

# Vault

## Sample Routine Start Values by Level

J7 – 8.6 (½ On or Handspring)

\*J7 may use mini tramp

J6 – 8.6 (½ On or Handspring)

J5 – 9.0 (½ On – ½ Off)

J4 – 9.2 (½ On – Full Off)

J3 – 9.4 (Handspring Full Off)

J2 – 9.6 (Tuck Tsuk or Yur)

J1 – 10.1 (LO Tsuk or Yur)

## RESTRICTIONS

J6-J1 – No Squat, Stoop or Straddle

J6 – Max 8.6 start value, no Yurchenkos

J5 – Max 9.0 start value, no Yurchenkos

J4 – Max 9.4, no flipping vaults

J3, J2, J1 – No Restrictions

## JOGA Bonus J1 & J2

[Add 0.1 to Start Value]

Any LO Tsuk or Yurchenko, Handspring

Front, Front HS 2/1, ½ On – 2/1 Off,

Any twisting Tsuk or Yurchenko

## START VALUES

7.0 : Squat, Straddle, Flat  
Back \*J7 Only\*

8.6 : Handspring

8.6 : ½ On

8.6 : ¼ On – ¼ Off

8.8 : Handspring ½ Off

9.0 : ½ On – ½ Off

9.0 : ¼ On – ¾ Off

9.2 : ½ On – Full Off

9.2 : ¼ On – 1 ¼ Off

9.4 : Handspring Full Off

9.4 : Full On Handspring

9.6 : Handspring 1 ½ Off

9.6 : ½ On – 1 ½ Off

9.6 : ¼ On – 1 ¾ Off

9.6 : Tuck Tsuk

9.8 : Full On – Full Off

9.8 : Pike Tsuk

9.8 : Tuck Tsuk 1/2

10.0 : Layout Tsuk

10.0 : Pike Tsuk ½

10.0 : Tuck Tsuk Full

10.0 : Handspring Front Tuck

10.0 : Handspring 2/1 Off

10.0 : ½ On – 2/1 Off

# J7 - Bars

## Sample Routine

Start Value Estimate **6.5**

Pull Over (M), Horizontal Cast (M), Back Hip (M), Squat On (M), Long Pull Over (M), Sole Circle (M)

\*J7 only may perform a horizontal cast as a skill, medium value

J7 has a minimum score of 3.0 and maximum of 6.5

### STARTING VALUE COMPONENTS

E – Execution = [**4.0**/4.0]

C – Composition = [**0.5**/0.5]

Composition for J7 is prescribed on score sheet

D – Difficulty = [**1.2**/1.2]

**4x M (0.3)**

R – Requirements = [**0.4**/0.8]

**Cast to Horizontal, Squat On,**

**Dismount of diff**, Direction Change  
(may include mt/dismt) (0.2 each)

B – Bonus = [**0.1**/0.2]

**S-S (0.1)**, S-S (0.1)

### RESTRICTIONS

ONLY MEDIUMS ARE ALLOWED

### CHANGES FROM SAMPLE

- No High Bar = -0.2 R
  - Birdie Perch to High Bar = -0.2 R, -0.1 C  
(uncharacteristic skill)
  - Less than 5 skills = -2.0 N
  - Cast for Back Hip doesn't hit horizontal = -0.2 R
  - Performs USAG 4 Swing Half turn dismount = -0.2 R (not a dismount of difficulty as it is not listed in the book), -0.1 C  
(uncharacteristic skill)
  - Underswing Dismount = No change
- 
- Add Kip = No change
  - Add Sole Circle 1/2 = +0.2 R
  - Add Underswing 1/2 = +0.2 R

# J6 - Bars

## Sample Routine

Start Value Estimate **8.4**

Kip (M), Back Hip (M),  
Squat On (M), Long Kip (S),  
Long Kip (S), Back Hip (M),  
Extra Swing\*, Flyaway (S)

\*J6 only is allowed one extra swing before flyaway

Routine of ALL Medium Skills = 6.4

## STARTING VALUE COMPONENTS

E – Execution = [**4.2**/4.2]

C – Composition = [**1.0**/1.0]

D – Difficulty = [**2.7**/2.7]

**4x M (0.3), 3x S (0.5)**

R – Requirements = [**0.4**/1.0]

**Kip, Superior Dismount**, Handstand,  
Direction Change, Release (0.2 each)

B – Bonus = [**0.1**/0.2]

**S-S (0.1)**, S-S (0.1)

JB – JOGA Bonus = [**0.0**/0.0]

No Bar Incentive list for JOGA 6

## RESTRICTIONS

No High or Advanced Superiors

## CHANGES FROM SAMPLE

- No Flyaway = -0.5 D, -0.2 R
  - No Long Kips = -1.0 D, -0.1 B
  - One Long Kip = -0.5 D, -0.1 B
  - No Flyaway but add Sole Circle Full = No Change
  - No Kips = -1.0 D, -0.1 B, -0.2 R
  - No Low Kip = No Change
  - No Kips and No Superiors = -0.4 R, -1.5 D, -0.1 B (min of 5 skills)
  - Less than 5 skills = -2.0 N
- 
- Add Switch Kip = +0.2 R
  - Add Clear Hip Long Kip = +0.1 B (S/S)
  - Add Cast Handstand = +0.2 R
  - Add Cast Handstand into Flyaway = +0.2 R; +0.1 B
  - Add Cut Catch = +0.2 R

# J5 - Bars

## Sample Routine

Start Value Estimate **8.9**

Kip (M), Switch Kip (M),  
Squat On (M), Uprise (HS),  
Back Hip (M), Long Kip (S),  
Long Kip (S), Flyaway (S)

### STARTING VALUE COMPONENTS

E – Execution = [**4.2**/4.2]

C – Composition = [**1.0**/1.0]

D – Difficulty = [**3.0**/3.0]

**4x M (0.3), 3x S (0.5), 1x HS (0.3)**

R – Requirements = [**0.6**/1.0]

**Kip, Superior Dismount**, Handstand,  
**Direction Change**, Release (0.2 each)

B – Bonus (B) = [**0.1**/0.4]

HS-HS (0.2)

S-S (0.1), **S-S (0.1)**

JB – JOGA Bonus = [**0.0**/0.1]

Clear Hip Above Horizontal (+0.1)

### RESTRICTIONS

Max 2 HS Skills allowed; no AHS  
allowed; No Giants, No Handstand

### CHANGES FROM SAMPLE

- No Switch Kip = -0.2 R
  - No Uprise = -0.3 D, need min of 7 skills with no HS
  - No Uprise but add Layout Flyaway = -0.3D (Layout fulfills third superior)
  - No Uprise but add Layout Flyaway and Clear hip = +0.1 JB
- 
- Add Uprise x2 = +0.2 B
  - Add Clear Hip = +0.1 JB
  - Replace Back Hip with Clear Hip = +0.1 B (S/S), +0.1 JB
  - Add Cut Catch = +0.2 R
  - Add Toe Shoot to Long Kip = +0.2 R, +0.1 B (S/S)
  - Add Toe Shoot to Uprise = +0.2 R, +0.2 B (HS/HS)

# J4 - Bars

## Sample Routine

Start Value Estimate **9.3**

Kip (M), Switch Kip (M),  
Squat On (M), Uprise (HS),  
Uprise (HS), Long Kip (S),  
Clear Hip (S), Long Kip (S),  
Layout Flyaway (HS)

### STARTING VALUE COMPONENTS

E – Execution = [**4.2**/4.2]

C – Composition = [**1.0**/1.0]

D – Difficulty = [**3.0**/3.0]

**4x M (0.3), 3x S (0.5), 1x HS (0.3)**

R – Requirements = [**0.6**/1.0]

**Kip, Superior Dismount**, Handstand,  
**Direction Change**, Release (0.2 each)

B – Bonus (B) = [**0.4**/0.4]

**HS-HS (0.2)**

HS-HS or **S-S (0.1), S-S (0.1)**

JB – JOGA Bonus = [**0.1**/0.2]

Handstand, **Clear Hip Above Hor** (0.1 ea)

### RESTRICTIONS

No AHS skills allowed; No HB-LB  
releases allowed, No Giants

### CHANGES FROM SAMPLE

- No Switch Kip = -0.2 R
  - One Uprise = -0.2 B
  - No HS = -0.3 D, -0.2 B,  
min of 7 skills with no HS
  - No Layout Flyaway but  
replace with superior  
dismount = no change
- 
- Add Cast Handstand =  
+0.2 R, +0.1 JB
  - Add Cut Catch = +0.2 R
  - Add Toe Shoot to Long  
Kip = +0.2 R
  - Add Toe Shoot to Uprise  
= +0.2 R (remove 2<sup>nd</sup>  
uprise)

# J3 - Bars

## Sample Routine

Start Value Estimate **9.8**

Kip (M), Handstand Pirouette (S), Kip (M), Toe Shoot (HS), Long Kip (S), Handstand (S), Giant (HS), Giant (HS), Layout Flyaway (HS)

### STARTING VALUE COMPONENTS

E – Execution = [**4.2**/4.2]

C – Composition = [**1.0**/1.0]

D – Difficulty = [**3.0**/3.0]

**4x M (0.3), 3x S (0.5), 1x HS (0.3)**

R – Requirements = [**1.0**/1.0]

**Kip, Superior Dismount, Handstand, Direction Change, Release** (0.2 each)

B – Bonus (B) = [**0.4**/0.8]

AHS (0.2), AHS (0.2), **HS-HS (0.2)**

AHS or HS-HS or **S-S (0.1), S-S (0.1)**

JB – JOGA Bonus = [**0.2**/0.4]

**Handstand**, Clear Hip Above Hor,  
**Giant**, Any High to Low Release (0.1 ea)

### RESTRICTIONS

No Restrictions

### CHANGES FROM SAMPLE

- Replace Pirouette with Switch Kip = No change
  - One Giant = -0.1 B
  - No Toe Shoot = -0.2 R, -0.1B
  - Replace Toe Shoot with Cut Catch = No Change if connected to a Superior
  - Replace Giants with Uprises = -0.1B, -0.1JB
- 
- Add Layout Full = +0.2 B
  - Add Clear Hip = +0.1 JB
  - Add Sole Circle from HB over LB = +0.1 JB
  - Add Bail to Handstand = +0.1 JB, +0.2 B
  - Add Stalder to Handstand = +0.2 B
  - Add Toe Front Tuck Dismount = +0.2 B
  - Add Double Back Dismount = +0.2 B

**J1 & J2** – same as above except JOGA Bonus [up to 0.3] Clear Hip to Handstand, Change of Dir other than switch kip, High to Low release or AHS release AND extra bonus [up to 0.2] see chart.

# J7 - Beam

## Sample Routine

Start Value Estimate **6.5**

Mount, Half Turn on 1 foot (M), Jump (M) / Jump (M), Cartwheel (M), Handstand (M), Round Off Dismount (M)

\*J7 only may perform a Half Turn on 1 foot as a skill, medium value

J7 has a minimum score of 3.0 and maximum of 6.5

## STARTING VALUE COMPONENTS

E – Execution = [**4.0**/4.0]

C – Composition = [**0.5**/0.5]

Composition for J7 is prescribed on score sheet

D – Difficulty = [**1.2**/1.2]

**4x M (0.3)**

R – Requirements = [**0.8**/0.8]

**Min 180 turn on 1 foot, Jump Series,**

**Acro Series\*, Dismount of Diff** (0.2

each) \*Level 5, 6, & 7 Series may include Mt or Dsmt

## RESTRICTIONS

**ONLY MEDIUMS ARE ALLOWED**

\*Superiors that are combo of medium skills are allowed (e.g., series of cartwheels)

## CHANGES FROM SAMPLE

- Jumps are not connected = -0.2 R
  - Step back on Half Turn = -0.2 R
  - Acro connection missing = -0.2 R
  - Perform straight jump as dismount = -0.2 R
  - Overtime (longer than 1:30) = -0.1 N
  - Lacking Acro in different directions = -0.1 C
- 
- Variety of skills, shapes, and connections keep C score high
  - **NO WOBBLES**

# J6 - Beam

## Sample Routine

Start Value Estimate **8.9**

Mount, Full Turn (M),  
Jump (S) / Jump (S),  
Jump(S) / Jump (S),  
Cartwheel (M), Back Tuck(S)

### STARTING VALUE COMPONENTS

E – Execution = [**4.2**/4.2]

C – Composition = [**1.0**/1.0]

D – Difficulty = [**2.7**/2.7]

**4x M (0.3), 3x S (0.5)**

R – Requirements = [**0.8**/1.0]

**Full Turn, Jump Series, Acro Series\***,

Flight, **Superior Dismount** (0.2 each)

\*Level 5, 6, & 7 Series may include Mt or Dsmt

B – Bonus (B) = [**0.2**/0.2]

**S-S (0.1), S-S (0.1)**

### RESTRICTIONS

No High or Advanced Superiors

### CHANGES FROM SAMPLE

- Only 6 skills = -0.5 D (min of 7 skills for full 2.7 D)
  - No second S/S Jumps = -0.1 B
  - Step back on Full Turn = -0.2 R
  - Overtime (longer than 1:30) = -0.1 N
  - Undertime (shorter than 30 sec) = -2.0 N
  - Repeating Shapes more than 2 times = -0.1C
  - Repeating same skill for D = -0.1C
  - More than two Pivot turns = -0.1C
  - Lacking Acro in different directions = -0.1 C
- 
- Add Flight = +0.2 R
  - Replace S/S Jumps with Flight / S Jump = +0.2 R
  - NO WOBBLES



# J5 - Beam

## Sample Routine

Start Value Estimate **9.6**

Mount, Full Turn (M),  
Jump (HS) / Jump (HS),  
Jump(S) / Jump (S), Any  
(M) Skill, Round Off (S),  
Back Tuck(S)

### STARTING VALUE COMPONENTS

E – Execution = [**4.2**/4.2]

C – Composition = [**1.0**/1.0]

D – Difficulty = [**3.0**/3.0]

**4x M (0.3), 3x S (0.5), 1x HS (0.3)**

R – Requirements = [**1.0**/1.0]

**Full Turn, Jump Series, Acro Series\*,**

**Flight, Superior Dismount** (0.2 each)

\*Level 5, 6, & 7 Series may include Mt or Dsmt

B – Bonus (B) = [**0.4**/0.4]

**HS-HS (0.2)**

**S-S (0.1), S-S (0.1)**

### RESTRICTIONS

Max 2 HS Skills allowed; no AHS allowed

### CHANGES FROM SAMPLE

- Only 7 skills = -0.3 D (min of 8 skills for full D) (8<sup>th</sup> skill can be simple, must be in book)
  - No HS/HS Jumps = -0.2 B
  - No HS = -0.3 D, -0.2 B
  - No Flight = -0.2 R
  - Step back on Full Turn = -0.2 R
  - Overtime (longer than 1:30) = -0.1 N
  - Undertime (shorter than 30 sec) = -2.0 N
  - Repeating Shapes more than 2 times = -0.1C
  - Repeating same skill for D = -0.1C
  - More than two Pivot turns = -0.1C
  - Lacking Acro in different directions = -0.1 C
- 
- Variety of skills, shapes, and connections keep C score high
  - **NO WOBBLES**

# J4 - Beam

## Sample Routine

Start Value Estimate **9.8**

Mount, Full Turn (M),  
Jump (HS) / Jump (HS),  
Jump(S) / Jump (S),  
Acro (M) / Acro (S),  
Jump or Acro (AHS),  
Round Off(S), Back Tuck(S)

### STARTING VALUE COMPONENTS

- E – Execution = [**4.2**/4.2]  
C – Composition = [**1.0**/1.0]  
D – Difficulty = [**3.0**/3.0]  
**4x M (0.3), 3x S (0.5), 1x HS (0.3)**  
R – Requirements = [**1.0**/1.0]  
**Full Turn, Jump Series, Acro Series\*,  
Flight, Superior Dismount** (0.2 each)  
\*May NOT include Mt or Dsmt  
B – Bonus (B) = [**0.6**/0.6]  
**AHS (0.2), HS-HS (0.2)**  
HS-HS or **S-S (0.1), S-S (0.1)**

### RESTRICTIONS

Max 1 AHS skill allowed

### CHANGES FROM SAMPLE

- Only 7 skills = -0.3 D (min of 8 skills for full D)
  - No HS/HS Jumps = -0.2 B
  - No AHS = -0.2 B
  - No S into Dismount = -0.1 B
  - No Flight = -0.2 R
  - Overtime (longer than 1:30) = -0.1 N
  - Repeating Shapes more than 2 times = -0.1 C
  - More than two Pivot turns = -0.1C
  - Lacking Acro in different directions = -0.1 C
- 
- Replace HS jump with AHS or replace S dismount with AHS to reduce number of skills
  - Variety of skills, shapes, and connections keep C score high
  - **NO WOBBLES**

# J3 - Beam

## Sample Routine

Start Value Estimate **10.0**

Mount, Full Turn (M),  
Jump (HS) / Jump (AHS),  
Jump(S) / Jump (S),  
Acro (M) / Acro (S),  
Round Off(S), Back Layout  
Full (AHS)

### STARTING VALUE COMPONENTS

E – Execution = [**4.2**/4.2]

C – Composition = [**1.0**/1.0]

D – Difficulty = [**3.0**/3.0]

**4x M (0.3), 3x S (0.5), 1x HS (0.3)**

R – Requirements = [**1.0**/1.0]

**Full Turn, Jump Series, Acro Series\*,  
Flight, Superior Dismount** (0.2 each)

\*May NOT include Mt or Dsmt

B – Bonus (B) = [**0.8**/0.8]

**AHS (0.2), AHS (0.2), HS-HS (0.2)**

**AHS or HS-HS or S-S (0.1), S-S (0.1)**

### RESTRICTIONS

No Restrictions

### CHANGES FROM SAMPLE

- Only 7 skills = -0.3 D (min of 8 skills for full D)
  - No HS/HS Jumps = -0.2 B
  - One AHS = -0.2 B
  - No Flight = -0.2 R
  - Replace with AHS Acro and S dismount = No change
  - Overtime (longer than 1:30) = -0.1 N
  - Repeating Shapes more than 2 times = -0.1 C
  - More than two Pivot turns = -0.1C
  - Lacking Acro in different directions = -0.1 C
- 
- Variety of skills, shapes, and connections keep C score high
  - NO WOBBLES

**J1 & J2** – same as above except receive extra bonus [up to 0.2] see chart.

# J7 - Floor

## Sample Routine

Start Value Estimate **6.5**

Jump (M) / Jump (M),  
RO BHS (M/M),  
Handstand forward roll,  
cartwheel (M/M)

J7 has a minimum score of 3.0 and maximum of 6.5

## STARTING VALUE COMPONENTS

E – Execution = [**4.0**/4.0]

C – Composition = [**0.5**/0.5]

Composition for J7 is prescribed on score sheet

D – Difficulty = [**1.2**/1.2]

**4x M (0.3)**

R – Requirements = [**0.8**/0.8]

**Jump Series (different skills), 1 Jump or turn, 2 Acro passes with 2 skills, Handspring (1 BHS or 1 FHS) (0.2 each)**

## RESTRICTIONS

**ONLY MEDIUMS ARE ALLOWED**

\*Superiors that are combo of medium skills are allowed (e.g. series of handsprings)

## CHANGES FROM SAMPLE

- First or second pass not connected = -0.2 R
- Overtime (longer than 1 min) = -0.1 N
- No pass with Front and Back or Side Direction = -0.1 C
- Variety of skills, shapes, and connections to maintain C score

# J6 - Floor

## Sample Routine

Start Value Estimate **8.9**

Jump (S) / Jump (S),  
Jump (S) / Jump (S),  
RO BHS Tuck,  
Front Handspring RO BHS,  
RO BHS BHS

### STARTING VALUE COMPONENTS

E – Execution = [4.2/4.2]

C – Composition = [1.0/1.0]

D – Difficulty = [2.7/2.7]

**4x M (0.3), 3x S (0.5)**

R – Requirements = [0.8/0.8]

**Jump Series (different skills),  
Superior Jump, 3 Acro passes of 2  
directions, Last Acro includes S,**

Twisting Salto min ½ Twist (0.2 each)

\*Acro passes are min of 3 skills – 2 skill passes  
allowed if S-S

B – Bonus = [0.2/0.2]

**S-S (0.1), S-S (0.1)**

### RESTRICTIONS

No High or Advanced Superiors; No  
twisting front or back saltos

### CHANGES FROM SAMPLE

- No second S/S Jumps = -0.1 B
  - Last pass RO BHS = -0.4 R
  - First or second pass not connected or missing skills = -0.2 R
  - Tumbling passes all Medium skills = -0.2 R
  - Overtime (longer than 1:30) = -0.1 N
  - Repeating Shapes more than 2 times = -0.1 C
  - Repeating same skill for D = -0.1 C
  - No pass with Front and Back Direction = -0.1 C
- 
- Remove 2<sup>nd</sup> S-S Jumps and add S-S in acro pass = no change
  - Add Layout = no change
  - Variety of skills, shapes, and connections to maintain C score

# J5 - Floor

## Sample Routine

Start Value Estimate **9.6**

Jump (HS) / Jump (HS),  
Jump (S) / Jump (S),  
RO BHS Layout (S),  
Front Tuck RO BHS Tuck (S/S),  
RO BHS BHS Tuck (S/S)

### STARTING VALUE COMPONENTS

- E – Execution = [**4.2**/4.2]  
C – Composition = [**1.0**/1.0]  
D – Difficulty = [**3.0**/3.0]  
**4x M (0.3), 3x S (0.5), 1x HS (0.3)**  
R – Requirements = [**0.8**/1.0]  
**Jump Series (different skills),  
Superior Jump, 3 Acro passes of 2  
directions, Last Acro includes S,**  
Twisting Salto min ½ Twist (0.2 each)  
\*Acro passes are min of 3 skills – 2 skill passes  
allowed if S-S or includes a HS  
B – Bonus = [**0.4**/0.4]  
**HS-HS (0.2)  
S-S (0.1), S-S (0.1)**

### RESTRICTIONS

Max 2 HS Skills allowed; no AHS  
allowed; no twisting saltos

### CHANGES FROM SAMPLE

- No HS/HS Jumps = -0.3 D, -0.2 B
  - Only 1 HS Jump = -0.2 B
  - Last pass RO BHS = -0.4 R
  - First or second pass not connected or missing skills = -0.2 R
  - No second S/S = -0.1 B
  - Repeating Shapes more than 2 times = -0.1 C
  - Repeating same skill for D = -0.1 C
  - No pass with Front and Back Direction = -0.1 C
  - First Pass is hardest skill = -0.1 C
- 
- Focus on sticking jumps and one controlled step in acro passes
  - Variety of skills, shapes, and connections to maintain C score

# J4 - Floor

## Sample Routine

Start Value Estimate **9.8**

Jump (HS) / Jump (HS),  
Jump (S) / Jump (S),  
Jump (AHS)  
Front Tuck RO BHS Tuck (S/S),  
RO BHS BHS Layout (S/S), RO  
BHS Layout ½ (S)

### STARTING VALUE COMPONENTS

- E – Execution = [**4.2**/4.2]  
C – Composition = [**1.0**/1.0]  
D – Difficulty = [**3.0**/3.0]  
    **4x M (0.3), 3x S (0.5), 1x HS (0.3)**  
R – Requirements = [**1.0**/1.0]  
    **Jump Series (different skills),  
    Superior Jump, 3 Acro passes of 2  
    directions, Last Acro includes S,  
    Twisting Salto min ½ Twist (0.2 each)**  
    \*Acro passes are min of 3 skills – 2 skill passes  
    allowed if S-S or includes a HS or AHS  
B – Bonus = [**0.6**/0.6]  
    **AHS (0.2), HS-HS (0.2)  
    HS-HS or S-S (0.1), S-S (0.1)**

### RESTRICTIONS

Max 1 AHS skill allowed; No greater than full twist salto, No AHS Acro

### CHANGES FROM SAMPLE

- No HS/HS Jumps = -0.2 B
  - No AHS = -0.2 B
  - No ½ twist = -0.2 R
  - No S/S in acro = -0.1 B
  - Repeating Shapes more than 2 times = -0.1 C
  - Repeating same skill for D = -0.1 C
  - No pass with Front and Back Direction = -0.1 C
  - First Pass is hardest skill = -0.1 C
- 
- Add Back LO Full = no change
  - Focus on sticking jumps and one controlled step in acro passes
  - Variety of skills, shapes, and connections to maintain C score

# J3 - Floor

## Sample Routine

Start Value Estimate **10.0**

Jump (HS) / Jump (AHS),  
Jump (S) / Jump (S),  
Front HS Front Layout (M/HS),  
Front Tuck RO BHS LO (S/S),  
RO BHS Layout 1 ½ (AHS),

### STARTING VALUE COMPONENTS

E – Execution = [**4.2**/4.2]

C – Composition = [**1.0**/1.0]

D – Difficulty = [**3.0**/3.0]

**4x M (0.3), 3x S (0.5), 1x HS (0.3)**

R – Requirements = [**1.0**/1.0]

**Jump Series (different skills),  
Superior Jump, 3 Acro passes of 2  
directions, Last Acro includes S,  
Twisting Salto min ½ Twist (0.2 each)**

\*Acro passes are min of 3 skills – 2 skill passes  
allowed if S-S or includes a HS or AHS

B – Bonus = [**0.8**/0.8]

**AHS (0.2), AHS (0.2), HS-HS (0.2)**

**AHS or HS-HS or S-S (0.1), S-S (0.1)**

### RESTRICTIONS

No Restrictions

**J1 & J2** – same as above except extra bonus [up to 0.2] see chart.

### CHANGES FROM SAMPLE

- No HS/HS Jumps = -0.2 B
- No AHS = -0.4 B
- One AHS = -0.2 B
- No ½ twist = -0.2 R
- No S/S in acro = -0.1 B
- Repeating Shapes more than 2 times = -0.1 C
- Repeating same skill for D = -0.1 C
- No pass with Front and Back Direction = -0.1 C
- First Pass is hardest skill = -0.1 C

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- Add Front LO Full and remove Jump AHS = No Change
  - Focus on sticking jumps and one controlled step in acro passes
  - Variety of skills, shapes, and connections to maintain C score