

NCAA UNEVEN BARS

VITALE 2016

Connection Value	0.1	0.2	NCAA Value Parts: 3A, 3B, 2C	Element Choice = Routine must have a <u>single bar</u> release minimum "D" or "E" release or minimum of two "D" releases or minimum of two "E" level skills AND "D" Dismount or "C" Dismount in Bonus Combination
NCAA	C + C/D	D + D	Start Value: 9.5	
<p>*Both "C" elements must have 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 then <u>do not</u> need turn/flight to receive CV (*Both "C" 3/6/7 skills must be different)</p>				<p>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 Peach Salto Mount = C All elements that include 1/1 turn after handstand (Healy) = D **Bonus may be awarded for any skill or series of skills unless gymnast falls Fall Time: 45 seconds</p>
#				<p>Special Requirements (0.2 each)</p> <p>____ VP 2 BAR CHANGES 2 Diff "C" Flight or "B"+ "D/E"</p> <p>____ CV "C" LA turn (not in dismount) "C" Dismount -or-</p> <p>____ DV "C" preceded by same 2 "A" or "B" (0.1) Lack of Variety (0.05) Insufficient Distribution (0.05)</p> <p>____ SV >1 squat (0.1 each) Element Choice (0.1)</p> <p>Exec/Amp</p> <p>Score:</p>
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NCAA Balance Beam

VITALE 2016

Connection Value	0.1	0.2	NCAA Value Parts: 3A, 3B, 2C Start Value: 9.5 Fall Time:30 sec	Acro Series: Minimum 2 flight skills with min "C" with or without hand support may include mount but <u>cannot connect to dismount</u> -or- can be an "A" non-flight element from group 7 (walkovers/cartwheels) connected to an "E" acro skill but must finish on the beam. Acro Variety: Fwd/bkwd/sdwd skills must be a min "A" skill in mount <u>or</u> on beam - not in dismount
Acro Flight (2 element) (excludes dismount)		B + D/E C + C/D	Element Choice: If flight series is performed on beam <u>without</u> connection bonus (consider <u>only</u> skills performed on beam) then additional "D" acro -or- "E" dance is required (may be in mount/dismount)	
Acro Flight (3 element) (Dismount skill must be minimum "C" to receive bonus) ** +0.1 bonus with "C" in series	B + B + C	B + C + C B + B + D	Elements: Straddle Jump ¼ = C Bkwd layout thru vertical to pike down legs together = D Bkwd Layout Stepout = D Full Twisting BHS swing down = 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 + 0.1 DV <u>except</u> BHS + Layout Stepout = NO CV + 0.1 DV B + D Acro Flight = 0.2 CV + 0.1 DV (Round Off + Layout Stepout) <u>except</u> BHS + Layout Feet together stretched then piked = 0.1 CV + 0.1 DV B + B + D = 0.2 CV + 0.1 DV + 0.1** <u>except</u> BHS + BHS + Layout Stepout = 0.1 CV + 0.1 DV + 0.1** for any variation/order of <u>2 BHS's</u> (stepout, gainer or 2 feet) B + D Mixed Series = 0.2 CV <u>including</u> "B" Jump + Layout Stepout = 0.2 CV + 0.1 DV	
Dance Turns (on one foot)	A+C or C+A		**3 acro flight elements (excluding dismount connections) that include a minimum of one "C" element will receive an additional +0.1 bonus	

#	<p>_____VP Special Requirements (0.2 each)</p> <p>_____CV _____ Acro Series min "C" required _____ Dance Series min "C" required</p> <p>_____DV _____ 180° Split Leap/Jump _____ Minimum 360° turn _____ "C" dismount or "B" dismount _____SV _____ directly connected to any "D" acro</p> <p>_____ Acro Variety: no bkwd acro element (0.1) _____ Acro Variety: no fwd/sdwd acro element (0.1) _____ >1 dance element to prone (0.1 each) _____ Distribution (0.05) _____ Space (0.05) _____ Level changes (0.05) _____ Direction (0.05) _____ Element Choice (0.1) _____ Artistry (→ 0.3)</p> <p>_____ Exec/Amp</p> <p>Score:</p>
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Connection Value	0.1	0.2	NCAA Value Parts: 3A, 3B, 2C Start Value: 9.5 *If "C" turn followed by "C" jump may receive CV if directly connected	Elements: Front salto piked = A Dance passage: Minimum of 2 different Group 1 elements directly or indirectly connected & requires 180° leap (one foot take off) cross or split position. Allows for running steps, small leaps, hops, chassés, assemblés or any kind of turn on 1 or 2 feet between the 2 dance value parts Element Choice: If missing any or all → 1. One "E" element (acro/dance) -or- 2 different "D" elements (one must be an acro element) 2. One Acro Series with "C" salto or better 3. Acro Dismount with a minimum "C" salto in bonus combination -or- minimum of a "D" Salto Dismount Salto Dismount: defined as last isolated salto or within last acro combination Acro Series: defined as minimum 3 acrobatic flight elements (aerials not considered saltos)
Acro Indirect	A/B + A/B + C/D C+C or A/B+D	C + D/E		
Acro Direct	B+B (different) or A+C A+A+C	B+C or C+C A+A+D or A/B +D	**Acro elements in mixed series must be salto or flight elements to receive CV	
Dance*/Mixed**	B + D or C + C D salto + A jump ***Mixed Series C+A+A	C + D/E	***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	

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_____ VP	Special Requirements (0.2 each)
_____ CV	_____ 2 salto series or 2 direct saltos _____ 3 different saltos
_____ DV	_____ Dance passage with 180° leap _____ "C" Salto Dismount
_____ 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)	
_____ >1 prone (0.1 each) - 1 dance & 1 acro allowed	
_____ Distribution (0.05)	_____ Direction (0.05)
_____ Element Choice (0.1)	_____ Space (0.05)
_____ If only 2 acro passes 1. "D/E" 2. "D/E" or +0.2 CV (0.1)	_____ Artistry (→ 0.3)
_____ Exec/Amp	
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