

Connection Value NCAA	0.1 C + C/D	0.2 D + D	NCAA Requirements: 3A, 3B, 2C Start Value: 9.5	Element Choice = Routine must have a release sequence, pirouette sequence, combination sequence or dismount sequence of C+C+D or D+D in any order (Only one skill in sequence needs to have turn or release) <u>OR</u> 2 "D" releases <u>AND</u> must have "D or E" Release (may be included in sequence) <u>AND</u> "D" Dismount or "C" Dismount in Bonus Combination
Both "C" elements <u>must have</u> flight or turn but If "C" connected to "D/E" then "C" <u>not</u> required to have flight/turn -or- If 2 "C" 3/6/7 skills connected <u>do not</u> need turn/flight to receive CV (*Both "C" 3/6/7 skills must be different)				Elements: Uprise HS with ½ = D Fwd/bkwd stalders to HS or with ½ = D Fwd/bkwd Stalders to HS with 1/1 turn = E 1-1/2 IN HS = E All other elements that include 1/1 turn after handstand (Healy) = D **Bonus may be awarded for any skill or series of skills unless gymnast falls
#	_____ VP _____ CV _____ DV _____ SV	Special Requirements (0.2 each) 2 BAR CHANGES 2 Diff "C" Flight or "B"+"D/E" "C" LA turn (not in dismount) "C" Dismount -or- "C" preceded by same 2 "A" or "B" (0.1) Lack of Variety → 0.2 Insufficient Distribution (0.05) >1 squat (0.1 each) Element Choice (0.1) Exec/Amp	Score:	
#	_____ VP _____ CV _____ DV _____ SV	Special Requirements (0.2 each) 2 BAR CHANGES 2 Diff "C" Flight or "B"+"D/E" "C" LA turn (not in dismount) "C" Dismount -or- "C" preceded by same 2 "A" or "B" (0.1) Lack of Variety → 0.2 Insufficient Distribution (0.05) >1 squat (0.1 each) Element Choice (0.1) Exec/Amp	Score:	
#	_____ VP _____ CV _____ DV _____ SV	Special Requirements (0.2 each) 2 BAR CHANGES 2 Diff "C" Flight or "B"+"D" "C" LA turn (not in dismount) "C" Dismount -or- "C" preceded by same 2 "A" or "B" (0.1) Lack of Variety → 0.2 Insufficient Distribution (0.05) >1 squat (0.1 each) Element Choice (0.1) Exec/Amp	Score:	

NCAA Balance Beam

VITALE 2012

Connection Value	0.1	0.2	NCAA Requirements: 3A, 3B, 2C Start Value: 9.5 **Bonus may be awarded for any skill or series of skills unless gymnast falls	Acro Choice: If flight series is performed without connection bonus (consider only skills performed on beam) then additional "D" acro (includes mount/dismount) is required Acro Variety: Fwd/bkwd/sdwd skills must be a minimum "A" skill in mount or on beam – Dismount not included
Acro Flight (2 element) (excludes dismount)		B + D/E C + C/D		
Acro Flight (3 element) (Dismount skill must be minimum "C" to receive bonus)	B + B + C	B + C + C B + B + D	Elements: Bkwd layout thru vertical to pike down legs together = D Bkwd Layout Stepout = D Full Twisting BHS swingdown = E Double Stag or Ring Leap/Jump = D Front Salto one leg takeoff to sit = D Swing leg to Fwd salto stretched with 1/1 to end/side = C in tuck position = B Gainer Salto bkwd tucked with 1/1 at end = D Gainer Salto bkwd stretched with 1½ to side = D or with 2/1 or 2½ to side = E Two foot Fwd Salto tuck or stretched with 1½ dismount = D or Fwd Salto stretched with 2/1 = E Salto bkwd stretched with 2½ dismount = E	
Dance or Mixed Series (acro elements must have flight) (excludes dismount)	A + D B + C	B + D C + C	Exceptions: B + C Acro Flight = No Bonus B + D Acro Flight = 0.2 CV <u>except</u> BHS + Layout Stepout = NO CV + 0.1DV B + D Acro Flight = 0.2 CV (Round Off + Layout Stepout = 0.2 CV + 0.1DV) <u>except</u> BHS + Layout Feet together stretched then piked = 0.1 CV + 0.1DV B + B + D = 0.2 CV <u>except</u> BHS + BHS + Layout Stepout = 0.1 CV any variation or order of 2 BHS's (stepout, gainer or 2 feet in any order) + layout stepout B + D Mixed Series = 0.2 CV <u>including</u> "B" Jump + Layout Stepout = 0.2 CV + 0.1DV	
Dance Turns (on one foot)	A+C or C+A			

#

	_____ VP _____ CV _____ DV _____ SV	Special Requirements (0.2 each) _____ Flight Series "C" required _____ Dance Series "C" required _____ 180° Leap/Jump _____ Minimum 360° turn _____ "C" dismount or "B" dismount directly connected to any "C" _____ Acro Variety: no bkwd acro (0.1) _____ Acro Variety: no fwd/sdwd acro (0.1) _____ Dance Variety: <2 different shapes (0.1) _____ >1 dance element to prone (0.1 each) _____ Distribution → 0.1 _____ Space → 0.1 _____ Level changes → 0.1 _____ Direction → 0.1 _____ Acro Choice (0.1) _____ Artistry → 0.3 _____ Exec/Amp
Score:		

#

	_____ VP _____ CV _____ DV _____ SV	Special Requirements (0.2 each) _____ Flight Series "C" required _____ Dance Series "C" required _____ 180° Leap/Jump _____ Minimum 360° turn _____ "C" dismount or "B" dismount directly connected to any "C" _____ Acro Variety: no bkwd acro (0.1) _____ Acro Variety: no fwd/sdwd acro (0.1) _____ Dance Variety: <2 different shapes (0.1) _____ >1 dance element to prone (0.1 each) _____ Distribution → 0.1 _____ Space → 0.1 _____ Level changes → 0.1 _____ Direction → 0.1 _____ Acro Choice (0.1) _____ Artistry → 0.3 _____ Exec/Amp
Score:		

Connection Value	0.1	0.2	<p>NCAA Requirements: 3A, 3B, 2C Start Value: 9.5 *If "C" turn followed by "C" jump may receive CV if directly connected **Acro elements in mixed series must be salto or flight elements to receive CV ***Mixed Series must include at least 2 Acro elements- one must be a "C" & Dance element must be at least "A" & must be followed by a "salto" element of at least an A. Dance element breaks the series for all other purposes.</p>	<p>Elements: Front salto piked = A Different Shapes: Pike, Tuck, Straddle, Ring, Split (includes stag/double stag), Cat, Sheep, Wolf, Straight/Beat Dance passage: Minimum of 2 different Group 1 elements directly or indirectly connected & requires 180° leap (one foot take off). Allows for running steps, small leaps, hops, chassés, assemblés or any or any kind of turn on 1 or 2 feet between the 2 dance value parts Acro Choice: If missing any or all → 1. One "D" salto or better 2. One <i>Acro Series</i> with C salto or better 3. <i>Acro Dismount</i> with a minimum C salto in bonus combination -or- minimum of a D Salto Dismount Acro Dismount: defined as last isolated salto or within last salto connection Acro Series: defined as minimum 3 acrobatic flight elements</p>
Acro Indirect	A/B + A/B + C/D C+C or A/B+D	C + D/E		
Acro Direct	B+B or A+C A+A+C	B+C or C+C A+A+D or A/B +D		
Dance*/Mixed**	B + D or C + C D salto + A jump ***Mixed Series A+C+A	C + D/E		

#

_____ VP	Special Requirements (0.2 each)
_____ CV	
_____ DV	
_____ SV	
_____ Lack of Dance Bonus min. 0.1 CV or DV (0.1) _____ Acro Variety: no fwd/sdwd salto (0.1) _____ Acro Variety: no bkwd salto (0.1) _____ Dance Variety: <2 different shapes (0.1) _____ No "C" salto (0.3) _____ Direction → 0.1 _____ Acro Choice (0.1) _____ Space → 0.1 _____ Distribution (0.05) _____ >1 prone (0.1 each) _____ Artistry → 0.3 (1 dance & 1 acro allowed)	
_____ Exec/Amp	
Score:	

#

_____ VP	Special Requirementst (0.2 each)
_____ CV	
_____ DV	
_____ SV	
_____ Lack of Dance Bonus min. 0.1 CV or DV (0.1) _____ Acro Variety: no fwd/sdwd salto (0.1) _____ Acro Variety: no bkwd salto (0.1) _____ Dance Variety: <2 different shapes (0.1) _____ No "C" salto (0.3) _____ Direction → 0.1 _____ Acro Choice (0.1) _____ Space → 0.1 _____ Distribution (0.05) _____ >1 prone (0.1 each) _____ Artistry → 0.3 (1 dance & 1 acro allowed)	
_____ Exec/Amp	
Score:	

Connection Value	0.1	0.2	NCAA Requirements: 3A, 3B, 2C	Element Choice = Routine must have a release sequence, pirouette sequence, combination sequence or dismount sequence of C+C+D or D+D in any order (Only one skill in sequence needs to have turn or release) <u>OR</u> 2 "D" releases <u>AND</u> must have "D or E" Release (may be included in sequence) <u>AND</u> "D" Dismount or "C" Dismount in Bonus Combination
NCAA	C + C/D	D + D	<u>Start Value: 9.5</u>	

Both "C" elements must have flight or turn but if "C" connected to "D/E" then "C" not required to have flight/turn -or- If 2 "C" 3/6/7 skills connected do not need turn/flight to receive CV (*Both "C" 3/6/7 skills must be different)

Elements: Uprise HS with 1/2 = D Fwd/bkwd stalders to HS or with 1/2 = D Fwd/bkwd Stalders to HS with 1/1 turn = E
 1-1/2 IN HS = E All other elements that include 1/1 turn after handstand (Healy) = D
****Bonus may be awarded for any skill or series of skills unless gymnast falls**

#	_____ VP	Special Requirements (0.2 each) 2 BAR CHANGES 2 Diff "C" Flight or "B"+"D/E" "C" LA turn (not in dismount) "C" Dismount -or- "C" preceded by same 2 "A" or "B" (0.1)
	_____ CV	
	_____ DV	Lack of Variety → 0.2 Insufficient Distribution (0.05)
	_____ SV	>1 squat (0.1 each) Element Choice (0.1)
		_____ Exec/Amp
	Score:	

#	_____ VP	Special Requirements (0.2 each) 2 BAR CHANGES 2 Diff "C" Flight or "B"+"D" "C" LA turn (not in dismount) "C" Dismount -or- "C" preceded by same 2 "A" or "B" (0.1)
	_____ CV	
	_____ DV	Lack of Variety → 0.2 Insufficient Distribution (0.05)
	_____ SV	>1 squat (0.1 each) Element Choice (0.1)
		_____ Exec/Amp
	Score:	

