

# Quick Answers

1. Can a back or front handspring fulfill the bridging requirement?

Answer

No, a handspring, front or back performed technically correct would not show a bridging position—at least 1 hand and 1 foot on the ground at the same

2. Can 2 of the same skill fulfill the dance passage requirement?

Answer

Yes, an athlete may perform 2 of the same jump or leap to fulfill the dance passage if directly connected. However, if the athlete plans on attempting to connect indirectly, at least one of the 2 skills must be directly connected to another element performed before the first skill or after the second skill, as an acro skill between two dance skills would break a direct OR indirect connection. This follows the rule of the same skill being able to receive VP twice as long as they are done in a different connection. For example, if an athlete were to use 2 split jumps, they could do back handspring split jump, chasse, punch on two feet split jump. Connecting the first split jump to a BHS makes it different from the isolated split jump after the chasse. Therefore, both split jumps would receive VP. Remember, a chasse is NOT considered an element.

3. On level 3N beam, a 3/4 handstand receives an “A” VP, therefore does it fulfill the acro special requirement?

Answer

No, a partial HS would not fulfill the SR even if it is eligible to receive VP. Please remember, if a Special Requirement states something specific without the words minimum or maximum, that means the requirement is EXACTLY as written. If an athlete wants to use a HS to fulfill their acro special requirement, they MUST mark vertical with legs together (no hold requirement).

4. If the requirement says 1/2 turn on 1 foot, can I get SR credit for a full turn?

Answer

Only if the requirement includes the word MINIMUM, is the athlete allowed to go beyond the requirement. If the requirement states “1/2 turn” then only a 1/2 turn can fulfill the requirement.

5. For the level 3N acro skill that contains or passes through bridge position, can an athlete simply lay down, push up to a bridge and lay back down?

Answer

No, if an athlete pushes to a bridge, they must kick over to complete the “A” value part X-106FA

6. Is a stretch jump an “A” on floor?

Answer

No, a stretch jump is not an X-skill or an “A” jump on FX. It IS an “A” on BEAM.

7. How do I know when to deduct for an extra tap swing?

Answer

Any number of tap swings are allowed for levels 1N-GN as a tap swing is an x-skill. They may receive value part twice, but there is no penalty for doing more than 2 other than basic execution deductions.

At level 5N an athlete may perform 1 tap swing without penalty but will not receive an “A” VP. Any swing beyond 1 will receive a flat .3 deduction.

At level 6N an athlete may only perform a tap swing without penalty only if it follows a long hang pullover. In this case, they may only do 1 and it will not receive an “A” VP. Any other swings would receive a flat .3 deduction.

At Platinum an athlete may perform 1 tap swing without penalty but will not receive an “A” VP. Any swing beyond 1 will receive a flat .3 deduction.

For levels 7N-10N tap swings are not allowable in any case and will receive a flat .3

8. When is a cast considered an “extra” swing?

Answer

For levels 1-Gold any casting motion where hips leave the bar is considered a cast and an “A” value part for x-skill X-101RS. The cast would receive credit twice. After that, there is no penalty, only execution deductions.

At level 5N the expectation is horizontal, and beyond that there is no specific amplitude chart, only execution deductions. The athlete will receive 1 “A” VP and their Special Requirement for achieving this ONE time. All other casts (any time hips leave bar) will be subject to the flat .1 deduction along with execution if they do not achieve horizontal. There is NO flat .3 deduction.

At level 6N the expectation is above horizontal, and while this achieves the SR there is no possibility for a value part unless cast achieves “B” handstand. There is an up to .3 deduction for any casts that do not reach above horizontal. The only time a flat .3 would be taken is when the cast is more than 20 degrees below horizontal.

At PN the expectation is above horizontal and an “A” VP will be awarded for achieving this one time. At platinum, there is no amplitude requirement, but any cast (any time hips leave bar) not achieving horizontal will receive a flat .1 deduction along with any execution deductions.

Levels 7N-10N are subject to their amplitude charts.

At level 7N any cast 45 degrees above horizontal will not receive any amplitude deductions, but no value part is awarded unless cast achieves “B” handstand. A flat .3 would be taken any time hips leave the bar and are horizontal or below.

Levels 8N-10N (this includes DN) are subject to their amplitude chart. A cast has to be within 20 degrees of handstand to receive no deductions for amplitude. A flat .3 for amplitude would be taken any time the hips are between leaving the bar and 45 degrees from handstand.

9. Does an acro skill between two dance elements break an indirect connection?

Answer

Yes, an indirect connection consists of continuous movement from one dance skill to the next. This could be running, chasse, or any other dance type movement on feet that is continuous stopping only to perform the second skill.

10. What counts as a “circling skill” on bars.

Answer

A circling skill on bars is defined as any x-skill or skill where the hands travel around the bar 360 degrees. If the requirement specifies a specific type of circling skill (in-bar or “B” value for example) you must use a skill that fits the requirement. If not specified, any circling skill that works within the requirements for that level is acceptable.

11. Is a drop down in the back of a tap swing considered a dismount?

Answer

No, this is not an “A” dismount, and it is also not an “x-skill”

12. When is a handstand an “A”?

Answer

In order to receive “A” VP a handstand must be held for 2 seconds, unless a specific exception is listed on the skill chart. Note-levels 1-3 will receive an “A” for an x-skill handstand, however level 3 is specific in saying the legs must be joined at vertical (no hold) to receive SR credit. Also, leg position is optional unless specified on skill charts.

13. Please clarify the platinum beam acro requirement.

Answer

The requirement is 2 acro non flight skills that pass through vertical OR 1 acro flight skill. However, be advised if an athlete chooses to do an acro series and connect 2 of the same skills, the skills must be given credit for the connection to get credit for both skills. If the athlete misses the connection but first or second skill is connected to another element, they WILL receive credit for both skills. For example, an athlete does a back walkover, back walkover and completely stops in between the two skills, the 2nd walkover will receive no credit. BUT if the athlete connected the 2nd walkover to a stretch jump, they would receive credit for both walkovers and get their Special Requirement. This is because the requirement for Platinum does not require the two non flight skills be connected (although they can be).

14. What happens if an athlete is doing the squat on bar dismount and jumps down on the wrong side?

Answer

This would be considered a fall, however since at least 1/2 of the skill was completed, they would receive credit for a dismount.

15. Can a RO rebound, backward or forward roll count as the level 3 acro requirement?

Answer

Yes, a round off rebound connected to any “roll” (excluding candlestick) would fulfill this requirement.

17. When do we deduct for insufficient split?

Answer

Insufficient split is taken (up to .2) within 20 degrees of expectation (listed on skill chart) for that level. This would also apply to walkovers.

\*split angle chart will be posted soon\*

18. If a requirement says “pass” or “series” does that mean the skills must be directly connected?

Answer

Yes, the words “pass” and “series” imply connection. You would always assume directly unless specifically stated on the rule charts where if an “indirect” connection is acceptable it will be noted.