



Developmental Quick Guide

VAULT

<u>Allowable Vaults</u>	<u>Start Value</u>
Squat on.....	8.0
Straddle over.....	8.5
Squat through.....	9.8
½ or ¼ on.....	10.0
Handspring.....	10.0

UNEVEN BARS

<p><u>Special Requirements (0.5 each):</u></p> <ol style="list-style-type: none"> 1. Perform 6 “A” skills <ul style="list-style-type: none"> - One B element is allowed - A skill will not be given value credit the second time it is performed if the skill uses the same entry and exit 	
<p><u>Composition:</u></p> <ol style="list-style-type: none"> 1. No composition deductions 	
<p><u>Non-Allowable Elements</u></p> <ol style="list-style-type: none"> 1. More than 1 allowable B 2. Any C or higher elements 	
<p><u>Deductions:</u></p> <ol style="list-style-type: none"> 1. -0.5 for each missing A 2. -0.5 for each additional B element on uneven bars 3. -2.0 for each C or higher element 	



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BALANCE BEAM

Special Requirements (1.0 each):

1. Perform 6 "A" skills (Allowable "B" skills will count as an "A")
2. Must have at least one acro skill
3. Must have at least one dance skill

Length Requirements:

1. Routines must be between 30 seconds and 1 minutes 15 seconds

Composition:

1. No composition deductions

Allowable "B" Elements

1. One "B" level acro element - counting as an A value part
2. Any number of "B" dance elements allowed

Deductions

1. -0.5 for each missing A
2. -0.1 if routine less than 30 seconds or over 1 minute 15 seconds
3. -0.5 for each additional B acro element on balance beam
4. -2.0 for each C or higher element

FLOOR EXERCISE

Special Requirements (1.0 each):

1. Perform 6 "A" skills (Allowable "B" skills will count as an "A")
2. Must have at least two acro skills
3. Must have at least one dance skill

Length Requirements:

1. Routines must be between 30 seconds and 1 minutes 15 seconds

Composition:

1. No composition deductions

Allowable "B" Elements

1. One "B" level acro element - counting as an A value part
2. Any number of "B" dance elements allowed

Deductions

1. -0.5 for each missing A
2. -0.1 if routine less than 30 seconds or over 1 minute 15 seconds
3. -0.5 for each additional B acro element on floor exercise
4. -2.0 for each C or higher element