

2012 Senior Showcase Invitational Women's Rules

In this description of the rules to be used at the 2011 SSI, I will also make some comments regarding what is different from the National Federation of High Schools (NFHS) rules. I will start each section by stating the major rules where NFHS is different from USA Gymnastics (USAG). In some cases the rules are a variation of each other and in other cases the NFHS rules will not apply at all.

This is not the complete set of rules; however, all requirements will be outlined. For a complete listing of all the rules, refer to USAG Level 9 rules. The only exceptions to the Level 9 rules are bonus connections on uneven bars, vault values and difficulty restrictions. USAG Level 9 restricts that number of D and E skills that can be performed. This restriction will NOT be used. Routines may have any number of D or E skills without penalty.

While the NFHS Special Requirements may not be Special Requirements using USAG rules, they may be compositional requirements or just a general part of good routine composition. Therefore, even if it is not required, it may still be a benefit for the routines to incorporate those requirements.

The NFHS Rule Book lists several elements in each section with their value. Those elements will be listed here with their USAG value as well for your quick reference.

For quick reference to actual USAG documents (note: there isn't a lot of detail in these documents) you can go to: www.usa-gymnastics.org. If you require more detail than this, you will either have to purchase materials from USAG or you are always free to contact Dean Ratliff, NHSGA Technical Director (rdean@aol.com).

General Rules

General NFHS rules that are different or do not apply:

- NFHS starts at a 9.20 with the possibility of +0.80 in bonus.
- Value part requirements are: 4 Mediums @ 0.30, 3 Superiors @ 0.50 and 1 High Superior @ 0.30.
- Each event has six Special Requirements @ 0.20 each.
- Amplitude of casting deductions on UB are up to 0.30 in USAG.
- NFHS awards elements credit two times regardless of the connection. USAG will award credit two time, but it must be in a different connection.
- In NFHS, the Chief Judge (CJ) score determines the possible range of scores. In USAG, the average of the scores determines the possible range.
- NFHS does not allow any jewelry. One set of stud earrings in the ears will be allowed.
- NFHS does not allow face tattoos or logos. Those will be allowed.
- USAG allows tape, Velcro or chalk for marking purposes on the vault runway.
- Inquiries are limited or have a penalty.

- 1) Start Value is 9.70 with the possibility of 0.30 in bonus.
 - a) Bonus may be any combination of Connection Values or D or E elements.
- 2) Value part requirements are: 3 A's @ 0.10, 4 B's @ 0.30 and 1 C at 0.50.
 - a) D's receive +0.10 in bonus and E's receive +0.20 in bonus.
- 3) Each event has four Special Requirements @ 0.50 each.
- 4) Unlimited inquiries will be allowed without penalty
- 5) Required Composition or Compositional Deductions



- a) Failure to present before/after (CJ) each time0.10
- b) Exceeds Floor Ex. Boundary (CJ) each.....0.10
- c) Overtime (CJ)0.10
- d) Coach stands between bars or next to BB throughout exercise (CJ)0.10
- e) Excessive use of magnesia (chalk) (CJ)0.20
- f) Incorrect attire/jewelry (after 1 warning) (CJ).....0.20
- g) Signals/verbal cues by coach/team (after warning) (CJ)0.20
- h) Coach instructs gymnast during routine (CJ)0.20
- i) Failure to begin exercise within 30 sec, of CJ signal (CJ)0.20
- j) Exceeds warm-up time (after warning) (CJ).....0.20
- k) Incorrect apparatus specs. (CJ).....0.30
- l) Board on unpermitted surface (CJ)0.30
- m) Failure to remove board after mount (CJ).....0.30
- n) Use of supplementary mats (CJ).....0.30
- o) No Dismount from Start Value0.30

- p) Spotting Assistance.....0.50
 q) Coach on FX mat (CJ).....1.00
 r) Short Exercise: (UB < 5 Value Parts, BB/FX <30 seconds) (CJ)2.00

Vault

	On	Off	SV
Handspring Types	Handspring		8.8
	Handspring	½	8.8
	Yamashita		8.8
	Yamashita	½	9.0
	¼ - ½	¾ - ½	8.9
	¼ - ½		8.8
	Handspring	1/1	9.2
	FHS to board, Handspring	1/1	9.3
	Handspring	1½	9.5
	FHS to board, Handspring	1½	9.6
	Yamashita	1/1	9.3
	Yamashita	1½	9.6
	¼ - ½	1¼-1/1	9.1
	¼ - ½	1¾ -1½	9.5
	1/1	Handspring/Yamashita	9.6
	1/1	½	9.6
	Handspring	2/1	10.0
	FHS to board, Handspring	2/1	10.0
	¼ - ½	2¼ - 2/1	9.9
	¼ - ½	2 ¾ - 2 ½	10.0
1/1	1/1	9.8	
1/1	1½	10.0	
1/1	2/1	10.0	
Handspring	2½	10.0	
Handspring	3/1	10.0	
Handspring Front Types	Handspring	Front Tuck	9.8
	Handspring	Front Tuck ½	9.9
	Handspring	½ off, Back Tuck (Cuervo Tuck)	9.9
	Handspring	Front Pike	9.9
	FHS to board, Handspring	Front Tuck	9.9
	FHS to board, Handspring	Front Pike (Garbarino)	10.0
	Handspring	Front Tuck 1/1	10.0
	Handspring	½ Back Tuck ½ (Cuervo Tuck ½)	10.0
	Handspring	Front Pike ½	10.0
	Handspring	½ Back Pike (Cuervo Pike)	10.0
	Handspring	Front Layout	10.0
	Handspring	Front Layout ½ or ½ Back Layout	10.0
	1/1	Front Tuck	10.0
	FHS to board, Handspring	Front Tuck ½	10.0
	Handspring	Double Front Tuck	10.0
	Handspring	Front Tuck 1½	10.0
Handspring	Front Layout 1/1	10.0	

	Handspring	Front Layout 1½	10.0	
	1/1	Front Pike	10.0	
	Handspring	Front Layout 2/1	10.0	
	1/1	Front Layout	10.0	
Tsukahara Types	Tsukahara	Back Tuck	9.5	
	Tsukahara	Back Tuck 1/1	9.9	
	Tsukahara	Back Pike	9.6	
	Tsukahara	Back Pike 1/1	10.0	
	Tsukahara	Back Layout	9.8	
	¼-½ ¼ Tsukahara	¾-½ Front Tuck ¼ Front Tuck (land facing out) Back Tuck ½	9.8	
	¼-½ ¼ Tsukahara	¾-½ Front Pike ¼ Front Pike (land facing out) Back Pike ½	9.9	
	Tsukahara	Back Tuck 1½	10.0	
	Tsukahara	Back Layout 1/1	10.0	
	¼-½ ¼ Tsukahara	¾-½ Front Layout ¼ Front Layout (land facing out) Back Layout ½	10.0	
	Tsukahara	Back Layout 1½	10.0	
	Tsukahara	Back Layout 2/1	10.0	
	½	½ Front Layout ½	10.0	
	¼-½	¾-½ Front Tuck ½	9.9	
	¼-½	¾-½ Front Pike ½	10.0	
	Tsukahara	Back Layout 2½	10.0	
	Tsukahara	Double Back Tuck	10.0	
	Yurchenko Types	RO,FF		8.8
		RO,FF	Back Tuck	9.5
		RO,FF	Back Tuck 1/1	9.9
RO,FF		Back Tuck 1½	10.0	
RO,FF		Back Pike	9.6	
RO,FF		Back Pike 1/1	10.0	
RO,FF		Back Layout	9.8	
RO,FF		Back Layout 1/1	10.0	
RO,FF		½ Front Tuck or Back Tuck ½	9.8	
RO,FF		½ Front Pike or Back Pike ½	9.9	
RO,FF		½ Front Layout or Back Layout ½	10.0	
RO,FF		1/1	9.2	
RO,FF		1½	9.5	
RO,FF		Back Tuck 2/1	10.0	
RO,FF		Back Layout 1½	10.0	
RO,FF		2/1	9.9	
RO,FF		Back Layout 2/1	10.0	
RO,FF		Back Layout 2½	10.0	
RO,FF		½ Front Tuck ½	9.9	
RO,FF		½ Front Pike ½	10.0	
RO,FF		½ Front Layout ½	10.0	
RO,FF		Double Back Tuck	10.0	
RO,FF ½		1/1	9.3	
RO,FF ½		1½	9.5	
RO,FF ½	Front Tuck	9.9		

RO,FF 1/1	1/1	9.7
RO,FF 1/1	1½	9.9
RO,FF 1/1	2/1	10.0
RO,FF ½	Front Tuck ½	10.0
RO,FF ½	½ Back Tuck	10.0
RO,FF ½	Front Pike	10.0
RO,FF ½	Front Pike ½	10.0
RO,FF ½	½ Back Pike	10.0
RO,FF ½	Front Layout	10.0
RO,FF 1/1	Back Tuck	10.0
RO,FF 1/1	Back Pike	10.0
RO,FF 1/1	½ Front Tuck	10.0
RO,FF ½	2/1	10.0
RO,FF ½	Front Tuck 1½	10.0
RO,FF ½	½ Back Layout or Front Layout ½	10.0
RO,FF 1/1	Back Layout	10.0
RO,FF 1½	1/1	10.0

Uneven Bars

Uneven Bars NFHS rules that are different or do not apply:

- Superior release element (USAG: Special Requirement)
- 2 elements on each bar (USAG: not required)
- Element with ½ turn (USAG: general composition)
- Kip (USAG: not required)
- Handstand (USAG: not required)
- Superior dismount (USAG: Special Requirement)

1) Special Requirements (0.5 each)

- a) Minimum of 2 bar changes
- b) One flight element, minimum B
- c) A second (different) flight element (minimum C) OR one element with LA turn (minimum C)
- d) Salto or hecht dismount, minimum B

2) Connection Bonus

- a) C+C = +0.10 if there is no turn/flight in either element, but they must be different elements
 - i) Example: clear hip circle to HS + flyaway double back tuck
- b) C+D = +0.10, no turn/flight requirement
 - i) Example: backward giant with ½ turn + Jaeger
- c) C+C = +0.20, if there is turn/flight in both elements
 - i) Example: backward giant with ½ turn + forward giant with ½ turn
- d) D+D = +0.20, no turn/flight requirement
 - i) Example: Tkatchev + long swing forward with ½ turn and flight over LB to HS

3) Required Composition or Compositional Deductions

- a) Uncharacteristic elements each0.10
- b) ¾ forward Giant circle (w/ or w/o grip change) each.....0.10
- c) Choice of elements.....Up to 0.20
- d) Insufficient change of directionUp to 0.10
- e) Insufficient distributionUp to 0.10
- f) More than 1 element before mount.....0.20

4) Element Values

- a) Mounts
 - i) Jump Bent Hip HS LB - ½ turn in HS.....C
 - ii) Jump Extended HS also with ½ turn in HS.....D
 - iii) Jump ½ turn over LB to catch either bar.....
 - iv) Round-off with flight backward over LB to catch LBB

- v) Round-off with flight backward over LB to catch HB.....C
- vi) Salto mounts to catch either bar.....C, D or E
- vii) Clear hecht (legs together) with hand repulsion over LB, catch HB.....B
- viii) Kip with 1/1 turn and grip change to catch HB.....C
- ix) Jump with ½ turn and kip to support on HBB
- x) Stoop back kip on LB cut catch to HB, also with ½ turn.....C

b) Casts

- i) Cast to HS with hop to grip change in HS.....C
- ii) Cast to HS ½ turn in HSC
- iii) Cast to HS with 1/1 turn in HS.....D
- iv) Cast to HS with 1/1 turn after HS.....C
- v) Rear VaultC
- vi) LB front support cast with salto roll to grasp HB.....D

c) Counterswings/Uprises

- i) Counterflight over LB in pike position to suspension under LBB
- ii) Counterflight over LB to HS on LBC
- iii) From HS on HB swing down forward with straddle flight over LB to hang.....C
- iv) From HS on HB swing down forward with straddle flight over LB to HSD
- v) Hang on HB uprise backward to clear support on HB, also with ½ turn.....B
- vi) Uprise backward to HS on HB.....C

5) Hip Circles

- a) Clear hip circle LB, hecht with or without ½ turn to catch HB.....C
- b) Clear hip circle through HS on LB, flight to catch HB (Shaposhnikova)D
- c) Clear hip circle to HS.....C
- d) Clear hip circle to HS with ½ turn or moreC, D or E
- e) Clear hip circle to HS with hop grip change in HSD
- f) Clear hip circle through HS on HB, counter straddle to hang on HB (Hindorff).....E
- g) Clear hip forward to clear support (Weiler Kip).....B
- h) Clear hip forward to HS, also with turn (Weiler Kip)D or E



6) Giant Swings Backward

- a) Giant swing backward on HB.....B
- b) Giant swing backward on HB with ½ turn or more.....C, D or E
- c) Giant swing backward on HB with hop grip change in HS.....C or D
- d) Hang on HB facing LB, salto backward tuck between bars to catch LBB
- e) Hang on HB, salto backward stretched between bars to clear catch LB (Pak)D
- f) On LB back giant with release ½ turn tuck with flight to grasp HB hang (Laumann)C
- g) Tkatchev, Deltchev, GeingerD

7) Giant Swings Forward

- a) Giant swing forward on HB, also with turn.....C, D or E
- b) Jaeger.....D
- c) LB front giant circle to salto forward to catch HB (Jaeger from LB to HB).....C
- d) HS on HB circle swing forward in reverse grip with ½ turn and flight over HBD

8) Straddle Circles/Stalder Circles

- a) Stalder circle forward to HS, also with turnC, D or E
- b) Stalder circle backward to HS, also with turnC, D or E

9) Circle Swings

- a) Dislocation on HB, shoot over LB to hang on LB.....C
- b) Dislocation on HB, shoot to HS on LB.....D
- c) Underswing (sole circle) forward or backward to HS.....C
- d) Underswing (sole circle) forward or backward to HS with ½ turn or moreC, D or E
- e) From hang on HB, long swing forward with ½ turn and flight over LB to hangB
- f) From HB, toe-on underswing forward with ½ turn and flight over LB to hangB
- g) From HB, clear underswing forward with ½ turn and flight over LB to hangB
- h) From HS on HB, long swing forward with ½ turn and flight over LB to hang.....C

- i) From HS on HB, toe-on underswing forward with ½ turn and flight over LB to hang C
- j) From HS on HB, clear underswing forward with ½ turn and flight over LB to hang .C
- k) From hang on HB, long swing forward with ½ turn and flight over LB to HS.....D
- l) From HB, toe-on underswing forward with ½ turn and flight over LB to HSD
- m) From HB, clear underswing forward with ½ turn and flight over LB to HSD
- n) From HB, swing forward with 1½ turn, also from underswingC
- o) Front support on HB, cast backward with 1/1 turn to regrasp in hang on HBC

10) Dismounts

- a) Underswing with 1½ turn or moreB
- b) Underswing with salto forwardC or D
- c) Hip circle backward, hecht with 1/1 turnC
- d) Hip circle backward, hecht with ½ turnNA
- e) ComaneciC
- f) Cast to near HS, salto backward from handsC
- g) Clear hip circle, salto backward from hands.....C
- h) Stalder circle, salto backward from handsD
- i) Giant circle, salto backward from handsC
- j) Tanac with 1/1 turnC
- k) Flyaway back salto with 1/1 turn (tuck/pike)B
- l) Flyaway back salto (stretch)A
- m) Flyaway back salto with ½ turn (stretch)B
- n) Flyaway back salto with 1½ turn (tuck/pike)C
- o) Flyaway back salto with 1/1 turn or more (stretch).....B, C, D or E
- p) Flyaway double back saltoC
- q) From swing backward, inward front salto (tuck/pike/stretch), also with ½ turn ...A or B
- r) From swing backward, inward front salto with 1/1 turn or more.....B, C or D
- s) Front support on HB, cast to inward front salto.....C

Balance Beam

Balance Beam NFHS rules that are different or do not apply:

- Full turn on one foot (USAG: Special Requirement)
- Acro flight element (USAG: not specifically required)
- Acro series of difficulty (USAG: Special Requirement)
- Dance series of difficulty (USAG: compositional requirement)
- Dance-acro/acro-dance series (USAG: not required)
- Superior Dismount (USAG: Special Requirement)

1) Special Requirements (0.50 each)

- a) Acro series: minimum of 2 flight elements. (Both elements must start & finish on beam)
- b) One leap/jump requiring 180° split (isolated or in a series)
- c) Minimum of 360° turn on one foot
- d) Aerial or salto dismount, minimum B

2) Connection Bonus

- a) Acro Flight (2 element connections may not include the mount or dismount)



- i) B+C = +0.10, C must be a salto
(1) Example: back handspring + back salto tuck
- ii) B+D/E, C/D+C/D = +0.20
(1) Example: front salto tuck + back handspring, gainer back layout step-out + back layout step-out
- iii) B+ B +C = +0.10
(1) Example: back handspring + bank handspring + back layout step-out
- iv) B+C+C, B+B+D = +0.20
(1) Example: back handspring+ back layout step-out+ back layout step-out, back handspring + bank handspring + back salto layout

b) Dance/Mix Connections (excluding dismount)

- i) A+D, B+C = +0.10
(1) Example: front salto tuck + stretch jump

- ii) C +C = +0.10, if same dance elements
(1) Example: switch leg leap + switch leg leap
- iii) B/C+D = +0.20
(1) Example: straddle jump + front salto tuck
- iv) C+C = +0.20, if different dance elements
(1) Example: switch leg leap + wolf hop with ¾ turn

c) Turns

- i) A+C = +0.10
(1) Example: full turn + full turn with free leg above horizontal throughout

d) All acro elements used for CV must have flight

3) Required Composition or Compositional Deductions

- a) Missing Acro backward & forward or sideward each0.10
 - i) If only in dismount0.05
- b) More than 2 pivot (straight leg ½ turns) throughout exercise.....0.10
- c) More than 2 dance elements of the same shape (tuck/wolf or straddle) each type0.10
- d) More than 1 leap/jump to front support each0.10
- e) More than 1 element before mount.....0.20
- f) Lack of dance series (Minimum 2 dance elements from Groups 1, 2, 3)0.20

4) Element Values

a) Mounts

- i) Free jump from 2 feet to splits or with ½ turn to stand.....B
- ii) Free jump to cross split sit (take off from 2 feet)C
- iii) Free jump from 2 feet with 1/1 to stand.....D
- iv) Free switch leg leap to arrive in split sitC
- v) Press HS from jump or clear straddle supportB
- vi) Jump with hecht phase to side cartwheel or cross HSB
- vii) Bent hip FHS with flightC
- viii) Straight body FHS with flightD
- ix) HeadspringB
- x) Front salto.....C, D or E
- xi) Jump to chest stand, 1/1 turn over should to chest standC
- xii) Round-off, BHS to stand or swing down.....C
- xiii) Round-off, back saltoE

b) Jumps/Leaps

- i) Tuck jump with ¾ turnC
- ii) Tuck jump with 1/1 turnD
- iii) Cat leap with 1/1 turnC
- iv) Cat leap with 1½ turn.....D
- v) Wolf jump with ½ turn.....B
- vi) Wolf jump with ¾ turn.....C
- vii) Pike jump 90° with ½ turn.....C or D
- viii) Pike jump 45° (USAG considers this a stretch jump).....A
- ix) Pike jump 90° with ¾ turnC or D
- x) Pike jump 45° with ½ turn (USAG considers this a stretch jump)A
- xi) Stretch jump with 1/1 turnC
- xii) Stretch jump with 1½ turn.....D
- xiii) Split or stag split with 180° split and ½ turnC
- xiv) Split split with 180° split and ¾ turnD
- xv) Side split jump (straddle) with 180° split, with or without ¼ turn.....B or C
- xvi) Side split jump (straddle) with 180° split, with ½ turn.....D
- xvii) Straddle pike jump with or without ¼ turnB or C
- xviii) Straddle pike jump with ½ turn.....D
- xix) Switch leg leap with 180° split.....C
- xx) Switch leg leap with ¼ turn to 180° side split or straddle pikeD
- xxi) Switch leg leap to ring (foot head height)E
- xxii) Tour jeté with 135° split (USAG considers this a split leap)A

xxiii)	Tour jeté with 180° split	D
xxiv)	Tour jeté to ring (foot head height).....	E
xxv)	Tour jeté with 135° split with ¼ or ½ turn (USAG considers this a split leap)	A
xxvi)	Ring leap/jump (foot head height)	C
xxvii)	Sheep jump (feet head height).....	D
c) Turns		
i)	2/1 turn on one foot	D
ii)	1/1 turn with hand holding leg at 45° above horizontal.....	C
iii)	1/1 turn with leg extended above horizontal.....	C
iv)	1½ turn with leg extended above horizontal	D
v)	½ illusion	C
vi)	1/1 illusion or more	E
d) Holds - Dance		
i)	Free scale with 180° split without holding leg	A, B, C or D
e) Holds - Stands		
i)	HS, clear shoot through to splits	NA
ii)	HS pike through to clear pike/straddle support	B
iii)	HS on one arm	C
iv)	Planche	C
v)	HS 1/1 turn.....	A
f) Rolls		
i)	Back extension roll	B
g) Walkovers/Cartwheels		
i)	Series of front walkovers/tinsicas	NA
ii)	Walkover (side).....	C
iii)	Aerial cartwheel, aerial walkover	D
iv)	Front walkover on one arm	B
v)	Diamidov - valdez with 1/1 turn	C
vi)	Round-off directly connected to a Superior (does not need to be connected)	B
h) Handsprings		
i)	FHS	B
ii)	FHS on one arm.....	C
iii)	BHS directly connected to a Superior (does not need to be connected).....	B
iv)	Gainer BHS	B
v)	BHS on one arm	C
vi)	BHS to HS with or without ¼ turn.....	NA or C
vii)	BHS ½ turn	C
viii)	Chen Flic.....	C
ix)	BHS with ¾ or 1/1 twist to stand	D
x)	BHS with 1/1 twist to swing down	D
i) Saltos		
i)	Salto (front, back or side).....	C, D or E
ii)	Front aerial/salto to sit.....	C
j) Dismounts		
i)	Cartwheel with 1¾ twist at end of beam.....	B
ii)	Handspring forward with 1½ twist after hand support.....	C
iii)	Aerial walkover with 1/1 turn	B
iv)	Barani with ½ turn.....	B
v)	Aerial walkover with 1½ turn.....	C
vi)	Barani with 1/1 turn.....	C
vii)	Front layout salto with or without ½ turn.....	B
viii)	Front salto with 1/1 turn	C
ix)	Arabian salto.....	B

- x) Double salto forward or Arabian double saltoE
- xi) Back salto with ½ turnB
- xii) Back salto with 1/1 turn.....B
- xiii) Gainer back salto off side with ½ turn.....B
- xiv) Gainer back salto with 1/1 turn.....B, C, D or E
- xv) Gainer back salto off end - tuckB
- xvi) Gainer back salto off end - pike.....C
- xvii) Double salto backE

Floor Exercise

Floor Exercise NFHS rules that are different or do not apply:

- ½ twist aerial/salto (USAG: not required)
- Superior acro in 3rd acro pass or as last element (USAG: similar to Special Requirement)
- 3 acro passes (USAG: not required)
- Jump/leap of Superior difficulty (USAG: general composition)
- Dance series of 2 dance skills of different shapes (USAG: similar to Special Requirement)
- Dance-Acro/Acro-Dance series (USAG: not required)

1) Special Requirements (0.50 each)

- a) One Acro series with 2 saltos, OR 2 directly connected saltos (same or different)
- b) Three different saltos within the exercise
- c) Dance Passage with minimum of 2 different Group 1 elements (directly or indirectly connected) - one, a LEAP with 180° cross or side split
 - i) An indirect connection would allow for running steps, small leaps, hops, chassés, assemblés or turns between the two VP elements.
 - (1) No pauses or stops are allowed within the dance passage.
 - (2) Acro elements performed between the dance elements will break the dance passage.
 - ii) The objective is to create a large, flowing traveling movement pattern.
 - iii) The leap requiring 180° split may be in cross or side.
 - iv) Leaps and hops may land on one or both feet as the first and/or second element in the dance passage.
 - v) Jumps (take-off from two feet) must land on one foot as the first element and may land on one or both feet for the second element.
 - vi) The second element may land in prone or split-sit position.
- d) Minimum of B salto as last salto or in last connection of saltos

2) Connection Bonus

a) Indirect Acro

- i) $A/B + A/B + C/D, C+C, A/B+D = +0.10$
 - (1) Example: round-off + whip salto + whip salto + back handspring + back salto stretch with 2/1 twists, round-off + back salto stretch with 1½ twists + round-off + back salto stretch with 2/1 twists, front salto tuck + round-off + back handspring + double back salto tuck
- ii) $C+D = +0.20$
 - (1) Example: front handspring + front salto stretch with 1/1 twist + front handspring + front salto stretch with 1½ twists



b) Acro Direct

- i) $B+B, A+C, A+A+C = +0.10$
 - (1) Example: front salto stretch + front salto stretch, round-off + back handspring + back salto stretch with 2/1 twists + front salto tuck, front salto tuck + front salto tuck + front salto stretch with 1/1 twist
- ii) $B/C+C, A/B+D, A+A+D = +0.20$
 - (1) Example: front salto stretch + front salto stretch with 1/1 twist, round-off + back handspring + double back salto tuck + front salto tuck, front salto tuck + front salto tuck + front salto stretch with 2/1 twist

c) Dance/Mix Connections (No bonus for a turn followed by a jump)

- i) $B+D = +0.10$
 - (1) Example: cat leap with 1/1 turn + cat leap with 2/1 turns
- ii) $C+C = +0.10$
 - (1) Example: switch side leap + Popa
- iii) $D\ salto+A\ jump = +0.10$, this order only
 - (1) Example: round-off + back handspring + double back salto tuck + tuck jump

iv) C+D = +0.20

(1) Example: switch side leap + straddle jump with 1½ turns

3) Required Composition or Compositional Deductions

- a) Failure to perform saltos in 2 diff. directions (backward & forward or sideward)0.10
- b) More than 2 dance elements of the same shape (tuck/wolf or straddle) each type0.10
- c) More than 1 leap/jump to prone position each0.10
- d) Lack of turn on 1 foot, Minimum B0.20
- e) Lack of Minimum of B salto0.30

4) Element Values

a) Jumps/Leaps

- i) Tuck jump or cat leap with 1½ turn.....C
- ii) Tuck jump or cat leap with 2/1 turnD
- iii) Wolf jump with 1/1 turn.....C
- iv) Wolf jump with 1½ turnD
- v) Pike jump 45°-90° with 1/1 turnC
- vi) Pike jump 45°-90° with 1½ turnD
- vii) Stretch jump with 2/1 turnC
- viii) Stretch jump with 3/1 turnD
- ix) Split or side split (straddle) with 180° split and 1/1 turnC
- x) Split or side split (straddle) with 180° split and 1½ turn.....D
- xi) Leap with 1½ twist in horizontal to prone (Khorkina)C
- xii) Straddle pike 1/1 turn (Popa)C
- xiii) Straddle pike 1½ turnD
- xiv) Schushonova with 1/1 turn.....C
- xv) Switch leg leap with 180° split with ½ turnC
- xvi) Switch leg leap with 180° split with ¼ turn to side split or straddle pikeC
- xvii) Switch leg leap to ring (foot head height)C
- xviii) Switch leg leap with 180° split with ¼ turn to side split with ½ twist additional ...C
- xix) Tour jeté with 135° split with ½ turn (USAG considers this a split leap).....A
- xx) Tour jeté with 135° split to ringNA
- xxi) Tour jeté with 180° split with ½ turn.....C
- xxii) Ring jump with 1/1 turn at head height.....C

b) Turns

- i) 2/1 to 2½ turn.....C
- ii) 3/1 turn.....D
- iii) 1½ turn with leg at horizontal.....C
- iv) 2/1 turn with leg at horizontal.....D
- v) 1½ turn with free leg held with hand at 180° split.....C
- vi) 2/1 turn with free leg held with hand at 180° splitD
- vii) 1½ illusion turn.....NA
- viii) 2/1 illusion turnD

c) Handstands

- i) HS with 2/1 turnB

d) Rolls

- i) Layout dive roll with 1/1 turnB
- ii) Backward roll to HS with 2/1 turnsB

e) Handsprings

- i) FHS with 1/1 turnC
- ii) Series of flysprings.....NA
- iii) Flyspring to front salto.....NA
- iv) BHS with 1/1 turn.....B

f) Aerials

- i) Series of butterfliesNA

g) Saltos Forward

- i) Front salto stretch with or without 1/2 turn.....B
- ii) Front salto with 1/1 turn.....C
- iii) Series of front saltos, tuck or pike.....NA
- iv) Series of front saltos, stretch.....NA
- v) Arabian salto, stretch.....B
- vi) Double salto forward or Arabian double salto.....E



h) Saltos Backward

- i) Back salto with 1/1 turn.....B
- ii) Back salto with 1 1/2 turn or more.....C, D or E
- iii) Whip salto with 1/1 twist.....B
- iv) Series of back saltos.....NA
- v) Double salto backward.....D or E