º In-bar Circle skill**
			  • Clear/Stalder/Sole
			2. Cast above HOR
			3. 2nd Circle skill OR 2nd Cast ↑HOR
			  • If same as #1, must be different bar or in different connection
			4. Min 'A' HB Salto Dismount (up to 1/1 twist)
			Long hang pullover—U-swing + (1) tap swing—no extra swing penalty, no VP
			**'C' Circle HS = 'B' VP
				1. Min 1/1 (360º) turn 1-foot
				2. Leap/Jump—Min 150º split
				  • Isolated/Series
				3. Acro Series—(2) Acro Non-Flight—Direct OR
				3. Acro—(1) Acro-Flight—Isolated/Series
				4. Min 'A' Salto/Aerial Dismount (up to 1/1 twist)
				(1) Dance 'C' = 'B'
				No Acro 'C' or higher
					1. Min. 1/1 (360º) turn
					2. Acro Series (3VP)—Min (2) Acro-Flight + (1) Salto
					3. Dance Combo—Min (2) Leaps/Jumps
					  • (1) Min 150º split
					  • Direct/Indirect
					4. Additional Min 'A' Salto
					  • Isolated/Series
					Max (1) Dance 'C' = 'B'
					No Acro 'C' or higher

PLATINUM PN	7 years & up
	SV = 10.0
	VP: A = 6, B = 1
	Allowable 'C' = 'B'
	WU = 1:30m each event
	Routine time = 1:30m
		Platinum VT Chart
		• No drill-type vaults
		• Max 135 cm—Manufacturer setting
			1. Bar change
			2. Cast OR VP w Clear support above HOR*
			  • Cast HOR achieved, award 'A' VP once
			3. 360º In-bar Circle skill
			  • Clear/Stalder/Sole
			  • Finish any angle
			4. Min 'A' HB Dismount
			  • 'A', 'B' Salto allowed, not required
			*Any cast HOR or below = deduct 0.10
			May perform (1) tap swing = no deduction, no VP
				1. Min.1/1 (360º) turn 1-foot
				2. Leap/Jump—Min 150º split
				  • Isolated/Series
				3. Acro Series—(2) Acro Non-Flight, (1) thru VER OR
				3. Acro—(1) 'B' Acro skill
				  • Isolated/Series
				4. Min 'A' Dismount
				Max (1) Dance 'C' = 'B'
				No Acro 'C' or higher
					1. Min 'B' Dance
					  • Skill Set 1-2 (Leaps/Jumps), (Turns)
					  • Isolated/Series
					2. Acro Pass—Min (2) Acro Flight
					3. Dance Combo—Min (2) Leaps/Jumps
					  • (1) Min 150º split
					  • Direct/Indirect
					4. Additional Min 'A' Salto
					  • Isolated/Pass
					Max (1) Dance 'C' = 'B', No Acro 'C' or higher

LEVEL 7N	7 years & up
	SV = 10.0
	VP: 5 = A, 2 = B
	Allowable 'C' = 'B'
	WU = 1:30m each event
	Routine time = 1:30m
		FHS
		½ on (¼—¼)
		RO Entry—FF
		• Over table to Mat stack 64' behind table
		• Max 135 cm—Manufacturer setting
		Evaluation stops w foot/back touch
		Feet no req'd to touch prior to landing on back
			1. 'B' 360º In-bar Circle skill**
			  • Clear/Stalder/Sole
			2. Cast—Min 45º above HOR*
			3. 2nd Circling skill—Min 'A'
			4. Min 'A' HB Salto Dismount
			*All casts must be to HS for VP—receive SR if achieving required angle
			**'C' Circle HS; HS 1/2 = 'B' VP
				1. Min 1/1 (360º) turn 1-foot
				2. Leap/Jump—Min 180º split
				  • Isolated/Series
				3. Acro Series—Min (2) Acro Non-Flight direct + (1) 'B' Acro-Flight OR
				3. Acro Series—Min (2) Acro, (1) a 'B' Flight
				  • Direct
				4. Min. 'A' Salto / Aerial Dismount
				Max (1) Dance 'C' = 'B'
				No Acro 'C' or higher
					1. Min 'B' Dance
					  • Skill Set 1-2 (Leaps/Jumps), (Turns)
					  • Isolated/Series
					2. Acro Series—Min. (3) Acro
					  • (1) a BWD LO—2-feet (no twist)
					3. Dance Combo—Min (2) Leaps/Jumps
					  • (1) Min 180º split
					  • Direct/Indirect
					4. Additional Acro Pass—Min (2) Acro Flight/Salto
					  • (1) a FWD salto

		VAULT	UNEVEN BARS	BALANCE BEAM	FLOOR EXERCISE

LEVEL 8N	**7 years & up**
	SV = 10.0
	VP: 4 = A, 4 = B
	Allowable 'C' = 'B'
	WU = 2:00m each event
	Routine time = 1:30m
		Level 8 VT Chart
		• Max 135cm—Manufacturer setting
			1. Min 'B' 360º In-bar Circle skill
			  • Clear/Stalder/Sole
			2. Min 'B' Turn/Flight
			3. Circle to/pass thru HS
			  • Separate from #1
			4. Min 'A' HB Salto Dismount
			Max (2) 'C' = 'B'
			'B' ➤ 'C' based on performance = 'B' VP
			—Do not count as part of (2) allowed 'C'
				1. Min 1/1 (360º) turn 1-foot
				2. Leap/Jump—Min 180º split
				  • Isolated/Series
				3. Acro Series—Min (2) Acro Flight—Direct <u>OR</u>
				3. Acro Series—Min (1) Acro Non-Flight + (1) Acro-Flight—Direct
				4. Min 'A' Salto/Aerial Dismount
				Allow BWD LO-Step Out 'D' = 'B'
				Yes 'C' Dance = 'B'
				(1) Acro 'C' = 'B'
				No 'D' (except BWD LO-SO = 'B')
					1. Min 'B' Dance
					  • Skill Set 1-2 (Leaps/Jumps), (Turns)
					  • Isolated/Series
					2. Acro Series—Min (3) Acro Flight/Salto
					  • Min (1) 'A' Salto and (2) Min 'A' Flight/Salto
					3. Dance Combo—Min (2) Leaps/Jumps
					  • (1) Min 180º split
					  • Direct/Indirect
					4. Additional Min 'B' salto
					  • Isolated / Series
					Yes 'C' Dance = 'B'
					(1) Acro 'C' = 'B', No 'D'

DIAMOND DN	**8 years & up**
	SV = 10.0
	VP: 5 = A, 2 = B
	Allowable 'C/D' = 'B'
	WU = 2:00m each event
	Routine time = 1:30m
		Diamond VT Chart
		• Max 135cm—Manufacturer setting
			1. Bar change
			2. Min 'B' 360º In-bar Circle skill
			  • Clear/Stalder/Sole
			3. Additional 'B' element
			4. Min 'A' HB Salto Dismount
			Yes Unlimited 'C' = 'B' VP
			Yes Max (1) 'D/E' = 'B' VP
			Yes Circle 'C' HS; HS 1/2
				1. Min 1/1 (360º) turn 1-turn
				2. Leap/Jump series—Min (2) VP—Min (1) 180º split
				  • Direct
				3. Acro Series—(2) Acro-Non Flight—Direct + (1) 'B' Acro-Flight <u>OR</u>
				3. Acro Series—Min (2) Acro, Min (1) 'B' Acro Flight—Direct
				4. Min 'A' Salto/Aerial Dismount
				Acro 'C' = 'B'
				Yes 'D/E' Dance = 'B'
				Max (1) Acro 'D/E' = 'B'
					1. Min 'B' Dance
					  • Skill Set 1-2 (Leaps/Jumps), (Turns)
					  • Not part of SR #3
					  • Isolated/Series
					2. Acro Pass—Min (2) Acro 'A' Flight
					  • (1) a Salto
					3. Dance Combo—Min (2) Leaps/Jumps
					  • (1) Min 180º split
					  • Direct/Indirect
					4. Additional Acro Pass—Min (2) Acro-Flight/Salto
					  • (1) a 'B' salto
					Acro 'C' = 'B', (1) 'D/E' = 'B'

LEVEL 9N	**9 years & UP**
	SV = 9.7 + 0.3CV Bonus = 10.0 <u>OR</u>
	SV = 9.7 + 0.2CV + 0.1DV Bonus = 10.0
	VP: 3 = A, 4 = B, 1 = C
	Max +0.1 DV Bonus 'D/E'
	Other 'D' = 'C'
	WU = 2:00m VT, BM, FX
	WU = 2:30m UB
	Routine time = 1:30m
		Level 9 VT Chart
		• Max 135 cm—Manufacturer setting
		
		Possible minor clarifications to L9N and L10N after NCAA finalized rules are available
			1. Min 'B' LA turn
			2. (2) bar changes
			3. Min 'B' 360º In-bar Circle skill
			  • Clear/Stalder/Sole
			4. Min 'B' HB Salto Dismount
			Max (1) 'E' + (1) 'D' <u>OR</u> (2) 'D'
				1. Min 1/1 (360º) turn 1-foot
				2. Leap/Jump series—Min (2) VP, Min (1) 180º split Direct <u>OR</u>
				2. Mixed series—Min (1) Leap/Jump, 180º split + (1) Min 'A' Acro
				3. Acro series—Min (2) 'B' Acro Flight/Salto
				  • Direct
				4. Min 'B' Salto Dismount <u>OR</u>
				4. Min 'C' Acro ➤ 'A' Salto Dismount
				(1) 'E' + (1) 'D' <u>OR</u> (2) 'D', unlimited 'D' Dance
					1. Min 'C' Dance
					  • Skill Set 1-2 (Leaps/Jumps), (Turns)
					  • Not part of SR #3
					  • Isolated/Series
					2. Acro Pass—Min (2) Saltos
					  • Min (1) 'B' Salto
					  • Direct/Indirect
					3. Dance combo—Min (2) Leaps/Jumps
					  • (1) Min 180º split
					  • Direct/Indirect
					4. Additional Acro Pass—Min (2) Acro Flight/Salto—(1) Min 'B' salto <u>OR</u>
					4. (1) 'C' Salto—Isolated
					(1) 'E' + (1) 'D' OR (2) 'D'
					Unlimited 'D' Dance

LEVEL 10N	**9 years & up**
	SV: 9.4 + 0.7 Bonus = 10.1
	VP: 3 = A, 3 = B, 2 = C
	No difficulty restrictions
	Max +0.5 DV Bonus
	Max +0.5 CV Bonus
	WU = 2:00m VT, BM, FX
	WU = 2:30m UB
	Routine time = 1:30m
		Level 10 VT Chart
		• Max 135 cm—Manufacturer setting
			1. Min (2) Bar changes
			2. Min (2) 'C' Flight <u>OR</u>
			2. (1) 'B' + (1) 'D' Flight
			3. Min 'C' LA turn
			4. Min 'C' HB Dismount
			May not use dismount to fulfill SR 2, 3
			No difficulty restrictions
				1. Min 1/1 (360º) turn 1-foot
				2. Dance/Mixed series—Min (2) VP—Min (1) 180º split
				  • Direct
				3. Acro series—Min (2) Acro Flight/Saltos
				  • (1) Min 'C'
				  • May include Mount
				4. Min 'C' Salto Dismount <u>OR</u>
				4. Min 'D/E' Acro ➤ 'B' Salto Dismount
				No difficulty restrictions
					1. Min 'C' Dance
					  • Series/Mixed series/Isolated
					2. Acro Series—Min (3) Acro Flight—Min (2) Saltos w
					  • (1) Min 'B' Salto
					  • Indirect
					2. Dance Combo—Min (2) Leaps/Jumps
					  • (1) Min 180º split
					  • Direct/Indirect
					3. Acro Pass—Min (2) Saltos
					  • (1) Min 'B'
					  • Direct
					4. Additional Acro Series—Min (3) Acro Flight/Salto
					  • (1) Min 'C' salto
					No difficulty restrictions

WOMEN—UB LEVEL REQUIREMENTS SUMMARY

LEVEL 1N

☑ X	4	1. Mount	☑ No HB
☑ A		2. Cast	☑ Yes—X-skills
☐ B		• No required angle	☑ Yes—'A' VP
☐ C		3. 360º Circle skill	☑ No—'B' VP
☐ D		4. Dismount	
☐ E			

LEVEL 2N / BRONZE BN

☑ X	5	1. Mount	☑ No HB
☑ A		2. Cast	☑ Yes—X-skills
☐ B		• No required angle	☑ Yes—'A' VP
☐ C		3. 360º Circle skill	☑ No—'B' VP
☐ D		4. Dismount—Cast-Underswing	
☐ E		• Clear hip/Stalder/Sole	

SILVER SN

☑ X	5	1. Mount	☑ Yes HB
☑ A		2. Cast	☑ Yes—X-skills
☐ B		• No angle required	☑ Yes—'A' VP
☐ C		3. 360º Circle skill	☑ No—'B' VP
☐ D		4. Dismount	
☐ E		• No saltos	

LEVEL 3N

☑ X	5	1. Mount	☑ Yes HB
☑ A		2. Cast	☑ Yes—X-skills
☐ B		• No angle required	☑ Yes—'A' VP
☐ C		3. 360º Circle skill	☑ No—'B' VP
☐ D		4. Dismount	
☐ E		• No saltos	

LEVEL 4N

☑ X	5	1. Glide Kip-LB OR	☑ Yes HB
☑ A		1. Long Hang-HB	☑ Yes—X-skills
☑ B*		2. Cast—BWD Hip Circle	☑ Yes—'A' VP
☐ C		• Cast min 45º below HOR	☑ No—'B' VP
☐ D		3. Tap swing	☑ Yes—'B'* In bar Circles = 'A'
☐ E		• Hips min 45º below HB-both sides	FROM Clear hip/Stalder/Sole
		4. 'A' HB Dismount	☑ Yes—'A' Salto Dis, Ø twist
		• 'A' Salto allowed, Ø twist	

GOLD GN

☑ X	6	1. Bar change	☑ Yes HB
☑ A		2. Cast or VP—Min HOR	☑ Yes—X-skills
☑ B*		3. 360º Circle skill**	☑ Yes—'A' VP
☐ C		4. 'A' HB Dismount	☑ No—'B' VP
☐ D		• 'A' Salto allowed, Ø twist	☑ Yes—'B'* In-bar Circles = 'A'
☐ E		**Any 'B' In-bar circle = 'A'	☑ Yes—'A' Salto Dis. Ø twist

LEVEL 5N

☐ X		1. 360º In bar circle**	☑ Yes HB
☑ A	6	FROM Clear hip/Stalder/Sole	☑ No—X-skills
☑ B		• Any angle	☑ Yes—'A' VP
☑ C*		2. Cast—HOR	☑ No—'B' VP
☐ D		• HOR achieved = 'A' one time	☑ Yes—'C'* Circle HS = 'B'
☐ E		• All other casts < HOR = deduct 0.10	☑ Yes—'A' Salto Dis. ↑1/2 twist
		3. Long Hang kip	Yes, 'B' In-bar circles = 'A' ???
		4. 'A' HB Salto Dismount	Yes, 'B' downgraded VP ???
		• Up to 1/2 twist allowed	
		**Any 'C' In-bar Circle to HS = 'B' VP	
		(1) tap swing allowed = no deduction, no VP	

LEVEL 6N

☐ X		1. 360º Circle In-bar skill**	☑ Yes HB
☑ A	5	FROM Clear hip/Stalder/Sole	☑ No—X-skills
☑ B	1	2. Cast—Above HOR	☑ Yes—'A' VP
☑ C*		3. 2nd Circle skill OR 2nd Cast above HOR	☑ Yes—'B' VP
☐ D		• Same as #1, must be different: bar OR connection	☑ Yes—'C'* Circle HS = 'B'**
☐ E		4. Min 'A' HB Salto Dismount	☑ Yes—'A' Salto Dis. ↑1/1 twist
		• Up to 1/1 twist allowed	
		Long hang pullover U-swing + (1) tap swing = no extra swing penalty, no VP	

PLATINUM PN

☐ X	6	1. Bar change	☑ Yes HB
☑ A		2. Cast OR Clear support VP above HOR	☑ No—X-skills
☑ B	1	• HOR achieved = 'A' once	☑ Yes—'A' VP
☑ C*		• Any cast HOR or below = deduct 0.10	☑ Yes—'B' VP
☐ D		3. 360º In-bar Circle skill**	☑ Yes—'C'* Circle HS = 'B'**
☐ E		FROM Clear hip/Stalder/Sole	
		• Finish any angle	
		4. Min 'A' HB Dismount	
		• 'A', 'B' Salto allowed, not required	
		(1) tap swing allowed = no deduction, no VP	

LEVEL 7N

☐ X	5	1. 'B' 360º In-bar Circle skill*	☑ Yes HB
☑ A		FROM Clear hip/Stalder/Sole	☑ Yes—'A' VP
☑ B		2. Cast—Min 45º above HOR**	☑ Yes—'B' VP
☑ C*	2	3. 2nd Circle skill* OR 2nd Cast above HOR**	☑ Yes—'C'* Circle HS = 'B'
☐ D		4. Min 'A' HB Salto Dismount	☑ Yes—'C'* HS 1/2 = 'B'
☐ E		**All casts to HS for VP	
		**SR if achieve required angle	

LEVEL 8N

☐ X	4	1. Min 'B' 360º In-bar Circle skill*	☑ Yes HB
☑ A		FROM Clear hip/Stalder/Sole	☑ Yes—'A' VP
☑ B	4	2. Min 'B' Turn/Flight	☑ Yes—'B' VP
☑ C*		3. Circle to OR pass thru HS*	☑ Yes—'C'* Circle HS = 'B'
☐ D		‣ Separate from SR #1	☑ Yes—'C'* HS 1/2 = 'B'
☐ E		4. Min 'A' HB Salto Dismount	☑ Yes—Max (2) 'C' = 'B'
		'B' ➤ 'C' upgrade based on performance = 'B'	
		‣ Do not count as part of (2) allowed 'C'	

DIAMOND DN

☐ X	5	1. Bar change	☑ Yes HB
☑ A		2. Min 'B' 360º In-bar Circle skill	☑ Yes—'A' VP
☑ B		FROM Clear hip/Stalder/Sole	☑ Yes—'B' VP
☑ C*	2	3. Additional 'B' skill	☑ Yes—'C'* = 'B' (unlimited)
☑ D*		4. Min 'A' HB Salto Dismount	☑ Yes—(1) 'D/E'* = 'B'
☐ E			

LEVEL 9N

☐ X	3	1. Min 'B' LA Turn	☑ Yes HB
☑ A		2. (2) Bar changes	☑ Yes—Max (1) 'E'* + (1) 'D'*
☑ B	4	3. Min 'B' 360º Circle In-bar skill	OR (2) 'D'* = 'C'
☑ C	1	FROM Clear hip/Stalder/Sole	
☑ D*		4. Min 'B' HB Salto Dismount	
☑ E*			

LEVEL 10N

☐ X	3	1. Min (2) Bar changes	☑ No Restrictions
☑ A		2. Min (2) 'C' flight OR	
☑ B	3	2. (1) 'B' + (1) 'D' flight	
☑ C	2	3. Min 'C' LA Turn	
☑ D		4. Min 'C' HB Salto Dismount	
☑ E		Dismount may not fulfill SR #2, SR #3	

WOMEN—BM LEVEL REQUIREMENTS SUMMARY

LEVEL 1N

☑ X	4	1. Pivot <u>OR</u>	☑	Yes—X-skills
☑ A		1. Squat turn	☑	Yes—'A' Acro Non-Flight
☐ B		2. Stretch Jump	☑	No—'B' Acro Non-Flight
☐ C		3. 1-leg balance—2s hold	☑	No—Acro Flight
☐ D		• Free leg position optional	☑	No—Salto Dismount
☐ E		4. Dismount	☑	No—Aerial Dismount
		• No Saltos/Aerials	☑	No—'B' Dance

LEVEL 2N / BRONZE BN

☑ X	5	1. 1/2 (180º) turn—1-foot	☑	Yes—X-skills
☑ A		2. Leap/Jump	☑	Yes—'A' Acro Non-Flight
☑ B*		• 'B' Leaps/Jumps w split allowed	☑	No—'B' Acro Non-Flight
☐ C		3. Acro—Handstand	☑	No—Acro Flight
☐ D		• LEAD leg min. 45º from VER	☑	No—Salto Dismount
☐ E		• 2nd leg height optional	☑	No—Aerial Dismount
		• Must leave BM for VP	☑	Yes—'B'* Leaps/Jumps w Split = A
		4. Dismount		
		• No Saltos/Aerials		

SILVER SN

☑ X	5	1. Min 1/2 (180º) turn 1-foot	☑	Yes—X-skills
☑ A		2. Leap/Jump	☑	Yes—'A' Acro Non-Flight
☑ B*		• 'B' Leaps/Jumps w split allowed	☑	No—'B' Acro Non-Flight
☐ C		3. Acro—Any 'A' Acro Non-Flight	☑	No—Acro Flight
☐ D		• No X-skill lever	☑	Yes—'A' Salto Dismount
☐ E		4. 'A' Dismount	☑	Yes—'A' Aerial Dismount
		• No Jumps	☑	Yes—'B'* Leaps /Jumps w Split = A
		• 'A' Salto/Aerial allowed		

LEVEL 3N

☑ X	5	1. Min 1/2 (180º) turn 1-foot	☑	Yes—X-skills
☑ A		2. Leap/Jump—Min. 60º split	☑	Yes—'A' Acro Non-Flight
☑ B*		• Isolated/Series	☑	No—'B' Acro Non-Flight
☐ C		• 'B' Leaps/Jumps w split allowed	☑	No—Acro Flight
☐ D		3. Acro—Moves thru/Achieves VER	☑	Yes—'A' Salto Dismount
☐ E		• If HS—No hold required	☑	Yes—'A' Aerial Dismount
		• Mark VER w legs joined	☑	Yes—'B'* Leaps/Jumps w Split = 'A'
		4. 'A' Dismount		
		• No Jumps		
		• 'A' Salto/Aerial allowed		

LEVEL 4N

☐ X	5	1. Min 1/1 (360º) turn 1-foot	☑	No—X-skills
☑ A		2. Leap/Jump—Min. 90º split	☑	Yes—'A' Acro Non-Flight
☑ B*		• Isolated/Series	☑	No—'B' Acro Non-Flight
☐ C		3. Acro—Moves thru/Achieves VER	☑	No—Acro Flight
☐ D		• If HS = 2s hold required	☑	Yes—'A' Salto Dismount
☐ E		• Start/finish on BB	☑	Yes—'A' Aerial Dismount
		• 'A' to fulfill SR	☑	Yes—'B' Dance
		4. 'A' Dismount		
		• HS ¼ (90º) turn = 'A' VP		
		• 'A' Salto/Aerial allowed		

GOLD GN

☐ X		1. Min 1/1 (360º) turn 1-foot	☑	Yes—'A' Acro Non-Flight
☐ A	6	2. Leap/Jump—Min 90º split	☑	Yes—'B' Acro Non-Flight-SR3
☑ B*		• Isolated/Series	☑	No—Acro Flight
☐ C		3. Acro—(2) Acro skills	☑	Yes—'A' Salto Dismount
☐ D		WITH (1) thru VER**	☑	Yes—'A' Aerial Dismount
☐ E		• 'B' Non-Flight allowed	☑	Yes—'B' Dance
		• Isolated/Series		
		4. 'A' Dismount		
		• 'A' Salto/Aerial allowed		
		** HS = Ø VER VP as it stops in VER		

LEVEL 5N

☐ X		1. Min 1/1 (360º) turn 1-foot	☑	Yes—Acro Non-Flight
☑ A	6	2. Leap/Jump—Min 120º split	☑	Yes—Acro Flight
☑ B*		• Isolated/Series	☑	Yes—Salto Dismount
☐ C		3. Acro—BWD Acro skill OR	☑	Yes—Aerial Dismount
☐ D		3. Acro—Any 'B' Acro skill	☑	Yes—'B'* Dance
☐ E		• SR3 Rolls if thru VER w hand support		
		4. Min 'A' Dismount		

LEVEL 6N

☐ X		1. Min 1/1 (360º) turn 1-foot	☑	Yes—Acro Non-Flight
☑ A	5	2. Leap/Jump—Min 150º split	☑	Yes—Acro Flight
☑ B	1	• Isolated/Series	☑	Yes—Salto Dis ↑1/1 twist
☑ C*		3. Acro Series—(2) Acro Non-Flight—Direct OR	☑	Yes—Aerial Dis ↑1/1 twist
☐ D		3. Acro—(1) Acro-Flight—Isolated/Series	☑	Yes—(1)-'C'* Dance = 'B'
☐ E		4. Min 'A' Salto/Aerial Dismount		

PLATINUM PN

☐ X		1. Min 1/1 (360º) turn 1-foot	☑	Yes—Acro Non-Flight
☑ A	6	2. Leap/Jump—Min 150º split	☑	Yes—Acro Flight
☑ B	1	• Isolated/Series	☑	Yes—Salto Dismount
☑ C*		3. Acro Series—(2) Acro Non-Flight	☑	Yes—Aerial Dismount
☐ D		WITH (1) thru VER OR	☑	Yes—(1)-'C'* Dance = 'B'
☐ E		3. Acro—(1) 'B' Acro Flight—Isolated/Series		
		4. Min 'A' Dismount		

LEVEL 7N

☐ X	5	1. Min 1/1 (360º) turn 1-foot	☑	Yes—Acro Non-Flight
☑ A		2. Leap/Jump—Min 180º split	☑	Yes—Acro Flight
☑ B	2	• Isolated/Series	☑	Yes—Salto Dismount
☑ C*		3. Acro Series—Min (2) Acro Non-Flight—Direct AND	☑	Yes—Aerial Dismount
☐ D		(1) 'B' Acro Flight—Isolated OR	☑	Yes—(1)-'C'* Dance = 'B'
☐ E		3. Acro Series—Min (2) Acro		
		WITH (1) a 'B' Acro Flight—Direct		
		4. Min 'A' Salto/Aerial Dismount		

LEVEL 8N

☐ X	4	1. Min 1/1 (360º) turn 1-foot	☑	Yes—Acro Non-Flight
☑ A		2. Leap/Jump—Min 180º split	☑	Yes—Acro Flight
☑ B	4	• Isolated/Series	☑	Yes—Salto Dismount
☑ C*		3. Acro Series—Min (2) Acro Flight—Direct OR	☑	Yes—Aerial Dismount
☑ D*		3. Acro Series—Min (1) Acro Non-Flight	☑	Yes—'C'* Dance = 'B'
☐ E		WITH (1) an Acro Flight—Direct	☑	Yes—(1) 'C'* Acro = 'B'
		4. Min 'A' Salto/Aerial Dismount	☑	Yes—'D'* Acro LO-SO = 'B'
		Allow BWD LO-SO 'D' = 'B'*		

DIAMOND DN

☐ X	5	1. Min 1/1 (360º) turn 1-foot	☑	Yes—Acro Non-Flight
☑ A		2. Leap/Jump Series—Min (2) VP—Min (1) 180º split	☑	Yes—Acro Flight
☑ B	2	• Direct	☑	Yes—Salto Dismount
☑ C*		3. Acro Series—(2) Acro Non-Flight—Direct AND	☑	Yes—Aerial Dismount
☐ D		(1) 'B' Acro Flight—Isolated OR	☑	Yes—(1) 'C'* Dance = 'B'*
☐ E		3. Acro Series—Min (2) Acro		
		WITH (1) a 'B' Acro Flight—Direct		
		4. Min 'A' Salto/Aerial Dismount		

LEVEL 9N

☐ X	3	1. Min 1/1 (360º) turn 1-foot	☑	Yes—Acro Non-Flight
☑ A		2. Leap/Jump Series—Min (2) VP	☑	Yes—Acro Flight
☑ B		WITH (1) 180º split—Direct OR	☑	Yes—Salto on BM/Dismount
☑ C	4	2. Mixed Series—Min (1) Leap/Jump	☑	Yes—Aerial on BM/Dismount
☑ D*		WITH (1) 180º split AND (1) Min 'A' Acro—Direct	☑	Yes—'D'* Dance = 'C'
☑ E*	1	3. Acro Series—Min (2) 'B' Acro Flight/Salto—Direct	☑	Yes—Max (1) 'E'* + (1) 'D'*
		4. Min 'B' Salto Dismount OR		(2) 'D'* = 'C'
		4. Min 'C' Acro ➤ 'A' Salto Dismount—Direct		

LEVEL 10N

☐ X	3	1. Min 1/1 (360º) turn 1-foot	☑	No Restrictions
☑ A		2. Leap/Jump Series—Min (2) VP—Min (1) 180º split		
☑ B	3	• Direct		
☑ C	2	3. Acro Series—Min (2) Acro Flight/Saltos		
☑ D		WITH (1) Min 'C'—Direct		
☑ E		• May include mount		
		4. Min 'C' Salto Dismount OR		
		4. Min 'D/E' Acro Flight ➤ 'B' Salto Dismount—Direct		

WOMEN—FX LEVEL REQUIREMENTS SUMMARY

LEVEL 1N

☑ X	4	1. 1/2 (180º) turn—1-foot OR	☑ Yes—X-Skills
☑ A		1. Pivot turn	☑ Yes—'A' Acro Non-Flight
☐ B		BWD roll—Any entry/exit position OR	☑ No—'B' Acro Non-Flight
☐ C		2. Candlestick—Any entry/exit position	☑ Yes—(1) 'A' Acro Flight
☐ D		• SR2—Isolated/Series	☑ No—Salto
☐ E		3. Dance Combo—Min (2) Leaps/Jumps	☑ No—Aerial
		• Direct/Indirect	☑ No—'B' Dance
		4. Acro skill—Min 3/4 HS—No hold req'd	
		• Feet must contact at/above 45º	

LEVEL 2N / BRONZE BN

☑ X	5	1. Min 1/2 (180º) turn—1-foot	☑ Yes—X-Skills
☑ A		2. Handstand—No hold required	☑ Yes—Acro Non-Flight
☐ B		• Between 45º-VER	☑ No—'B' Acro Non-Flight
☐ C		• Mark feet together	☑ Yes—(2) 'A' Acro Flight
☐ D		• Entry/Exit positions optional	*Max (1) per pass or isolated*
☐ E		3. Dance Combo—Min (2) Leaps/Jumps	☑ No—Salto
		WITH (1) Min 60º split	☑ No—Aerial
		• Direct/Indirect	☑ No—'B' Dance
		4. Acro skill—Cartwheel	
		• Isolated/Series	

SILVER SN

☑ X	5	1. 1/1 (360º) turn 1-foot	☑ Yes—X-Skills
☑ A		2. Acro Pass—Min (2) 'A' Acro VP	☑ Yes—'A' Acro Non-Flight
☐ B		• Direct	☑ No—'B' Acro Non-Flight
☐ C		3. Dance Combo—Min (2) Leaps/Jumps	☑ Yes—'A' Acro Flight
☐ D		• Direct/Indirect	☑ No—'B' Acro Flight
☐ E		4. Acro skill—'A' Acro	☑ Yes—(1) 'A' Salto OR
		• Flight	☑ Yes—(1) 'A' Aerial
		• (1) Salto or Aerial	☑ No—'B' Dance
		• Separate from #2 SR VP	☑ No—'B' Saltos/Aerials
		• Isolated/Series	

LEVEL 3N

☑ X	5	1. 1/1 (360º) turn 1-foot	☑ Yes—X-Skills
☑ A		2. Acro Pass—Min (2) 'A' Acro VP	☑ Yes—'A' Acro Non-Flight
☐ B		WITH (1) a Round off	☑ No—'B' Acro Non-Flight
☐ C		3. Dance Combo—Min (2) Leaps/Jumps	☑ Yes—'A' Acro Flight
☐ D		WITH (1) Min 90º split	☑ No—'B' Acro Flight
☐ E		• Direct/Indirect	☑ Yes—(1) 'A' Salto OR
		4. Acro skill—Contain/Pass thru Bridge OR	☑ Yes—(1) 'A' Aerial
		4. Acro skill—BWD Ext. Roll HS thru VER	☑ No—'B' Dance
		• Entry/Exit optional	☑ No—'B' Saltos/Aerials

LEVEL 4N

☐ X	5	1. Min 1/1 (360º) turn 1-foot	☑ Yes—'A' Acro Non-Flight
☑ A		2. Acro Pass—Min (2) 'A' Acro Flight skills	☑ No—'B' Acro Non-Flight
☑ B*		• Direct	☑ Yes—'A' Acro Flight
☐ C		3. Dance combo—Min (2) Leaps/Jumps	☑ No—'B' Acro Flight
☐ D		WITH (1) Min 90º split	☑ Yes—(1) 'A' Salto
☐ E		• Direct/Indirect	☑ No—'B' Salto
		4. Additional Acro pass—Min (2) skills	☑ Yes—'A' Aerial
		• Direct Acro-Flight OR	☑ No—'B' Aerial
		• Isolated FWD salto	☑ Yes—'B'* Dance

GOLD GN

☐ X	6	1. Min 1/1 (360º) turn 1-foot	☑ Yes—'A Acro Non-Flight
☑ A		2. Acro Pass—Min (2) 'A' Acro Flight	☑ No—'B Acro Non-Flight
☑ B*		• Direct	☑ Yes—'A' Acro Flight
☐ C		3. Dance Combo—Min (2) Leaps/Jumps	☑ No—'B' Acro Flight
☐ D		WITH (1) Min 120º split	☑ Yes—'A' Salto
☐ E		• Direct/Indirect	☑ Yes—'A' Aerial
		4. Additional Acro skill	☑ Yes—'B'* Dance
		WITH Flight/Salto/Aerial	
		• Isolated/Series	

LEVEL 5N

☐ X	6	1. Min 1/1 (360º) turn 1-foot	☑ Yes—Acro Non-Flight
☑ A		2. Acro Series—Min (3) 'A' Acro skills	☑ Yes—'A' Acro Flight
☑ B*		WITH Flight/Salto/Aerial	☑ No—'B' Acro Flight
☐ C		• Direct connect	☑ Yes—'A' Salto
☐ D		3. Dance Combo—Min (2) Leaps/Jumps	☑ Yes—'A' Aerial
☐ E		WITH (1) Min 120º split	☑ Yes—'B'* Dance
		• Direct/Indirect	
		4. Additional Acro skill	
		WITH Salto/Aerial	
		• Isolated/Series	
		#2 may not fulfill #4 unless in isolated/different series	

LEVEL 6N

☐ X	5	1. Min 1/1 (360º) turn 1-foot	☑ Yes—Acro Non-Flight
☑ A		2. Acro Series (3 VP)—Min (2) Acro-Flight AND	☑ Yes—Acro Flight
☑ B		(1) Salto	☑ Yes—Salto
☑ C*	1	3. Dance Combo—Min (2) Leaps/Jumps	☑ Yes—Aerial
☐ D		WITH (1) Min 150º split	☑ Yes—'B' Dance
☐ E		• Direct/Indirect	☑ Yes—(1)-'C'* Dance =
		4. Additional Min 'A' Salto	
		• Isolated/Series	

PLATINUM PN

☐ X	6	1. Min 'B' Dance	☑ Yes—Acro Non-Flight
☑ A		FROM Skill Set 1, 2 (Leaps/Jumps) (Turns)	☑ Yes—Acro Flight
☑ B	1	• Isolated/Series	☑ Yes—Salto
☑ C*		2. Acro Pass—Min (2) Acro Flight	☑ Yes—Aerial
☐ D		3. Dance Combo—Min (2) Leaps/Jumps	☑ Yes—(1) 'C'* Dance = 'B'
☐ E		WITH (1) Min 150º split	
		• Direct/Indirect	
		4. Additional Min 'A' Salto	
		• Isolated/Series	

LEVEL 7N

☐ X	5	1. Min 'B' Dance	☑ Yes—Acro Non-Flight
☑ A		FROM Skill Set 1, 2 (Leaps/Jumps) (Turns)	☑ Yes—Acro Flight
☑ B	2	• Isolated/Series	☑ Yes—Salto
☐ C		2. Acro Series—Min (3) Acro	☑ Yes—Aerial
☐ D		WITH (1) a BWD LO 2-feet (no twist)	☑ Yes—(1) 'C' Dance = 'B'
☐ E		3. Dance Combo—Min (2) Leaps/Jumps	
		WITH (1) Min 180º split	
		• Direct/Indirect	
		4. Additional Acro Series—Min (2) Acro	
		WITH (1) a FWD Salto	
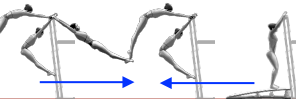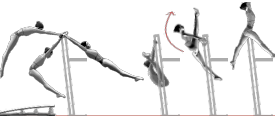
LEVEL 8N

☐ X	4	1. Min 'B' Dance	☑ Yes—Acro Non-Flight
☑ A		FROM Skill Set 1, 2 (Leaps/Jumps) (Turns)	☑ Yes—Acro Flight
☑ B	4	• Isolated/Series	☑ Yes—Salto
☑ C*		2. Acro Series—Min (3) Acro Flight/Salto	☑ Yes—Aerial
☐ D		WITH Min (1) 'A' Salto	☑ Yes—'C'* Dance = 'B'
☐ E		AND (2) Min 'A' Flight/Salto	☑ Yes—(1) 'C'* Acro = 'B'
		3. Dance Combo—Min (2) Leaps/Jumps	☑ No—'D' VP
		WITH (1) Min 180º split	
		• Direct/Indirect	
		4. Additional Salto—Min 'B'	
		• Isolated/Series	

DIAMOND DN

☐ X	5	1. Min 'B' Dance	☑ Yes—Acro Non-Flight
☑ A		FROM Skill Set 1, 2 (Leaps/Jumps) (Turns)	☑ Yes—Acro Flight
☑ B	2	• Isolated/Series	☑ Yes—Salto
☑ C*		• Not part of SR #3	☑ Yes—Aerial
☐ D		2. Acro Series—Min (2) Acro 'A' Flight	☑ Yes—(1) 'C' Dance = 'B'
☐ E		WITH (1) a Salto	
		3. Dance Combo—Min (2) Leaps/Jumps	
		WITH (1) Min 180º split	
		• Direct/Indirect	
		4. Additional Acro Series—Min (2) Acro Flight/Salto	
		WITH (1) a 'B' Salto	
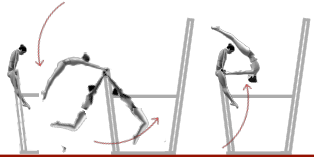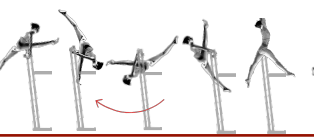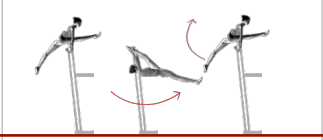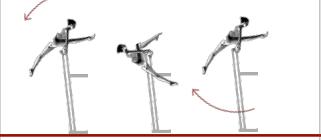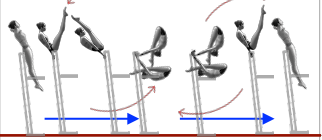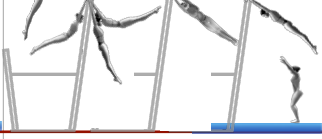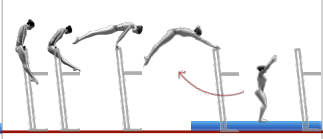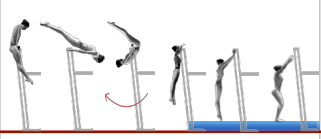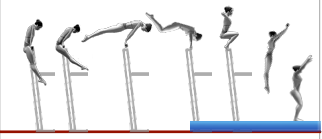
LEVEL 9N

☐ X	3	1. Min 'C' Dance	☑ Yes—Acro Non-Flight
☑ A		FROM Skill Set 1, 2 (Leaps/Jumps) (Turns)	☑ Yes—Acro Flight
☑ B	4	• Isolated/Series	☑ Yes—Salto
☑ C		• Not part of SR #3	☑ Yes—Aerial
☑ D*	1	2. Acro Series—Min (2) Acro Saltos	☑ Yes—'D'* Dance = 'C'
☑ E*		WITH Min (1) 'B' Salto	☑ Yes—Max (1) 'E'* + (1) 'D'*
		• Direct/Indirect	☑ Yes—Max (1) 'E'* + (1) 'D'
		3. Dance Combo—Min (2) Leaps/Jumps	OR (2) 'D'* = 'C'
		WITH (1) Min 180º split	
		• Direct/Indirect	
		4. Additional Acro Pass—Min (2) Acro Flight/Salto	
		WITH (1) Min 'B' Salto OR	
		4. (1) 'C' Salto—Isolated	

LEVEL 10N

☐ X	3	1. Min 'C' Dance	☑ No Restrictions
☑ A		• Isolated/Series/Mixed Series	
☑ B	3	2. Acro Series—Min (3) Acro Flight—Min (2) Saltos	
☑ C	2	WITH (1) Min 'B' Salto	
☑ D		• Indirect	
☑ E		3. Dance Combo—Min (2) Leaps/Jumps	
		WITH (1) Min 180º split	
		• Direct/Indirect	
		4. Additional Acro Series—Min (3) Acro Flight/Salto	
		WITH Min (1) a 'C' Salto	
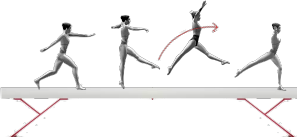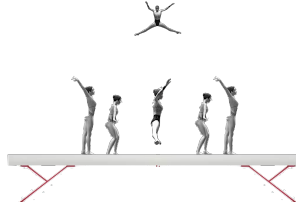
UNEVEN BARS X-SKILLS

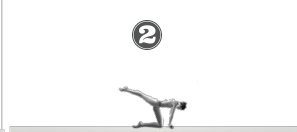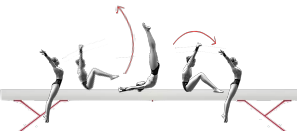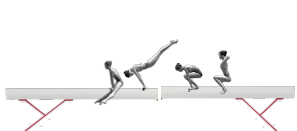| X—101	X—102	X—103	X—104	X—105		
Jump—Front support	Pullover—1 - 2 feet; also w run	Glide swing—Stand	Single-leg jam—From glide/run	Run out—Glide kip		
Front support	***Pullover***	***Glide swing***	***Single leg jam***	***Run out kip***		
1. From stand 2. Grasp LB 3. Jump—Front support w straight arms 4. NO double jump off board/mount apparatus	1. From stand 2. Jump / Lift feet off surface 3. Chin up (no resting on bar) 4. Pull feet to inverted, legs straight 5. Thru inverted to front support *Run out not shown*	1. From hollow hang LB 2. Glide FWD—Full extension 3. Glide BWD to return 4. Stand on mount surface	1. From hollow hang LB 2. Glide FWD—Full extension 3. Bring both feet to bar, deep pike 4. One leg jams between arms 5. Kip up in split position 6. Finish in stride support	1. From stand 2. Hollow hang LB 3. Glide run FWD 4. Quick feet to bar 5. Pull bar DWN legs—Sit up 6. Finish feet in front—Lean for cast		
X—201	X—202	X—203	X—204	X—205	X—206	
Cast—Hips leave bar	Long hang pullover—From swing	Tap swing—Counterswing	Cast—Single-leg shoot through	FWD Single-leg cut	BWD Single-leg cut	
Cast	***Swing—Long hang pullover***	***Tap swing***	***Cast—Shoot thru***	***Single leg cut***	***Single leg cut***	
1. From front support 2. Lean—Swing legs in front—Pike 3. Quickly kick legs/heels BWD 4. Push DWN on bar, arms straight 5. Hips leave bar 6. Body in hollow at top of BWD swing	1. Back to LB 2. Swing FWD, tap swing FWD 3. Pull toes to inverted position 4. Continue circle toes over bar 5. Arrive in front support	1. From hollow hang HB 2. Swing FWD DWN between bars 3. Tap swing—toes FWD driving 4. Hollow-Arch-Hollow swing action	1. From front support 2. Cast, legs straight 3. Push bar DWN 4. Tuck one leg to chest, shoot thru 5. Arrive in wide clear stride position	1. From front support 2. Keep tension in back of body 3. Lean weight over one (1) hand 4. Lift other hand—Cut leg FWD/BWD 5. Arrive in clear stride (FWD cut) 6. Arrive front support (BWD cut)	1. From front support 2. Keep tension in back of body 3. Lean weight over one (1) hand 4. Lift other hand—Cut leg FWD/BWD 5. Arrive in clear stride (FWD cut) 6. Arrive front support (BWD cut)	
X—301						
FWD Hip circle—Bent knees						
FWD Hip circle —bent						
1. From Front support—REG grip 2. Fall straight body past HOR 3. Bend knees to shorten radius 4. Open to pike position 5. Finish Front support						

UNEVEN BARS X-SKILLS

X—401

LB—BWD Baby Giant—Pullover

Legs MUST bend 90º or -0.30

Baby Giant

1. From Front support—REG grip
2. Cast (no required angle)
3. Giant bent-leg circle swing under LB
4. Continue circle up & over LB
5. Finish Front support
Knees must bend min. 90º at bottom

X—701

FWD—Stride circle

FWD Stride circle

1. From stride position, under grip
2. Lift up off bar to wide split
3. Step FWD, drive back heel over head
4. Keep split thru bottom
5. Shift hands late
6. Arrive on top of bar in clear stride

X—702

BWD—Stride Circle

BWD Stride circle

1. From stride position, over grip
2. Lift up off bar to wide split
3. Drive shoulder BWD (not head)
4. Keep split thru bottom
5. Shift hands late
6. Arrive on top of bar in clear stride

X—703

Single-leg—BWD basket swing—Clear support

1-Leg Basket swing

1. From stride position, over grip
2. Lift up off bar to wide split
3. Drop shoulders BWD
4. Pull bar down back of front leg
5. Swing back up, pull bar back up leg
6. Arrive on top of bar in clear stride

X—704

Single leg—Bent—Knee swing

Knee swing

1. From Stride position—REG grip
2. Fall back
3. Simultaneously bend front leg
4. Swing BWD
5. Reverse, swing FWD
6. Finish Stride position

X—705

BWD Pike Seat drop (Peach)

Peach basket

1. From rear support—REG grip
2. Lift toes to V-sit
3. Fall back into compressed pike
4. Swing BWD
5. Reverse swing FWD thru V-sit
6. Finish Rear support

X—801

LB—Underswing

Underswing

1. From front support
2. Cast—Hollow—Drive shoulders BWD
3. Keep hollow—Body off bar
4. Throw bar BWD over head
5. Closed to open shoulder angle quickly
6. Small arc to arrive in stand

X—802

Tap swing—1/2 turn

Tap swing—1/2

1. From hollow hang HB
2. Tap swing FWD
3. At top of swing, turn feet first
4. Simultaneously, release one (1) hand
5. Complete 1/2 turn, touch/grasp bar
6. Release bar—Drop to stand

X—803

Cast off—Stand

Cast off

1. From front support LB
2. Cast—Push bar away
3. Release bar after height is reached
4. Arrive in stand

X—804

3/4 FWD Hip circle—Stand

3/4 FWD Hip circle

1. From front support LB, over grip
2. Fall FWD w straight line—Past 45º
3. Drive shoulders under bar—Small pike
4. Shoulders to bar level—Body close
5. Push VER body away from bar—
6. Drop to stand

X—805

Squat on—Jump down

Squat on—Jump down

1. From front support
2. Cast straight body
3. Push bar DWN
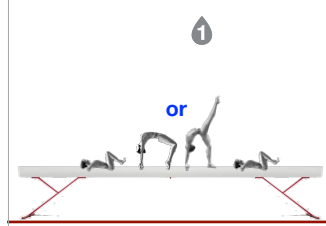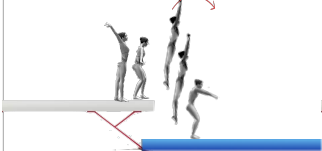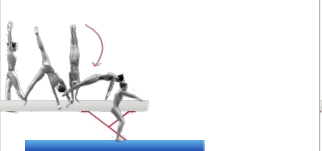4. Tuck knees to chest
5. Squat on bar
6. Jump DWN off bar to stand
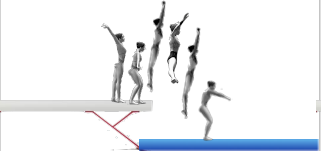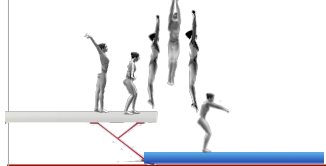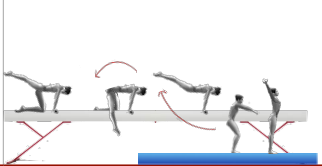
BALANCE BEAM—X SKILLS

X-201	X-202	X-203	X—204	X—205	
Split jump—Min 45°	Split leap—Min 45°	Straddle jump—Min 45°	Tuck jump—1/4—Side landing *90°*	Straight jump—1/4—Side landing *90°*	
Split Leap 45°	*Straddle Jump 45°*	*Straddle Jump 45°*	*Tuck jump 1/4*	*Straight jump 1/4*	
1. From optional start 2. Small plié, jump up 3. Execute Split jump 4. Land plié 5. Straighten to finish	1. From optional start 2. Small plié, jump up 3. Execute Straddle jump 4. Land plié 5. Straighten to finish	1. From optional start 2. Small plié, jump up 3. Execute Straddle jump 4. Land plié 5. Straighten to finish	1. From stand 2. Execute Tuck jump w 90° turn 3. Side landing 4. Optional exit	1. From stand 2. Execute Straight jump w 90° turn 3. Side landing 4. Optional exit	
X-301	X-302	X-303	X-304	X-305	X—306
Pivot turn (180°) *180°*	1/2 turn (180°)—1-foot—Any technique *180°*	Swing turn (180°)—FWD *180°*	Swing turn (180°)—BWD *180°*	Squat turn (180°) *180°*	Toe Flick 1/2 turn *180°*
Pivot Turn	*1/2 Turn*	*FWD Swing Turn*	*BWD Swing Turn*	*Squat Turn*	*Toe Flick 1/2 turn*
1. From staggered stand 2. Relevé 3. 1/2 turn (180°)—Finish in relevé 4. Exit—drop heels from relevé 5. Optional finish	1. From optional prep 2. Relevé—optional leg entry 3. Lift to high relevé, free leg optional 4. 1/2 turn (180°) in relevé—Finish relevé 5. Exit—drop heel from relevé 6. Optional finish	1. From optional prep 2. Swing leg to front, relevé 3. 1/2 turn (180°)—keep leg over BM 4. Exit—drop heel from relevé 5. Finish—back leg in arabesque	1. From optional prep 2. Swing leg to back, relevé 3. 1/2 turn (180°)—keep leg over BM 4. Exit—drop from relevé 5. Finsh—front leg in front arabesque	1. From staggered stand 2. Relevé 3. Demi to full squat in relevé 4. 1/2 turn (180°) 5. Exit—straighten in relevé 6. Finish—drop heels	1. From stand 2. Point toe in front 3. Push toe against BM to initiate turn 4. Execute 1/2 turn in relevé 5. Drop heel, finish knees together, leg bent 90°
X—401					
Toe Flip Drop—Knee sit					
Toe Flip					
1. From stand 2. Quickly roll over toes w slight arch 3. Press shins towards BM surface 4. Keep shoulders back over heels 5. Arrive sitting on heels, one knee off BM					
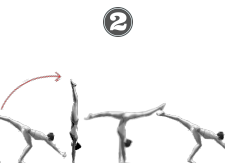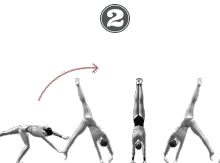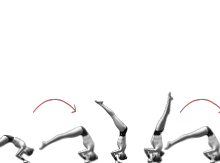
BALANCE BEAM—X SKILLS

X-501	X-502	X-503	X-504	X-505	X—506
Arabesque (1N-2N only)	Lever—Touch beam	Partial HS—Lead leg min 45° from VER	Cross HS—VER—No hold required	Side HS—VER—No hold required	Prone position—Hold 2s
Arabesque	*Lever*	*Partial HS*	*Cross HS — Ø Hold*	*Side HS — Ø Hold*	*Prone*
1. From stand 2. Lift (1) leg back, min 45° 3. Stand demi plie or straight 4. Exit—Lower leg to return 5. Optional finish	1. From stand 2. Enter lever position 3. Teeter FWD to touch BM 4. Optimal flex on touch 5. Exit optional 6. Optional finish	1. From stand 2. Enter prep position 3. Transfer weight to hands, invert 4. Optimal leg position in HS 5. Exit optional 6. Must finish on feet	1. From stand 2. Enter prep position 3. Transfer weight to hands, invert 4. Optional leg position in HS 5. Exit optional 6. Must finish on feet	1. From stand 2. Enter prep position 3. Transfer weight to hands, invert 4. Optional leg position 5. Exit optional 6. Must finish on feet	1. From optional position 2. Swing legs back OR 3. From kneeling position, walk legs back 4. Arrive prone—Hold 2s 5. Optional exit

X—507	X—508	X—509	X—510	X—511	
FWD or SWD Relevé kick—Mark 1s	Needle kick—w/wo hand touch—120°-180°	Front split—w/wo hand grasp—Hold 2s	Center split—w/wo hand grasp—W/wo piked hips—Hold 2s	Knee scale—Leg above HOR—Hold 2s	
FWD/SWD Relevé kick	*Needle kick*	*Front Split*	*Center split*	*Knee scale*	
1. From option position 2. Straight legs—Relevé 3. Use front leg OR swing from behind 4. Ballistic kick FWD OR SWD 5. Hold 2s in relevé after kick 6. Optional ending	1. From optional position 2. Ballistic kick of one leg BWD UpWD while chest moves FWD DnWD 3. Hands may contact BM surface 4. Quick return to VER 5. Optional ending	1. From optional position 2. Slide, swing into Front split, L/R 3. Hands may grasp BM 4. Optional exit	1. From optional position 2. Slide, swing, turn into Center split 3. Hands may grasp BM 4. May perform with hip pike, chest closed 5. Optional exit	1. From optional position 2. One shin/knee on BM 3. One straight leg in scale above HOR 4. Optional exit	

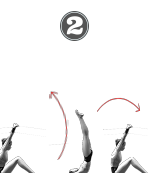| X-601	X—602				
Candlestick roll	Whip—Squat stand				
Candlestick Roll	*Whip Squat stand*				
1. From supine/sit/squat position 2. Roll BWD—grasp BM (optional grip) 3. Show candlestick position 4. Optional return to position 5. Optional finish	1. From straddle sit 2. Arms straight 3. Whip legs BWD UpWD (straight until past BM surface) 4. Bend knees, arrive squat stand 5. Optional exit				

BALANCE BEAM—X SKILLS

X-701

Push—Bridge—Hold 1s

Bridge

1. From supine position
2. Push up to bridge position
3. Optional leg position
4. Return to supine position

X—901

Cartwheel—Partial HS—End face BM

Partial CW HS

1. From optional entry
2. Cartwheel—Front/Side approach
3. Invert to almost VER
4. Fall to stomach side
5. Hand stay in contact w BM

X—902

Stretch jump—End back to BM

Stretch jump

1. From optional entry
2. Small plié
3. Jump
4. Straight jump
5. Land plié

X—903

Tuck jump—End back to BM

Tuck jump

1. From optional entry
2. Small plie
3. Jump
4. Straight to Tuck jump to straight
5. Land plie

X—904

Straddle jump—Min —End back to BM

Straddle jump

1. From optional entry
2. Small plie
3. Jump
4. Straight to Straddle jump to straight
5. Land plie

X—905

HS—1/4 (90º) turn—Any entry—Hold 1s—End side to BM *90º*

HS 1/4

1. From optional approach
2. Optional entry—Straight or bent leg
3. Handstand
4. 1/4 (90º) turn to land plie next to BM
5. Hand remains in contact w BM

X—906

Any jump—1/2 (180º) turn—End face BM *180º*

Jump 1/2

1. From optional entry
2. Small plie
3. Jump straight
4. Execute any jump w 1/2 (180º)
5. Return to straight
6. Land plie

X—907

Any jump—1/1 (360º) turn—End back to BM *360º*

Jump 1/1

1. From optional entry
2. Small plie
3. Jump straight
4. Execute any jump w 1/1 (360º)
5. Return to straight
6. Land plie

X—908

Knee scale—Whip—Push off shin to meet kick leg—End side of BM

Knee scale swing

1. From knee scale position
2. Swing scale leg below BM surface
3. Reverse leg w quick leg swing
4. Simultaniously push off knee to join
5. Show straight body
6. Land w one hand grasping BM

FLOOR EXERCISE X-SKILLS

X-101	X-102	X-103	X-104	X-105	X-106
Split leap—Min 60°	Split jump—Min 60°	Assemblé—Straight leg—HOR or above	Leg swing hop—Free leg any angle	Entrechat (Beat jump)	Front OR Side Chassé
		Not eligible to fulfill Dance SR		*Not eligible to fulfill Dance SR*	*Not eligible to fulfill Dance SR*
Split Leap	***Split Jump***	***Assemble***	***L' Hop***	***Beat***	***Chassé***
1. From optional approach 2. Step to plie (hips behind foot) 3. Execute single leg split leap 4. Land plie 5. Optional back leg (in back or swing FWD)	1. From optional approach 2. Step to plie (hips behind foot) 3. Execute Split jump 4. Land plie 5. Optional exit	1. From steps OR runs 2. Swing straight back leg front to HOR 3. Arrive both feet simultaneously 4. Optional exit *NOTE: Usually used for jump prep*	1. From optional approach 2. Step to plie (hips behind foot) 3. Swing leg FWD, simultaneously hop 4. Land plie, leg in front upon landing 5. Finish optional	1. From 5th or 3rd feet 2. Jump straight 3. Change back foot to front and return 4. Beat with thighs, not feet 5. Land plié	1. From one leg in front 2. Step off one leg 3. Join legs together in air 4. Feet side by side or back to front 5. Land on back leg, front foot pointed

X-107	X-108	X-201	X-202	X-203	X-204
Arch Passé Hop—Thigh HOR	Straddle jump—Min 60°	Swing turn—FWD	Swing turn—BWD	1/2 turn—Any technique	1/2 Illusion—Hand contact allowed
Not eligible to fulfill Dance SR		*180°*	*180°*	*180°*	*180°*
Arch Passé Hop	***Straddle Jump***	***FWD Swing Turn***	***BWD Swing Turn***	***1/2 Turn***	***1/2 Illusion***
1. From optional entry 2. Take off one leg 3. Execute Arch hop, leg in front passé 4. Passé thigh HOR 5. Land same leg as take-off 6. Front foot pointed in passé	1. From optional approach 2. Step to plie (hips behind foot) 3. Execute Straddle jump 4. Land plie 5. Optional exit	1. From optional prep 2. Swing leg FWD to any height 3. Keep leg in front 4. Execute 1/2 (180°) turn in relevé 5. Leg finishes in back 6. Drop from relevé at completion	1. From optional prep 2. Swing leg BWD to any height 3. Keep leg in back 4. Execute 1/2 (180°) turn in relevé 5. Leg finishes in front 6. Drop from relevé at completion	1. From optional prep 2. Relevé—optional leg entry 3. Execute 1/2 (180°) turn 4. Optional technique, ending 5. Drop from relevé at completion	1. From optional entry 2. Kick one leg to needle scale 3. Execute 1/2 turn 4. Hand contact allowed 5. Finish upright

X-301	X-302	X-303	X-304	X-305	
Front Split—Optional entry—Optional exit—No hand contact during 2s hold	VER HS—Legs split	VER HS—Legs together	Partial HS—Min 45°	Headstand—No hold required	
②	②	②	to		
Front Split	***VER HS Split***	***VER HS***	***HS 45°***	***Headstand***	
1. From optional prep 2. Slide, roll, etc to front split 3. Straight legs 4. FX hand contact allowed 5. Optional exit	1. From optional entry 2. Reach FWD—hand contact FX 3. Both legs to VER 4. HS leg position optional 5. Optional exit 6. Optional ending	1. From optional entry 2. Reach FWD/SWD—hand contact FX 3. Both legs to VER 4. HS leg position optional 5. Optional exit 6. Optional ending	1. From optionl entry 2. Reach FWD—hand contact FX 3. Lead leg to reach min 45° from VER 4. Option to close legs 5. Optional exit 6. Optional ending	1. From optional entry 2. Reach FWD—hands/head contact FX 3. Move hips over head 4. Move toes up over head 5. Optional exit 6. Optional ending	

FLOOR EXERCISE X-SKILLS

X-401	X-402	X-403	X-404	X-405	X-406
BWD Roll—Bent arm push to HS

No deduction for bent arms | BWD roll—Push up position—Arms bent or straight

No deduction for bent arms | FWD Shoulder roll—Optional entry—Optional entry/exit | BWD Shoulder roll—Optional entry—Optional entry/exit | HS Chest roll—HS not required to be held—Mark only w/ feet together | Swedish fall (1 or 2 legs)

② |
| *HS 45º* | *BWD Roll Push up* | *FWD Shoulder Roll* | *BWD Shoulder Roll* | *HS Chest Roll* | *Swedish Fall* |
| 1. From optional entry
2. Execute BWD roll—Bent arm to HS
3. Both legs to reach VER before step out
4. Option to pike down
5. Optional exit | 1. From optional entry
2. Execute BWD roll
3. Extend hips flat
4. Push off FX—weight off head/neck
5. End in push up | 1. From optional prep
2. Drive heels UpWD
3. As heels get VER, turn head to side, arms out to side
4. Roll over shoulder
5. Optional exit | 1. From optional prep
2. Roll BWD thru candle
3. As toes get VER, turn head to side, arms out to side
4. Roll over shoulder
5. Optional exit | 1. From optional prep
2. Kick up to HS
3. Keeping toes VER, control drop to chest
4. Roll to prone position
5. Optional exit after prone | 1. From one leg balance
2. Lift leg BWD UpWD
3. 'Fall' to prone position
4. Legs together or split (scale)
5. Optional ending after prone |

X-407					X-501
Candlestick roll

② | | | | | Push up—Bridge—Kick over |
| *Candlestick Roll* | | | | | *Bridge Kickover* |
| 1. From optional start
2. Enter BWD roll position
3. Execute Candlestick
4. Exit BWD roll psotion
5. Optional ending | | | | | 1. From optional entry
2. Supine push up to bridge
3. Lift leg to initiate kick over
4. Go thru HS position, legs optional
5. Optional exit
6. Optional finish |

X-502	X-503	X—504	X-505	X-506	X-507
Side cartwheel

90º | Cartwheel—Step-in

180º | 1-Arm Cartwheel—Near or Far arm

180º | FWD Limber—Optional entry—Feet shoulder-width apart or closer | BWD Limber—Optional exit—Feet shoulder-width apart or closer | Backbend—Kick over |
| *Side Cartwheel* | *Cartwheel Step-in* | *1-Arm Cartwheel* | *FWD Limber* | *BWD Limber* | *Backbend Kickover* |
| 1. From optional start position
2. Reach to FX
3. Execute side Cartwheel
4. Exit tall
5. Optional ending | 1. From optional start position
2. Reach to FX
3. Execute front Cartwheel
4. Exit tall
5. Step in ending | 1. From optional start position
2. Reach to FX
3. Execute front 1-arm Cartwheel
4. Exit tall
5. Optional ending | 1. From optional start position
2. Reach to FX
3. Execute HS
4. Fall into bridge position
5. Push off hands to stand
6. End standing—Feet together/apart | 1. From optional prep
2. Feet slightly apart
3. Feet leave FX simultaneously
4. Show (Ø hold) HS position
5. Optional exit after HS | 1. From feet together/apart
2. Reach BWD to bridge on FX
3. Kick over
4. Go thru HS position
5. Optional exit
6. Optional ending |