

**SUB-BEGINNER**  
(2 warm up passes)

**PASS Reqs & Restrictions**

1 pass with five FORWARD rolls

- No CWs, ROs, handstands or dive rolls

**Superior / Major Deductions**

- Terminate after the 2<sup>ND</sup> consecutive step (3<sup>rd</sup> step terminates & -.5 per step = -1.5)
- Dive roll or skill w/ DD = term, -2.0 illegal skill, -3.0 exceeding skill level & no DD

**BEGINNER**  
(4 warm up passes)

**PASS Reqs & Restrictions**

2 passes with five skills

- 1<sup>st</sup> pass = BACKWARDS
- 2<sup>nd</sup> pass = FORWARDS
- Round-offs are NOT allowed
- Cartwheels = FRONT skills

**Superior / Major Deductions**

- Terminate after the 2<sup>ND</sup> consecutive step (3<sup>rd</sup> step terminates & -.5 per step = -1.5)
- Performing a pass/skill in the wrong direction = score pass as normal & -2.0
- Performing a cartwheel in the 1<sup>st</sup> pass = score as normal (GIVE DD) & -2.0
- Performing a Round-Off or Limber = terminate, -2.0 ill. skill, -3.0 exceeding skill level & no DD

**ADVANCED BEGINNER**  
(4 warm up passes)

**PASS Reqs & Restrictions**

2 passes with five skills

- 1<sup>st</sup> pass = BACKWARDS
- 2<sup>nd</sup> pass = FORWARDS
- Each pass MUST contain a limbering skill
- Round-offs = NEUTRAL skill that must be performed as the last skill of the pass and must rebound if performed
- Cartwheels = FRONT skills

**Superior / Major Deductions**

- Pass with no limber = -2.0
- Terminate after the 1<sup>ST</sup> consecutive step (2nd step terminates & -.5 per step = -1.0)
- Performing a pass or skill (cartwheel in 1<sup>st</sup> pass) in the wrong direction = score pass as normal (GIVE DD) & -2.0
- Performing a RO in middle of pass = score as normal (GIVE DD) & -2.0
- Performing a RO at the end of the pass and failing to rebound = -.5

**SUP DEDUCTIONS BEGINNER LEVELS**

Hand/Foot Slides	.3 / slide
Step with hand/foot	.5 / step
Rocking Forward On First Skill	.5
Toe/Foot/Heel Over Mat on Straddle (Do NOT take if athlete is in the center of the mat)	Toe/Foot = .1-.3 Heel = .9 + Term
Not Starting From a Stand	Terminate

**SUP DEDUCTIONS GENERAL**

One Foot Ending on Last Skill (Completed Pass Only)	.5
Repeating a Skill 3 x's in a Row	.1
Repeating a Skill 4 x's in a Row	.3
Repeating a Skill 5 x's in a Row	.6
Extra Skills	1.0 / pass
Spotting During Pass	Terminate
Landing   Stick Stability	.0-.3
Landing   1 Hand   2 Hands	.4   .5
Landing   Knee or Elbow	.6
Landing   Seat or Hands Behind	.7
Landing   Front / Back / Head	.8
Landing   Going Off the Mat	.9
Coaching/Hair/Undies/Bra/Tattoo	.3 / pass
Jewelry (No Tape)	1.0 / pass
Inappropriate Attire	2.0 / pass

**SUP DEDUCTIONS SUB-NOVICE LEVEL**

Not Starting From a Run or Hurdle	Terminate
No Rebound (Completed Pass Only)	.5 + landing
Hand Slide on Round-off (ONLY IF NO REPULSION IN RO)	.1-.5

**AESTHETIC RANGES**

Aesthetics Per Skill	.0-.8
Control / Travel of Rebound (Adv. Beg & Sub-Novice Only)	.0-.3

**MAXIMUM PASS START VALUES BEGINNER LEVELS**

# of Skills Completed	Max Start Value
0	0
1	2.0*
2	4.0*
3	6.0*
4	8.0*
5	10.0*
6+	10.0 – 1.0 Xtra Skills = <u>9.0*</u>

\* Subtract any additional major deductions and landing deductions.

**DIFFICULTY BEGINNER LEVELS**

Tuck / Pike / Straddle Roll (Position defined by how the skill ENDS)	0
Dive Roll (Illegal at Sub-Beg)	0
Front Handstand Roll (Must hit vertical)	.1
Back Extension Roll (Must hit vertical)	.1
Cartwheel (1 or 2 handed)	.1
Round Off	.2
Limber (Front / Back)	.2
Walkover (Front / Back / Scissor)	.2
Arabian (Front / Back)	.2

Note: Boys MUST wear shorts.

**SUB-NOVICE**  
(4 warm up passes)

**PASS Reqs & Restrictions**

2 passes: 1<sup>st</sup> with 3 skills, 2<sup>nd</sup> with 4 skills

- Each must have at least one handspring
- Step-outs allowed in middle of pass only

**Superior / Major Deductions**

- No rebound on completed pass = .5 + land
- Not starting the pass from a run or hurdle = termination (smiley faces)
- Pass with no handspring = -2.0 for pass reqs
- Performing any somi = term, -2.0 ill. skill, -3.0 exceed skill & no DD
- Hand slide deductions can NOT be taken on RO/handsprings with repulsion
- Intermediate steps with feet or hands = terminate & -.5

**DIFFICULTY SUB-NOVICE**

Cartwheel	0
Round Off	.2
Front / Back Handspring	.2

**MAXIMUM START VALUES SUB-NOVICE PASSES ONLY**

# of Skills Completed	Max Start Value First Pass	Max Start Value Second Pass
0	0	0
1	8.0 – 1.0 n/e skills = <u>7.0*</u>	7.0 – 1.0 n/e skills = <u>6.0*</u>
2	9.0 – 1.0 n/e skills = <u>8.0*</u>	8.0 – 1.0 n/e skills = <u>7.0*</u>
3	<u>10*</u>	9.0 – 1.0 n/e skills = <u>8.0*</u>
4	10.0 – 1.0 Xtra Skills = <u>9.0*</u>	<u>10*</u>
5+	10.0 – 1.0 Xtra Skills = <u>9.0*</u>	10.0 – 1.0 Xtra Skills = <u>9.0*</u>

\* Subtract any additional major deductions and landing deductions.

**NOVICE**  
(4 warm up passes)

PASS Reqs & Restrictions\*  
2 passes: 1<sup>st</sup> with 5 skills, 2<sup>nd</sup> with 8 skills

- Pass must have 2 consecutive handspgs

Superior / Major Deductions

- Any somi = terminate, -2.0 ill. skill, -3.0 exceed skill level & no DD
- Hand slide deductions can NOT be taken on RO demonstrating repulsion (if no repulsion is demonstrated -1-.5)
- No DD for Cartwheels
- Cartwheel Repeats (3 = .1, 4 = .3, 5+ =.6)

**INTERMEDIATE**  
(6 warm up passes)

PASS Reqs & Restrictions  
2 passes: 1<sup>st</sup> with 5 skills, 2<sup>nd</sup> with 8 skills

- Minimum of 1 somi per pass
- Maximum of 2 somis per pass
- Maximum of 180° twist PER PASS
- No reversal somis allowed

Superior / Major Deductions

- >2 somis = -2.0, -3.0 & GET DD
- >180° twist = Term, -2.0, -3.0 & NO DD
- Reversal = Term, -2.0, -3.0 & NO DD

**SUB-ADVANCED**  
(6 warm up passes)

PASS Reqs & Restrictions  
2 passes: 1<sup>st</sup> with 5 skills, 2<sup>nd</sup> with 8 skills

- Minimum 2 somis per pass
- Maximum 4 somis per pass
- Each completed pass must end in a somi
- 1 reversal allowed per pass
- Only one full is allowed per pass
- May repeat 1 DD skill per pass
- Max 360° twist & rotation per somi (i.e. full)

Maximum of 5.0 combined DD

Superior / Major Deductions

- > 5.0 total DD = -2.0 pass req, -3.0 exceeding skill level & athlete receives >5.0 DD if all skills were legal at this level
- Performing a 5<sup>th</sup> somi in a pass = -2.0 pass, -3.0 exceed, get DD if legal skill
- >360° of twist or rotation per skill = term, -2.0 ill. Skill, -3.0 exceed & no DD
- Repeated somi (2<sup>nd</sup> of the pass, one repeat is allowed) = loss of DD
- Performing more than one full in a pass = -2.0 ex pass req, - 3.0 ex skill lvl & no DD

**ADVANCED\***  
(Prelims: 8 warm ups / Finals: 6 warm ups)

PASS Reqs & Restrictions\*  
2 passes: 1<sup>st</sup> with 5 skills, 2<sup>nd</sup> with 8 skills

- Minimum 2 somis per pass
- Each completed pass must end in a somi
- 1 reversal allowed per pass

LEVEL Reqs & Restrictions\*

- 1 pass MUST have three somies

Superior / Major Deductions

- Repeats = Loss of DD (exceptions below)
  - 5-Skill – Consecutive whips may be repeated
  - 8-Skill – Consecutive whips may be repeated ONLY if a completed pass ends in a somi with ≥720° twist or ≥720° rotation
- No pass with three somis = -2.0

*\* May “Double Dip” (-4.0) if athlete fails to meet both PASS & LEVEL req. on 2<sup>nd</sup> pass*

Max DD For Adv At USTA Nationals Only  
Prelims = 7.5 Total DD | Finals = 6.0 DD

**ELITE\***  
(Prelims: 8 warm ups / Finals: 6 warm ups)

**QUALIFYING DD = 7.5**  
**9.0 DD NEEDED TO MOVE TO FINALS**

PASS Reqs & Restrictions  
Compulsory Pass:

- RO, W, W, Full, W, Hand, Hand, Straight
- No DD awarded for Comp. Pass
- Terminate pass at any point of deviation

Two Optional Passes (8 skills each):

- Minimum of two somis per pass
- \*\*\*One pass must have three somis\*\*\*
- Only one pass may end in a reversal
- Second optional pass must end in a different skill than the first optional pass
- Failing to meet any of the three pass requirements above = -2.0
- \*\*\* may double-dip (-4.0) if fail to have one optional pass with three somis\*\*\*
- A row of whips may be repeated w/o loss of DD ONLY IF pass ends in a multiple somi, all other repeats = loss of DD.

**AESTHETIC RANGES**

Aesthetics Per Skill	.0-.8
Control / Travel of Rebound (Novice – Intermediate Only)	.1-.3

SUP DEDUCTIONS	
Not Staring From a Run or Hurdle	Terminate
Step with Hand or Foot	.5 + Term
*One Foot Ending on Last Skill*	.5*
Not Enough or Extra Skills	1.0
Missing Pass Req or Illegal Skill	2.0
*No Rebound (Nov. & Int. Only)*	.5* + landing
*Shoulder Height (Last Back Somi)*	.3*
*Not Ending in a Somi (SAdv-Elite)*	.5*
Landing   Stick Stability	.0-.3
Landing   1 Hand	.4
Landing   2 Hands	.5
Landing   Knee or Elbow	.6
Landing   Seat or Hands Behind	.7
Landing   Front / Back / Head	.8
Landing   Off Floor	.9
Skill Takeoff on Crash Pad	Terminate
Coaching/Hair/Undies/Bra/Tattoo	.3
Jewelry (No Tape)	1.0
Inappropriate Attire	2.0
<b>* Take on COMPLETED PASSES ONLY *</b>	

DIFFICULTY	
Round Off	.2
Barani	.7
Rudi	1.1
Handspring (Front or Back)	.2
Whip	.4
Tuck [ Back   Front ]	.4   .5
Pike [ Back   Front ]	.5   .6
Layout [ Back   Front ]	.5   .6
Back Half or Arabian	.6
Full (Back)	.8
Double Full (Back)	1.2
Triple Full (Back)	2.0
Double or Triple Back Tuck	2.0   4.5
Double or Triple Back Pike	2.5   5.6
Double or Triple Back Lay	3.0   6.8
Full In (or Out) Tuck	3.0
Full In (or Out) Pike	3.5
Full In (or Out) Straight	4.0
Reversal/Punch Front Tuck	.7 [.5 +.2]
Reversal/Punch Barani	.9 [.7 +.2]

**MAXIMUM START VALUES**

# of Skills Completed	Max Start Value First Pass	Max Start Value Second Pass
1	6.0 – 1.0 n/e skills = <u>5.0*</u>	3.0 – 1.0 n/e skills = <u>2.0*</u>
2	7.0 – 1.0 n/e skills = <u>6.0*</u>	4.0 – 1.0 n/e skills = <u>3.0*</u>
3	8.0 – 1.0 n/e skills = <u>7.0*</u>	5.0 – 1.0 n/e skills = <u>4.0*</u>
4	9.0 – 1.0 n/e skills = <u>8.0*</u>	6.0 – 1.0 n/e skills = <u>5.0*</u>
5	<u>10*</u>	7.0 – 1.0 n/e skills = <u>6.0*</u>
6	10.0 – 1.0 Xtra Skills = <u>9.0*</u>	8.0 – 1.0 n/e skills = <u>7.0*</u>
7	10.0 – 1.0 Xtra Skills = <u>9.0*</u>	9.0 – 1.0 n/e skills = <u>8.0*</u>
8	10.0 – 1.0 Xtra Skills = <u>9.0*</u>	<u>10*</u>
9+	10.0 – 1.0 Xtra Skills = <u>9.0*</u>	10.0 – 1.0 Xtra Skills = <u>9.0*</u>

\* Subtract any additional major deductions and landing deductions.

Double DD = [(DD of Somis & Twisting & Position) X 2] + (Total / 4) [Bouncing Bonus = .1]