

SUB-BEGINNER

(2 warm up passes)

PASS Regs & Restrictions

- 1 pass with five FORWARD rolls
- No CWs, ROs, handstands or dive rolls

Superior / Major Deductions

- Terminate after the 2ND consecutive step (3rd step terminates & -.5 per step = -1.5)
- Dive roll or skill w/ DD = Term, -2.0 illegal skill, -3.0 exceeding skill level & no DD

BEGINNER

(4 warm up passes)

PASS Regs & Restrictions

2 passes with five skills

- 1st pass = BACKWARDS
- 2nd pass = FORWARDS
- Round-offs are NOT allowed
- Cartwheels = FRONT skills

Superior / Major Deductions

- Terminate after the 2ND consecutive step (3rd step terminates & -.5 per step = -1.5)
- Performing a pass/skill in the wrong direction = score pass as normal & -2.0
- Performing a cartwheel in the 1st pass = score as normal (GIVE DD) & -2.0
- Performing a Round-Off or Limber = terminate, -2.0 ill. skill, -3.0 exceeding skill level & no DD

ADVANCED BEGINNER

(4 warm up passes)

PASS Regs & Restrictions

2 passes with five skills

- 1st pass = BACKWARDS
- 2nd pass = FORWARDS
- Each pass MUST contain a limbering skill
- Round-offs = NEUTRAL skill that must be performed as the last skill of the pass and must rebound if performed
- Cartwheels = FRONT skills

Superior / Major Deductions

- Pass with no limber = -2.0
- Terminate after the 1ST consecutive step (2nd step terminates & -.5 per step = -1.0)
- Performing a pass or skill (cartwheel in 1st pass) in the wrong direction = score pass as normal (GIVE DD) & -2.0
- Performing a RO in middle of pass = score as normal (GIVE DD) & -2.0
- Performing a RO at the end of the pass and failing to rebound = -.5

SUP DEDUCTIONS BEGINNER LEVELS

Does not initiate 1st skill within 1 min. of judge calling name	.5
Hand/Foot Slides	.3 / slide
Step with Hand/Foot	.5 / step
Push Off Hands Before 1 st Back Roll	.5
Toe/Foot/Heel Over Mat on Straddle <small>(Do NOT take if athlete is in the center of the mat)</small>	Toe/Foot = .1-.3 Heel = .9 + Term
Not Starting from a Stand	Terminate

SUP DEDUCTIONS GENERAL

One Foot Ending on Last Skill (Completed Pass Only)	.5
Repeating a Skill 3 x's in a Row	.1
Repeating a Skill 4 x's in a Row	.3
Repeating a Skill 5 x's in a Row	.6
Extra Skills	1.0 / pass
Spotting During Pass	Terminate
Landing Stick or Instability	.0-.3
Landing 1 Hand 2 Hands	.4 .5
Landing Knee or Elbow	.6
Landing Seat or Hands Behind	.7
Landing Front / Back / Head	.8
Landing Going Off the Mat	.9
Coaching / Hair / Underwear / Bra	.3 / pass
Jewelry (No Tape)	1.0 / pass
Inappropriate Attire	2.0 / pass

SUP DEDUCTIONS SUB-NOVICE LEVEL

Not Staring From a Run or Hurdle	Terminate
No Rebound (Completed Pass Only)	.5 + landing
Hand Slide on Round Off (ONLY IF NO REPULSION IN RO)	.1-.5

AESTHETIC RANGES

Aesthetics Per Skill	.0-.8
Control / Travel of Rebound (Adv. Beg & Sub-Novice Only)	.0-.3

MAXIMUM PASS START VALUES BEGINNER LEVELS

# of Skills Completed	Max Start Value
0	0
1	2.0*
2	4.0*
3	6.0*
4	8.0*
5	10.0*
6+	10.0 – 1.0 Xtra Skills = <u>9.0*</u>

* Subtract any additional major deductions and landing deductions.

DIFFICULTY BEGINNER LEVELS

Tuck / Pike / Straddle Roll (Position defined by how the skill ENDS)	0
Dive Roll (Illegal at Sub-Beginner)	0
Front Handstand Roll (Must hit vertical)	.1
Back Extension Roll (Must hit vertical)	.1
Cartwheel (1 or 2 handed)	.1
Round Off	.2
Limber (Front / Back)	.2
Walkover (Front / Back / Scissor)	.2
Arabian (Front / Back)	.2

Note: Boys MUST wear shorts. .3 only if rolled up
Boys and girls shorts must be above the knee or shorter.

SUB-NOVICE

(4 warm up passes)

PASS Regs & Restrictions

2 passes: 1st with 3 skills, 2nd with 4 skills

- Each must have at least one handspring
- Step-outs allowed in middle of pass only

Superior / Major Deductions

- No rebound on completed pass = -.5 & landing
- Not starting the pass from a run or hurdle = termination (smiley faces)
- Pass with no handspring = -2.0 for pass requirements
- Performing any somi (or aerial) = Term, -2.0 ill. skill, -3.0 exceeding & no DD
- Hand slide deductions can NOT be taken on RO/handsprings with repulsion
- Intermediate steps with feet or hands = Terminate & -.5

DIFFICULTY SUB-NOVICE

Cartwheel	0
Round Off	.2
Front / Back Handspring	.2

MAXIMUM START VALUES SUB-NOVICE PASSES ONLY

# of Skills Completed	Max Start Value First Pass	Max Start Value Second Pass
0	0	0
1	8.0 – 1.0 n/e skills = <u>7.0*</u>	7.0 – 1.0 n/e skills = <u>6.0*</u>
2	9.0 – 1.0 n/e skills = <u>8.0*</u>	8.0 – 1.0 n/e skills = <u>7.0*</u>
3	<u>10*</u>	9.0 – 1.0 n/e skills = <u>8.0*</u>
4	10.0 – 1.0 Xtra Skills = <u>9.0*</u>	<u>10*</u>
5+	10.0 – 1.0 Xtra Skills = <u>9.0*</u>	10.0 – 1.0 Xtra Skills = <u>9.0*</u>

* Subtract any additional major deductions and landing deductions.

NOVICE

(4 warm up passes)

PASS Reqs & Restrictions*

- 2 passes: 1st with 5 skills, 2nd with 8 skills
- Each pass must contain 2 consecutive hsp
 - 2nd pass must have a min of 4 handsprings

Superior / Major Deductions

- Any somi (or aerial) = Term, -2.0 ill. skill, -3.0 exceeding skill level & no DD
- Hand slide deductions can NOT be taken on RO demonstrating repulsion (if no repulsion is demonstrated -1.-5)
- No DD for Cartwheels
- Cartwheel Repeats (3 = .1, 4 = .3, 5+ =.6)

INTERMEDIATE

(6 warm up passes)

PASS Reqs & Restrictions

- 2 passes: 1st with 5 skills, 2nd with 8 skills
- Minimum of 1 somi per pass
 - Maximum of 2 somis per pass
 - Maximum of 180° twist PER PASS
 - No reversal somis allowed

Superior / Major Deductions

- > 2 somis = -2.0, -3.0 & GET DD
- > 180° twist = Term, -2.0, -3.0 & NO DD
- Reversal = Term, -2.0, -3.0 & NO DD

SUB-ADVANCED

(6 warm up passes)

PASS Reqs & Restrictions

- 2 passes: 1st with 5 skills, 2nd with 8 skills
- Minimum 2 somis per pass
 - Maximum 4 somis per pass
 - Each completed pass must end in a somi
 - 1 reversal allowed per pass
 - Only one full is allowed per pass
 - May repeat 1 DD skill per pass
 - Max 360° twist & rotation per somi (i.e. full)

Maximum of 5.0 Combined DD

Superior / Major Deductions

- > 5.0 total DD = -2.0 pass req, -3.0 exceeding skill level, athlete receives >5.0 DD if all skills were legal at this level
- Performing a 5th somi in a pass = -2.0 pass, -3.0 exceed, get DD if legal skill
- >360° of twist or rotation per skill = term, -2.0 ill. skill, -3.0 exceed & no DD
- Performing more than one full in a pass = -2.0 pass req, -3.0 exceed & no DD
- Repeated Somi (2nd of the pass, one repeat is allowed) = loss of DD

ADVANCED*

(Prelims: 8 warm ups / Finals: 4 warm ups)

PASS Reqs & Restrictions*

- Prelim: 2 passes: 1st w/ 5 skills, 2nd w/ 8 skills
 Finals = 1 pass with 8 skills
- Minimum 2 somis per pass
 - Each completed pass must end in a somi
 - 1 reversal allowed per pass

LEVEL Reqs & Restrictions*

- 1 pass **MUST** have three somies
- Prelims = Minimum of 3,7 to go to finals. Maximum of 7.9 Combined DD
 Finals = Max of 5.0 DD

Superior / Major Deductions

- Repeats = Loss of DD (Exceptions Below)
 - 5-Skill – Consecutive whips may be repeated regardless of ending somi
 - 8-Skill – Consecutive whips may be repeated regardless of ending skill
- No pass with three somis = -2.0
- > 7.9 Combined DD (or > 5.0 DD in finals) = -2.0 pass reqs, -3.0 exceeding skill lvl and DD capped at 7.9 if all legal skills
- * May “Double Dip” (-4.0) if athlete fails to meet both PASS & LEVEL req. on 2nd pass

AGE ELITE

(Prelims: 8 warm ups / Finals: 4 warm ups)

PASS Reqs & Restrictions*

- P: 2 passes w/ 8 skills | F: 1 pass w/ 8 skills
- Minimum 3 somis per pass
 - Each completed pass must end in a somi
 - Only 1 prelim pass may end in a reversal
 - Each prelim pass must end in a different skill

Min of 8.0 Combined DD

Superior / Major Deductions

- Repeats = Loss of DD (Exceptions Below)
 - Consecutive whips and/or fulls may be repeated ONLY if a completed pass ends in a somi with ≥720° twist OR ≥720° rotation***
- < 8.0 Combined DD = -2.0 pass reqs & no finals
- < 3 Somis Per Pass = -2.0 pass reqs
- Ending both completed passes in prelims in a reversal = -2.0 pass reqs & loss of DD
- Ending both completed passes in prelims in the same skill = -2.0 pass reqs & loss of DD

*** The rules for Elite Open competition are different! – See Rulebook ***

AESTHETIC RANGES

Aesthetics Per Skill	.0-.8
Control / Travel of Rebound (Novice – Intermediate Only)	.1-.3

SUP DEDUCTIONS

Does not initiate 1st skill within 1 min. of judge calling name	.5
Not Staring From a Run or Hurdle	Terminate
Step with Hand or Foot	.5 + Term
One Foot Ending on Last Skill	.5*
Not Enough or Extra Skills	1.0
Missing Pass Req or Illegal Skill	2.0
No Rebound (Nov. & Int. Only)	.5* + landing
Shoulder Height (Last Back Somi)	.3*
Not Ending in a Somi (SAdv-Elite)	.5*
Landing Stick or Instability	.0-.3
Landing 1 Hand	.4
Landing 2 Hands	.5
Landing Knee or Elbow	.6
Landing Seat or Hands Behind	.7
Landing Front / Back / Head	.8
Landing Off Floor	.9
Skill Takeoff on Crash Pad	Terminate
Coaching / Hair / Underwear / Bra	.3
Jewelry (No Tape)	1.0
Inappropriate Attire	2.0
* Take on COMPLETED PASSES ONLY	

DIFFICULTY

Round Off	.2
Barani	.7
Rudi	1.1
Handspring (Front or Back)	.2
Whip	.4
Tuck [Back Front]	.4 .5
Pike [Back Front]	.5 .6
Layout [Back Front]	.5 .6
Back Half or Arabian	.6
Full (Back)	.8
Double Full (Back)	1.2
Triple Full (Back)	2.0
Double or Triple Back Tuck	2.0 4.5
Double or Triple Back Pike	2.5 5.1
Double or Triple Back Lay	3.0 6.8
Full In (or Out) Tuck	3.0
Full In (or Out) Pike	3.5
Full In (or Out) Straight	4.0
Reversal/Punch Front Tuck	.7 [.5 +.2]
Reversal/Punch Barani	.9 [.7 +.2]

Double DD = [(DD of Somis & Twisting & Position) X 2] + (Total / 4) | Bounding Bonus = .1

MAXIMUM START VALUES

# of Skills Completed	Max Start Value 5 Skill Passes	Max Start Value 8 Skill Passes
1	6.0 – 1.0 n/e skills = <u>5.0*</u>	3.0 – 1.0 n/e skills = <u>2.0*</u>
2	7.0 – 1.0 n/e skills = <u>6.0*</u>	4.0 – 1.0 n/e skills = <u>3.0*</u>
3	8.0 – 1.0 n/e skills = <u>7.0*</u>	5.0 – 1.0 n/e skills = <u>4.0*</u>
4	9.0 – 1.0 n/e skills = <u>8.0*</u>	6.0 – 1.0 n/e skills = <u>5.0*</u>
5	<u>10*</u>	7.0 – 1.0 n/e skills = <u>6.0*</u>
6	10.0 – 1.0 Xtra Skills = <u>9.0*</u>	8.0 – 1.0 n/e skills = <u>7.0*</u>
7	10.0 – 1.0 Xtra Skills = <u>9.0*</u>	9.0 – 1.0 n/e skills = <u>8.0*</u>
8	10.0 – 1.0 Xtra Skills = <u>9.0*</u>	<u>10*</u>
9+	10.0 – 1.0 Xtra Skills = <u>9.0*</u>	10.0 – 1.0 Xtra Skills = <u>9.0*</u>
* Subtract any additional major deductions and landing deductions.		

NOVICE
(4 warm up passes)**Pass Requirements & Restrictions:**

- Two (2) passes with five (5) skills each
 - Can repeat
 - Each pass must contain two (2) consecutive handsprings
 - The 2nd pass must have a minimum of four (4) consecutive handsprings

INTERMEDIATE
(6 warm up passes)**Pass Requirements & Restrictions:**

- Two (2) passes with five (5) skills each
 - Passes must differ by at least one skill
 - Minimum of one (1) somi per pass
 - Maximum of (2) somis per pass
 - Maximum of 180° twist PER PASS
 - No reversal somis allowed

SUB-ADVANCED
(6 warm up passes)**Pass Requirements & Restrictions:**

- Two (2) passes with five (5) skills each
 - Passes must differ by at least one skill
 - Only one pass may end in a reversal somi
 - Minimum of two (2) somis per pass
 - Maximum of (4) somis per pass
 - Each completed pass must end in a somi
 - Maximum 360° twist and rotation per somi
 - Only one full is allowed per pass
 - May repeat one (1) DD skill per pass

Level Requirements & Restrictions:

- Maximum Combined DD for both passes = 5.0

Superior / Major Deductions

- Failure for pass to differ by one skill = -2.0 and loss of difficulty
- If both passes end in a reversal = -2.0 and loss of difficulty
- > 5.0 total DD = -2.0 pass req, -3.0 exceeding skill level, athlete receives >5.0 DD if all skills were legal at this level

ADVANCED

(Prelims: 8 warm ups / Finals: 4 warm ups)

Pass Requirements & Restrictions:

- Two (2) passes with five (5) skills each
 - Passes must differ by at least one skill
 - Only one pass may end in a reversal somi
 - Minimum of two (2) somis per pass
 - Each completed pass must end in a somi

Level Requirements & Restrictions:

- One (1) pass **MUST** have three somis
- Maximum Combined DD = 7.9

Superior / Major Deductions

- Failure for pass to differ by one skill = -2.0 and loss of difficulty
- If both passes end in a reversal = -2.0 and loss of difficulty
- Repeats = Loss of DD (Exceptions Below)
 - 1st Pass – Consecutive whips may be repeated
 - 2nd Pass – Consecutive whips may be repeated **ONLY** if a completed pass ends in a somi with $\geq 720^\circ$ twist or $\geq 720^\circ$ rotation
- No pass with three (3) somis = -2.0
- > 7.9 Combined DD = -2.0 pass reqs, - 3.0 exceeding skill level and DD given for all legal skills

AGE ELITE

(Prelims: 8 warm ups / Finals: 4 warm ups)

Pass Requirements & Restrictions:

- Two (2) passes with five (5) skills each
 - Minimum of three (3) somis per pass
 - Each completed pass must end in a somi
- Each completed pass must end in a different somi
- Only one completed pass may end in a reversal somi

Level Requirements & Restrictions:

- Minimum Combined DD = 6.5

Superior / Major Deductions

- Repeats = Loss of DD (Exceptions Below)
 - 1st Pass – Consecutive whips may be repeated
 - 2nd Pass – Consecutive whips may be repeated **ONLY** if a completed pass ends in OR contains a somi with $\geq 720^\circ$ twist or $\geq 720^\circ$ rotation
- < 6.5 Combined DD = -2.0
- < 3 somis per pass = -2.0
- Ending both completed passes in a reversal = -2.0 and loss of Difficulty
- Ending both completed passes in the same skill = -2.0 and loss of Difficulty