Bars	Special Requirements	Beam	Special Requirements	Floor	Special Requ	uirements
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 ea Min. of 2 tumb 1 Pass with 3 fast: 1 Pass with 2 fwd 2 different saltos Last pass must conta "B" value da "B" value Mixed or dar	oling passes flight elements flight elements in the routine ain 2 flight elen ance turn e leap
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 elem .10 for C + C comb .20 for C/D acro element except .10 for Doub. Pir. & Layout	wixed of dar	ice series
						SR:
	-					Bonus:
						SV:
						Score:
						SR:
	-					Bonus:
						SV:
						SV: Score:
]					Score:
	J					Score: SR:

Varsity High School 2021 Vault Values

Vault	Start Value		
Handspring	9.20		
Yamashita	9.20		
Tsuk Approach On			
Repultion Off	9.20		
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	10.00		
Pike Tsuk/ Yurchenko	10.00		
Layout Tsuk/ Yurchenko	10.00		
Handspring Front	10.00		

High School 2021 Varsity Bars Values

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

Varsity High School 2021 Beam Values

MOUNTS			1
1111001110			
Round-off to land on stomach	Х		
Jump to Splits with hand support	X		
Jump to Forward Roll On	Х		
Tuck Jump on Without Hands		Х	
Split Jump On		Х	
Jump or Press to Handstand		Х	
Cartwheel or Shoulder Wheel On		Х	
Free Jump to Splits On		Х	
Free Jump Over Beam to Sit or Prone		Х	
Squat Through to V-Hold for 2 seconds		Х	
Press to Handstand with Pirouette or Planche			Х
Front Flip On			Х
Round-off Flip Flop On			Х
HOLD / WHEELS / ROLLS			
Fwd/Bkwd/ Shoulder Rolls	Χ		
Side or Cross Handstand	Χ		
Cartwheel (any kind)	Χ		
Back Walkover		Х	
Tick Tock		Χ	
Valdez		Х	
Back Extension		Χ	
Free Roll Fwd or Backward		Χ	
Front Walkover			Х
FLIGHT SKILLS			
Dive Fwd Roll	Χ		
Dive Cartwheel with Flight Prior to Hand Contact		Χ	
Round-off with Flight After Hand Contact		Х	
Round-off followed by "C" Dance Elemnt			Х
Back Handspring			Х
Front Handspring			Х
Back Tuck or Front Tuck			Х
Aerial Cartwheel			Х
DISMOUNTS			
Round-off	Χ		
Front Handspring	Χ		
Brani		Х	
Back or Front Tuck		Х	
Gainer Back off Side		Х	
Front/Back with Full Twist or More			Х
TURNS & HOLDS			
Full Turn leg any position below horizontal	Χ		

Varsity High School 2021 Beam Values

BALANCE BEAM SKILL LIST	Α	В	C+
1 1/2 Turn			Х
Wolfe Full Turn on one leg			Х
Scale with 180 degree Split & 2 second Hold		Х	
Full Turn with Leg Above Horizontal			Х
Double Turn			Х
JUMPS			
Stretch Jump also with 1/2 Turn	Х		
Tuck Jump	Х		
Sissone with less than 180 degree Split	Х		
Wolf Jump with Legs Below Horizontal	Х		
Jump 3/4		Х	
Tuck Jump w/ 1/2 Turn		Х	
Sissone with 180 degree Split		Х	
Split Jump with 180 degree Split		Х	
Wolf Jump		Х	
Pike Jump 90 degrees		Х	
Straddle Jump 150 degree Split		Х	
Jump Full Turn			Х
Tuck Jump 3/4			Х
Split 1/4 or more with 180 degree Split			Х
Straddle Jump			Х
Pike Jump Legs <u>Above</u> Horizontal			Х
Any Jump with 180 degree Split and Turn			Х
Ring Jump with head releasse			X
Wolf Jump with 1/2 Turn or more			X
LEAPS AND HOPS			
Small Stag or Straight Leap	Х		
Small Side Leap	Х		
Split or Stag Leap with 180 degree Split		Χ	
Side Leap with at least 150 degree Split		Χ	
Wolf Hop Free Leg <u>Above</u> Horizontal		Χ	
Switch to Wolf		Х	
Switch Split Leap			Х
Ring Leap with head release			Х
Tour jete			Х
Switch to Wolf with Turn			Х

Varsity High School 2021 Floor Values

HOLDS / WHEELS / ROLLS	FLOOR SKILL LIST	Α	В	C+
Free fwd roll	HOLDS / WHEELS / ROLLS			
Back Extension Roll	Fwd/Bkw roll	Х		
All Cartwheels	Free fwd roll	Х		
Back or Front Walkovers/ Valdez	Back Extension Roll	Х		
Full Pirourette Back Extension to Full Pir 1 and 1/2 Pir from any start Double Pir. Or more FLIGHT SKILLS Dive Fwd Roll Dive Cartwheel Round-off Front Handspring step out Front Handspring to 2 feet Back Handspring X Aerial Flyspring X Front or Back Tuck or Pike Whip Back Back Layout Front Layout Whip Back with a 1/2 Arabian Salto Back Full Front Full TURNS / HOLDS Full turn Toe Rise Full Turn with leg above horizontal Jump 1/2 or 3/4 Turn Tuck Jump 160 degree Split or less Pick Jump 161 Turn Tuck Jump 161 Turn Tuck Jump 161 Turn Tuck Jump 161 Turn Tuck Jump 160 degree Split or less V Tuck Jump 161 Turn Tuck Jump	All Cartwheels	Х		
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 Dive Cartwheel X Round-off X Front Handspring step out X Front Handspring to 2 feet X Back Handspring X Ferial X Flyspring X Front or Back Tuck or Pike X Whip Back X Back Layout X Front Layout X Whip Back with a 1/2 X Arabian Salto X Back Full 0.1 bonus only Front Full X TURNS / HOLDS X Full turn X Toe Rise X Full Turn with leg above horizontal X 1 and 1/2 turn X Double Turn X Illusion Full with slight hand support X Jump 1/2 or 3/4 Turn X Truck Jump w/ or w/out 1/	Back or Front Walkovers/ Valdez	Х		
Tand 1/2 Pir from any start Double Pir. Or more FLIGHT SKILLS Dive Fwd Roll Dive Cartwheel Round-off Front Handspring step out Front Handspring to 2 feet Back Handspring Aerial Front or Back Tuck or Pike Whip Back Back Layout Front Layout Whip Back with a 1/2 Arabian Salto Back Full TURNS / HOLDS Full turn Toe Rise Full Turn with leg above horizontal Tuck Jump Piol Turn Tuck Jump 1/2 or 3/4 Turn Tuck Jump 1/2 or full Vx Double Turn Lyoun ponly Noning Only Aunus Only Aunus Only Aunus Only Aunus Only Aunus	Full Pirourette	Х		
Double Pir. Or more	Back Extension to Full Pir		Х	
Double Pir. Or more	1 and 1/2 Pir from any start		Х	
Double Pir. Or more				
FLIGHT SKILLS Dive Fwd Roll Dive Cartwheel Round-off Front Handspring step out Front Handspring to 2 feet Back Handspring Aerial Flyspring Front or Back Tuck or Pike Whip Back Back Layout Front Layout Whip Back with a 1/2 Arabian Salto Back Full TURNS / HOLDS Full turn Toe Rise Full Turn with leg above horizontal I and 1/2 turn Double Turn Illusion Full with slight hand support JUMPS Jump 1/2 or 3/4 Turn Tuck Jump w/ or w/out 1/2 Turn Sissone with 180 degree Split or less Wolf Jump Jump Full Turn X Tuck Jump y/ or full X Jump Full Turn X Straddle Jump 160 degree Split or less Wolf Jump Jump Full Turn X Tuck Jump J/ or full X Jump Full Turn X Sump Full Turn X Sump Full Turn X Straddle Jump 160 degree Split or less X File Jump Ligs below horizontal X Jump Full Turn Tuck Jump 3/4 or full				0.1 bonus
Dive Fwd Roll				only
Dive Cartwheel				
Round-off Front Handspring step out Front Handspring to 2 feet Back Handspring Aerial Flyspring Front or Back Tuck or Pike Whip Back Back Layout Front Layout Whip Back with a 1/2 Arabian Salto Back Full Front Full TURNS / HOLDS Full turn Toe Rise Full Turn with leg above horizontal 1 and 1/2 turn Double Turn Double Turn Tuck Jump M/ or w/out 1/2 Turn Sissone with 180 degree Split or less Pike Jump Layout X X X X X X X X X X X X X		Х		
Front Handspring step out Front Handspring to 2 feet Back Handspring Aerial Aerial Flyspring Front or Back Tuck or Pike Whip Back Back Layout Front Layout Whip Back with a 1/2 Arabian Salto Back Full Front Full Turn with leg above horizontal 1 and 1/2 turn Double Turn Illusion Full with slight hand support JUMPS Jump 1/2 or 3/4 Turn Tuck Jump W/ or Wout 1/2 Turn Sissone with 180 degree Split or less Pike Jump 1/2 urn Vx Iurn Vx Iurn Vx Iurn Vx Ivr	_			
Front Handspring to 2 feet X Back Handspring X Aerial X Flyspring X Front or Back Tuck or Pike X Whip Back X Back Layout X Front Layout V Whip Back With a 1/2 X Arabian Salto X Back Full X TURNS / HOLDS Full turn X Toe Rise X Full Turn with leg above horizontal X 1 and 1/2 turn X Double Turn X IUROS J WHOLDS X IUROS J WA IIII Sissone with 180 degree split X Straddle Jump 160 degree Split or less X Pike Jump Bull Turn X Tuck Jump Mor Woll III Sissone will Turn X V Tuck Jump III Turn X V IIII Turn X Sissone with 180 degree Split or less X Pike Jump legs below horizontal X V IIII Turn X IIII Turn X IIII Turn X IIII Sissone With 180 degree Split or less X Pike Jump legs below horizontal X V IIII Turn X IIII IIII IIII X IIII X IIII IIII X IIII X IIII IIII X IIII X IIIII IIII X III		+		
Back Handspring		Х		
Aerial				
Flyspring	· ·		Х	
Front or Back Tuck or Pike X Whip Back X Back Layout X Front Layout X Whip Back with a 1/2 X Arabian Salto X Back Full Salto Salt			Х	
Whip Back Back Layout Front Layout Whip Back with a 1/2 Arabian Salto Back Full Front Full Front Full TURNS / HOLDS Full turn Toe Rise Full Turn with leg above horizontal 1 and 1/2 turn Double Turn Double Turn JUMPS Jump 1/2 or 3/4 Turn Tuck Jump w/ or w/out 1/2 Turn Sissone with 180 degree split or less Pike Jump 160 degree Split or less W Tuck Jump 1/4 or full X X X X X X X X X X X X	Flyspring		Х	
Back Layout Front Layout Whip Back with a 1/2 Arabian Salto Back Full Back Full Front Full TURNS / HOLDS Full turn Toe Rise Full Turn with leg above horizontal 1 and 1/2 turn Double Turn Illusion Full with slight hand support JUMPS Jump 1/2 or 3/4 Turn Tuck Jump w/ or w/out 1/2 Turn Sissone with 180 degree split Straddle Jump 160 degree Split or less Pike Jump Bull Turn X Dump Full Turn X Dump Full Turn X Tuck Jump W X Tuck Jump Salto X Tuck Jump Salto X Tuck Jump W X Tuck Jump Salto X Tuck Jump Salto X Tuck Jump Salto X Tuck Jump Salto X X Tuck Jump Salto X X X X X X X X X X X X X			Х	
Front Layout Whip Back with a 1/2 Arabian Salto Back Full Back Full Front Full TURNS / HOLDS Full turn Toe Rise Full Turn with leg above horizontal 1 and 1/2 turn Double Turn Illusion Full with slight hand support X JUMPS Jump 1/2 or 3/4 Turn Tuck Jump w/ or w/out 1/2 Turn Sissone with 180 degree Split or less Pike Jump legs below horizontal X X X X X X X X X X X X X X X X X X X			Х	
Front Layout only Whip Back with a 1/2 X Arabian Salto X Back Full 0.1 bonus only Front Full X TURNS / HOLDS X Full turn X Toe Rise X Full Turn with leg above horizontal X 1 and 1/2 turn X Double Turn X Illusion Full with slight hand support X Jump 1/2 or 3/4 Turn X Tuck Jump w/ or w/out 1/2 Turn X Sissone with 180 degree split X Straddle Jump 160 degree Split or less X Pike Jump legs below horizontal X Wolf Jump X Jump Full Turn X Tuck Jump 3/4 or full X	Back Layout		Х	
Whip Back with a 1/2 Arabian Salto X Back Full Front Full TURNS / HOLDS Full turn Toe Rise Full Turn with leg above horizontal 1 and 1/2 turn Double Turn Illusion Full with slight hand support JUMPS Jump 1/2 or 3/4 Turn Tuck Jump w/ or w/out 1/2 Turn Sissone with 180 degree split Straddle Jump 160 degree Split or less Pike Jump legs below horizontal Wolf Jump Jump Full Turn X Tuck Jump 3/4 or full X X And O.1 bonus O.1 bon	Front Layout			
Arabian Salto Back Full Front Full TURNS / HOLDS Full turn Toe Rise Full Turn with leg above horizontal 1 and 1/2 turn Double Turn X Illusion Full with slight hand support X JUMPS Jump 1/2 or 3/4 Turn Tuck Jump w/ or w/out 1/2 Turn Sissone with 180 degree split Straddle Jump 160 degree Split or less Pike Jump legs below horizontal X V Tuck Jump X Tuck Jump X Tuck Jump 1/2 or 3/4 Turn Sissone with 180 degree Split or less X Pike Jump legs below horizontal X Tuck Jump X Tuck Jump 3/4 or full				Х
Back Full Front Full TURNS / HOLDS Full turn Toe Rise Full Turn with leg above horizontal 1 and 1/2 turn Double Turn X Illusion Full with slight hand support X JUMPS Jump 1/2 or 3/4 Turn X Sissone with 180 degree split Straddle Jump 160 degree Split or less Pike Jump Eull Turn X Tuck Jump X Tuck Jump X Tuck Jump M X Tuck Jump 1/2 or 3/4 Turn X Straddle Jump 1/2 or 3/4 Turn X Tuck Jump 1/2 or 3/4 or full X				
Front Full TURNS / HOLDS Full turn Toe Rise Full Turn with leg above horizontal 1 and 1/2 turn Double Turn X Illusion Full with slight hand support X JUMPS Jump 1/2 or 3/4 Turn Tuck Jump w/ or w/out 1/2 Turn Sissone with 180 degree split Straddle Jump 160 degree Split or less Pike Jump legs below horizontal Wolf Jump Jump Full Turn X Tuck Jump 3/4 or full X X X X X X X X X X X X X X X X X X	Back Full			
Full turn Toe Rise Full Turn with leg above horizontal 1 and 1/2 turn Double Turn X Illusion Full with slight hand support Jump 1/2 or 3/4 Turn Tuck Jump w/ or w/out 1/2 Turn Sissone with 180 degree split Straddle Jump 160 degree Split or less Pike Jump legs below horizontal Wolf Jump Jump Full Turn X Tuck Jump 3/4 or full X Tuck Jump 3/4 or full				
Full turn Toe Rise Full Turn with leg above horizontal 1 and 1/2 turn Double Turn X Illusion Full with slight hand support X JUMPS Jump 1/2 or 3/4 Turn Tuck Jump w/ or w/out 1/2 Turn Sissone with 180 degree split Straddle Jump 160 degree Split or less Pike Jump legs below horizontal Wolf Jump Jump Full Turn X Tuck Jump 3/4 or full X Tuck Jump 3/4 or full				
Toe Rise Full Turn with leg above horizontal 1 and 1/2 turn Double Turn X Illusion Full with slight hand support X JUMPS Jump 1/2 or 3/4 Turn Tuck Jump w/ or w/out 1/2 Turn Sissone with 180 degree split Straddle Jump 160 degree Split or less Pike Jump legs below horizontal Wolf Jump Jump Full Turn X Tuck Jump 3/4 or full X X X X X X X X X X X X X X X X X X		X		
Full Turn with leg above horizontal 1 and 1/2 turn Double Turn X Illusion Full with slight hand support X JUMPS Jump 1/2 or 3/4 Turn Tuck Jump w/ or w/out 1/2 Turn Sissone with 180 degree split Straddle Jump 160 degree Split or less Pike Jump legs below horizontal Wolf Jump Jump Full Turn X Tuck Jump 3/4 or full				
1 and 1/2 turn Double Turn X Illusion Full with slight hand support X JUMPS Jump 1/2 or 3/4 Turn Tuck Jump w/ or w/out 1/2 Turn Sissone with 180 degree split Straddle Jump 160 degree Split or less Pike Jump legs below horizontal Wolf Jump Jump Full Turn X Tuck Jump 3/4 or full			X	
Double Turn X Illusion Full with slight hand support X JUMPS Jump 1/2 or 3/4 Turn X Tuck Jump w/ or w/out 1/2 Turn X Sissone with 180 degree split X Straddle Jump 160 degree Split or less X Pike Jump legs below horizontal X Wolf Jump X Jump Full Turn X Tuck Jump 3/4 or full X	1 and 1/2 turn		i e	
Illusion Full with slight hand support JUMPS Jump 1/2 or 3/4 Turn Tuck Jump w/ or w/out 1/2 Turn Sissone with 180 degree split Straddle Jump 160 degree Split or less Pike Jump legs below horizontal Wolf Jump Jump Full Turn Tuck Jump 3/4 or full				X
JUMPS Jump 1/2 or 3/4 Turn Tuck Jump w/ or w/out 1/2 Turn Sissone with 180 degree split Straddle Jump 160 degree Split or less Pike Jump legs below horizontal Wolf Jump Jump Full Turn Tuck Jump 3/4 or full			Х	
Jump 1/2 or 3/4 Turn X Tuck Jump w/ or w/out 1/2 Turn X Sissone with 180 degree split X Straddle Jump 160 degree Split or less X Pike Jump legs below horizontal X Wolf Jump X Jump Full Turn X Tuck Jump 3/4 or full X				
Tuck Jump w/ or w/out 1/2 Turn X Sissone with 180 degree split X Straddle Jump 160 degree Split or less X Pike Jump legs below horizontal X Wolf Jump X Jump Full Turn X Tuck Jump 3/4 or full X		X		
Sissone with 180 degree split X Straddle Jump 160 degree Split or less X Pike Jump legs below horizontal X Wolf Jump X Jump Full Turn X Tuck Jump 3/4 or full X		+		
Straddle Jump 160 degree Split or less X Pike Jump legs below horizontal X Wolf Jump X Jump Full Turn X Tuck Jump 3/4 or full X		+		
Pike Jump legs below horizontal X Wolf Jump X Jump Full Turn X Tuck Jump 3/4 or full X				
Wolf Jump X Jump Full Turn X Tuck Jump 3/4 or full X				
Jump Full TurnXTuck Jump 3/4 or fullX				
Tuck Jump 3/4 or full X		,,	Х	
	Wolf Jump 1/2		X	

Varsity High School 2021 Floor Values

FLOOR SKILL LIST	Α	В	C+
Pike Jump legs above horizontal		Х	
Straddle Jump 180 degree split		Х	
Ring Jump with head release		Х	
Schushunova		X	
Any Jump with Full Turn and 180 Split			Х
Wolf Full			Х
Tuck Jump 1 1/2 Turn			X
Jump Double			Х
LEAPS & HOPS			
Stag or Straight Leap	Х		
Side Leap		X	
Switch to Wolf	Х		
Wolf Hop	Х		
Cat Leap	Х		
Switch Leap		Х	
Tour jete		Χ	
Wolf Hop with Half Turn leg above horz.		Х	
Cat Leap Full		Χ	
Barrel Leap		X	
Switch Side			Х
Switch Ring			Х
Wolf Hop with Full Turn			Х
Cat Leap 1 and 1/2			Х
Any Leap with 180 Split & Full or More Tu	ırn		X