

Prep Optional Summary Sheet

	Novice (2.0 deduction for any "C" or "D" element)	Intermediate (2.0 deduction for any "C" or "D" element)	Advanced (2.0 deduction for any "D" element)
Vault	Handspring = 10.0	Group 1 vaults with no more than a total of a full twist. Start value is a 10.0	Use Level 9 vault chart
Bars	7 "A"s @ .5 each Two Special Requirements @ .5 each: 1. Must use both bars 2. Must have a dismount There is a 1.0 deduction for performing "B" releases, Giants, or "B" dismounts Swingful execution & rhythm = .3 Dynamics = .2	6 "A"s & 1 "B" @ .5 each Three Special Requirements @ .5 each: 1. Must use both bars 2. One kip (LB or HB) 3. "A" or "B" dismount There is a 1.0 deduction for a "B" release. Swingful execution & rhythm = .3 Dynamics = .2	5 "A"s and 2 "B"s @ .5 each Four Special Requirements @ .5 each: 1. Must use both bars 2. One kip (LB or HB) 3. One circling skill minimum of "A" 4. Min "A" salto dismount Swingful execution & rhythm = .3 Dynamics = .2
Beam	7 "A"s @ .5 each Two Special Requirements @ .5 each: 1. A dance series with two Group 2 elements, there is no split required 2. One Acro Element, not mount or dismount There is a 1.0 deduction for performing a "B" acro element or "B" dismount Artistry = .3 Dynamics = .2	5 "A"s and 2 "B"s @ .5 each Three Special Requirements @ .5 each 1. A dance series with two Group 2 elements, 120 degree split in 1 element 2. One acro element, not mount or dismount, that passes thru vertical 3. "A" or "B" dismount Artistry = .3 Dynamics = .2	4 "A"s and 3 "B"s @ .5 each Four Special Requirements @ .5 each: 1. A dance series with two Group 2 elements, 150 degree split in one element 2/3. Two "A" or "B" acro skills connected or alone, not mount or dismount 4. Minimum "A" salto dismount Artistry = .3 Dynamics = .2
Floor	7 "A"s @ .5 each Two Special Requirements @ .5 each: 1. A dance passage-no split required 2. An acro series with 2 or more flight or non-flight elements There is a 1.0 deduction for performing a "B" acro element Artistry = .3 Dynamics = .2	5 "A"s and 2 "B"s @ .5 each Three Special Requirements @ .5 each: 1. A dance passage with a 120 degree leap 2. A fast flight acro series with a minimum of 3 acro elements 3. A minimum of 1 "A" salto Artistry = .3 Dynamics = .2	4 "A"s and 3 "B"s @ .5 each Four Special Requirements @ .5 each: 1. A dance passage with a 180 degree leap 2. A fast flight acro series with a minimum of 3 acro elements 3. forward acro series, flight or nonflight, min 2 elements 4. Minimum 1 "A" or "B" salto Artistry = .3 Dynamics = .2

Beam and Floor times are maximum 1:30. Warm up time is 1:30. Follow Level 7 rules for other competition regulations.

Bars: In addition to the "A" elements listed in the code, the **novice** gymnast may also perform the following skills for "A" credit:

- Pull over the low bar
- Single leg shoot thru
- Single leg cut back to front support
- Mill circle
- Cast above horizontal