

Bars	Special Requirements	Beam	Special Requirements	Floor	Special Requirements
Dynamics up to 0.20 Rhythm up to 0.20 Bonus:	0.20 each Mount kip 1 Bar change 1 Flight or turn element Circling/swinging skill At least 2 Skills on each bar Dismount A or better	Dynamics up to 0.20 Rhythm up to 0.20 Artistry up to 0.20 Bonus:	0.20 each Acro Series (can be combined with dismount) Dance or Dance/Acro series 360° turn Large leap/jump w/180° split Dismount A or better	Dynamics up to 0.20 Rhythm up to 0.20 Artistry up to 0.20 Bonus:	0.20 each Min. of 2 tumbling passes 1 Pass with 3 fast flight elements 1 Pass with 2 fwd flight elements 2 different saltos in the routine Last pass must contain 2 flight elem. "B" value dance turn "B" value leap Mixed or dance series
.10 for C+C comb .20 for any C or D bar element		.10 for C dance element .10 for C + C comb. .20 for any C or D acro element		.10 for C dance element .10 for C + C comb .20 for C/D acro element except .10 for Doub. Pir. & Layout	
					SR:
					Bonus:
					SV:
					Score:
					SR:
					Bonus:
					SV:
					Score:
					SR:
					Bonus:
					SV:
					Score:

Varsity High School 2018 Vault Values

Vault	Start Value
<i>Handspring</i>	9.20
<i>Yamashita</i>	9.20
<i>Tsuk Approach On Repulsion Off</i>	9.30
RO FF On Repulsion Off	9.30
Handspring w/ 1/2 Off	9.30
RO FF On 1/2 Off	9.40
1/4-1/2 On 3/4-1/2 Off	9.40
Yami 1/2 Off	9.40
1/4-1/2 On 1 1/4-Full Off	9.50
RO FF On Full Off	9.50
Handspring Full	9.60
Yami Full	9.60
Full On Hand or Yami Off	9.70
Handspring 1 1/2	9.80
Full On Full Off	10.00
Tuck Tsuk/ Yurchenko	9.90
Pike Tsuk/ Yurchenko	10.00
Layout Tsuk/ Yurchenko	10.00
Handspring Front	10.00

High School 2018 Varsity Bars Values

BARS SKILL LIST	A	B	C+
Back Hip Circle	X		
Front Hip Circle	X		
Long Hang Pullover	X		
Sole Circle	X		
Seat Circle	X		
<i>Cast to above horizontal</i>	X		
Squat On	X		
Sole Circle Dismount also with 1/2	X		
Tap Swing	X		
Level 5 Dismount	X		
Underswing on High Bar	X		
ALL KIPS		X	
Clear Hip		X	
Stalder Circle Clear		X	
Cast to 3/4 Handstand		X	
Uprise Back Hip Circle		X	
Staddle Cut		X	
Flyaway		X	
Sole Circle Full Dismount		X	
Cast to Handstand straddle ok			X
Clear Hip to Handstand			X
Stalder to 3/4 Handstand or better			X
Giants			X
Uprise to Clear hip			X
Straddle Back			X
Shoot Over			X
Toe Shoot			X
Flyaway Full or Half			X

Varsity High School 2018 Beam Values

BALANCE BEAM SKILL LIST	A	B	C+
MOUNTS			
Round-off to land on stomach	X		
Jump to Splits with hand support	X		
Jump to Forward Roll On	X		
Tuck Jump on Without Hands		X	
Split Jump On		X	
Jump or Press to Handstand		X	
Cartwheel or Shoulder Wheel On		X	
Free Jump to Splits On		X	
Free Jump Over Beam to Sit or Prone		X	
Squat Through to V-Hold for 2 seconds		X	
Press to Handstand with Pirouette or Planche			X
Front Flip On			X
Round-off Flip Flop On			X
HOLD / WHEELS / ROLLS			
Fwd/Bkwd/ Shoulder Rolls	X		
Side or Cross Handstand	X		
Cartwheel (any kind)	X		
Back Walkover		X	
Tick Tock		X	
Valdez		X	
Back Extension		X	
Free Roll Fwd or Backward		X	
Front Walkover			X
FLIGHT SKILLS			
Dive Fwd Roll	X		
Dive Cartwheel with Flight <u>Prior</u> to Hand Contact		X	
Round-off with Flight <u>After</u> Hand Contact		X	
Round-off followed by "C" Dance Elemnt			X
Back Handspring			X
Front Handspring			X
Back Tuck or Front Tuck			X
Aerial Cartwheel			X
DISMOUNTS			
Round-off	X		
Front Handspring	X		
Brani		X	
Back or Front Tuck		X	
Gainer Back off Side		X	
Front/Back with Full Twist or More			X

Varsity High School 2018 Floor Values

FLOOR SKILL LIST	A	B	C+
HOLDS / WHEELS / ROLLS			
Fwd/Bkw roll	X		
Free fwd roll	X		
Back Extension Roll	X		
All Cartwheels	X		
Back or Front Walkovers/ Valdez	X		
Full Pirouette	X		
Back Extension to Full Pir		X	
1 and 1/2 Pir from any start		X	
Double Pir. Or more			0.1 bonus only
FLIGHT SKILLS			
Dive Fwd Roll	X		
Dive Cartwheel	X		
Round-off	X		
Front Handspring step out	X		
Front Handspring to 2 feet		X	
Back Handspring		X	
Aerial		X	
Flyspring		X	
Front or Back Tuck or Pike		X	
Whip Back		X	
<i>Back Layout</i>			0.1 bonus only
Front Layout			X
Whip Back with a 1/2			X
Arabian Salto			X
Full			X