

## Supplement Women's 1 (D1)

<b>D Score</b>	
<b>Moelijkheidswaarde</b>	8 most valuable elements for difficulty value (includes mount and dismount) Difficulty value: A (0,1) - B (0,2) - C (0,3) - D or higher (0,4) Minimum of 3 acro elements (including dismount) and a minimum of 3 dance elements on beam and floor. 0,50 per composition requirement that is met. Max. 2,00. Vault D-score maximum 4,2.

<b>Vault - All around</b>	
Two vaults are allowed, the best vault counts. These vaults may be the same.	
<b>Vault - Apparatus final</b>	
Two vaults must be performed; the average of the two vaults counts. These vaults may be the same.	
<b>Vault bonus - only individual competitions</b> <span style="float: right;"><b>0,20</b></span>	
A free combination of <b>two different vaults</b> that meet the following requirements: A jump from group 1 with at least a 540-degree LA turn (may be divided over the flight phases) <b>or</b> a salto jump from different jump groups, or a salto jump with a different LA turn.	Vaultbonus added to final score

<b>Balance beam - CR 1, 2 (turn), 3 and 4 must be performed on the beam. 0,50 per composition requirement.</b>		
1. A connection of at least 2 different dance elements (as stated in the NSTB regulations), one of which is a leap with a leg separation of at least A value in a cross/side split or straddle position		
2. A turn from group 3 <u>of</u> roll/flair*		
3. An acrobatic connection of at least 2 elements, of which at least 1 element with flight*		
4. Acrobatic elements in different directions (backwards <u>and</u> forwards/sideways)*		
<b>Connection value and dismount bonus</b>		<b>0,10</b> <b>0,20</b>
Acro - at least 1 element with flight - they may be the same (may be mount and dismount)	A + C B + B	B + C or higher
Dance	B + B A + C	B + C or higher A + D or higher
Turns	A + B or higher	
Mix	B + B A + C	B + C or higher A + D or higher
Seriesbonus - order is free	A + B + B (minimum)	
Dismount bonus		C or higher

\* specified in the NSTB Women's Regulations what elements are applicable

<b>Short routine</b>	
7 or more elements	No deduction
5 or 6 elements	N-/4,0
3 or 4 elements	N-/6,0
1 or 2 elements	N-/8,0
No elements	N-/10,0

<b>Uneven bars - 0,50 per composition requirement</b>		
1. Flight element from high to low bar or from low to high bar (mount may be used)		
2. A (straddled) cast to handstand with/without turn (max deviation 30°) (somewhere in the routine)		
3. A circle element from group 2, 4 or 5 though or to handstand (max. deviation from vertical 30°)		
4. An element with LA turn of minimal 180° in the routine (mount and dismount may not be used)		
<b>Connection value and dismount bonus</b>		<b>0,10</b> <b>0,20</b>
The same or different elements. The order in which connected elements are performed is free.	B + B B + C	C + C or higher B + D or higher
Dismount bonus		C or higher

<b>Floor - 0,50 per composition requirement</b>		
1. A connection of at least 2 different dance elements (as stated in the NSTB regulations), one of which is a leap with a leg separation of at least A value in a cross/side split or straddle position		
2. Salto with LA turn of at least 360°		
3. Salto with a double width axis turn or an acro series with 2 directly connected salto's		
4. Salto forward <u>and</u> backwards (noaerials)		
<b>connectionvalue and dismountbonus</b>		<b>0,10</b> <b>0,20</b>
Salto's directly connected - may be the same salto's	A + B	B + B or higher A + C or higher
Salto's indirectly	B + B A + C A + A + B	B + C or higher A + D or higher A + A + C
Gymnastic leaps	C	D or higher
Gymnastic turns	B + B or higher	
Mix performed in the following order:	B-salto + A- dance or higher	C-salto or higher + A dance or higher
Dismount bonus		C or higher

## Supplement women's 2 (D2)

<b>D Score</b>	
<b>Moeijkheidswaarde</b>	8 most valuable elements on beam and floor, 7 most valuable elements on bars A (0,1) - B (0,2) - C or higher (0,3)
	At least 3 acro elements (including dismount) and at least 3 dance elements on beam and floor
	Vault according to the NSTB vaulttable

<b>Vault - All around</b>	
Two vaults may be performed, the best vault counts. These may be the same vaults.	
<b>Vault - apparatus final</b>	
Two vaults must be performed; the average of the two vaults counts. These vaults may be the same.	
<b>Vault bonus - only individual competitions</b> <b>0,20</b>	
Two different vaults that meet the following requirements: At least a 360-degree LA turn (may be divided over the flight phases) or salto vault	Vaultbonus to final score

<b>Balk - CR 1, 2 (turn), 3 and 4 must be performed on the beam</b>		
1. A connection of at least 2 different dance elements (as stated in the NSTB regulations), one of which is a leap with a leg separation of at least A value in a cross/side split or straddle position		
2. A turn from group 3 <u>or</u> roll/flair*		
3. An acrobatic connection of at least 2 elements (may be without flight)*		
4. Acrobatic elements in different directions (backwards <u>and</u> forwards/sideways)*		
<b>Connection value and dismount bonus</b>		<b>0,10</b> <b>0,20</b>
Acro - at least 1 element with flight - they may be the same (may be mount and dismount)	A + B B + B	A + C or higher B + C or higher
Dance	B + B A + C	B + C or higher
Turns	A + B or higher	
Mix	A + B	B + B or higher A + C or higher
Seriesbonus - order is free		A + A + B (at least)
Dismount bonus		B or higher

\* specified in the NSTB Women's Regulations what elements are applicable

<b>Short routines on beam and floor</b>		<b>Korte oefening brug</b>	
7 or more elements	No deductions	6 or more elements	No deductions
5 or 6 elements	N-/-4,0	4 or 5 elements	N-/-4,0
3 or 4 elements	N-/-6,0	2 or 3 elements	N-/-6,0
1 or 2 elements	N-/-8,0	1 element	N-/-8,0
No elements	N-/-10,0	No elements	N-/-10,0

<b>Uneven bars</b>		
1. Flightelement from high to low <i>or</i> low to high bar		
2. (Straddle) cast <b>above</b> horizontal (somewhere in the routine) <i>or</i> (Straddle) cast to handstand (max 30° deviation)		
3. A circle element from group 2, 3, 4 or 5 of at least a B element (no flight)		
4. An element with LA turn of minimal 180° in the routine (mount and dismount may not be used)		
<b>Connection value and dismount bonus</b>		<b>0,10</b> <b>0,20</b>
The same or different elements. The order in which connected elements are performed is free.	A + C B + B	B + C or higher
Dismount bonus		B or higher

<b>Floor</b>		
1. A connection of at least 2 different dance elements (as stated in the NSTB regulations), one of which is a leap with a leg separation of at least A value in a cross/side split or straddle position		
2. Salto with LA turn of at least 180°		
3. An acroseries with a layout of an acroseries with 2 salto's		
4. Salto forward <u>and</u> backwards (no aerials)		
<b>Connection value and dismount bonus</b>		<b>0,10</b> <b>0,20</b>
Salto's directly - They may be the same salto's	A + A	A + B or higher
Salto's indirectly	A + B	B + B or higher A + C or higher
Gymnastic leaps		C or higher
Gymnastic turns		B + B or higher
Mix performed in the following order:	A-salto + A-dance or higher	B-salto of hoger + A dance or higher
Dismount bonus		B or higher

## Supplement Women's 3 (D3)

<b>D Score</b>	0,50 per composition requirement, max. 2,00 on bars, beam and floor
<b>Difficulty value</b>	7 most valuable elements including dismount TA (0.1) – A (0.1) – B (0.2) – C or higher (0.3) *
	At least 2 acro elements (including dismount) and at least 3 dance elements on beam and floor
	Vault according to the NSTB vaulttable

<b>Vault - All-around</b>	
Two vaults may be performed, the best vault counts. These may be the same vaults.	
<b>Vault - apparatus final</b>	
Two vaults must be performed; the average of the two vaults counts. These vaults may be the same.	
<b>Vault bonus - only individual competitions</b>	<b>0,20</b>
Two different vaults with both vaults at least 180° LA turn in the 2nd flightphase	Vaultbonus to final score

<b>Balance beam - CR 1, 2 (turn), 3 and 4 must be performed on the beam</b>		
1. A connection of at least 2 different dance elements (as stated in the NSTB regulations), one of which is a leap with a leg separation of at least A value in a cross/side split or straddle position		
2. A turn from group 3 or roll/flair*		
3. An acrobatic element backwards <u>or</u> an acrobatic element worth at least B value*		
4. Two different acrobatic elements, at least one of them must be executed to or through handstand*		
<b>Connection value and dismount bonus</b>	<b>0,10</b>	<b>0,20</b>
	A + B	B + B or higher
Acro with or without flight - they may be the same elements (may be mount and dismount)		A + C or higher
	A + B	B + B or higher
Dance		A + C or higher
	A + B	B + B or higher
Mix		A + C or higher
Dismount bonus		B or higher

\* specified in the NSTB Women's Regulations what elements are applicable

<b>Short routines</b>	
6 or more elements	No deduction
4 or 5 elements	N-/4,0
2 or 3 elements	N-/6,0
1 element	N-/8,0
No elements	N-/10,0

<b>Uneven bars</b>		
1. Two different kip's		
2. Cast to at least horizontal (somewhere in the routine)		
3. Two different circle elements from group 2, 3, 4 or 5 (no flight) or 1 element with at least B value from group 2, 3, 4 or 5 (no flight)		
4. An element with LA turn of at least 180° in the routine or mount (dismount may not be used).		
<b>Connection value and dismount bonus</b>	<b>0,10</b>	<b>0,20</b>
	A + B	B + B or higher
The same or different elements. The order in which the elements are connected in the routine is free.		A + C or higher
Dismount bonus		B or higher

<b>Floor - CR 2 t/m 4 must be performed in an acroseries</b>		
1. A connection of at least 2 different dance elements (as stated in the NSTB regulations), one of which is a leap with a leg separation of at least A value in a cross/side split or straddle position		
2. Salto forwards		
3. Salto backwards		
4. Layout <u>or</u> temposalto <u>or</u> a salto with LA turn of at least 180°		
<b>Connection value and dismount bonus</b>	<b>0,10</b>	<b>0,20</b>
	A + A	A + B or higher
Salto's directly or indirectly connected - They may be the same salto's		A + B or higher
Acro directly - 2 elements with flight of which 1 is a salto	A + B or higher	
Gymnastic leap <b>with leg separation</b>	B or higher	
Gymnastic turns	A + B or higher	
	A-acro or higher +	A-salto ofr higher+
Mix performed in the following order:	A-dance or higher	A dance or higher
Dismount bonus		B or higher

## Supplement Women's 4 (D4)

<b>D Score</b>	0,50 per composition requirement, max. 2,00 on bars, beam and floor
<b>Difficulty value</b>	Number of most valuable elements (including dismount): 7 on beam and floor, 6 on bars TA (0,1) - A (0,1) - B or higher (0,2) At least 2 acro elements (including dismount) and at least 3 dance elements on beam and floor Vault according to the NSTB vaulttable

<b>Vault - All-around</b>	
Two vaults may be performed, the best vault counts. These may be the same vaults.	
<b>Vault - Apparatus final</b>	
Two vaults must be performed; the average of the two vaults counts. These vaults may be the same.	
<b>Vault bonus - only individual competitions</b>	<b>0,20</b>
Two different vaults that are both not front-handsprings (element 1.00)	Vaultbonus to final score

<b>Beam - All CR must be performed on the beam</b>		
1. A connection of at least 2 different dance elements (as stated in the NSTB regulations), one of which is a leap with a leg separation of at least TA value in a cross/side split or straddle position		
2. A turn from group 3		
3. An acrobatic element of at least A value*		
4. An acrobatic element through or to handstand*		
<b>Connection value</b>	<b>0,10</b>	<b>0,20</b>
Acro with or without flight - they may be the same elements	A + A	A + B or higher
Dance - 2 different elements	A + A	A + B or higher
Mix	A + A	A + B or higher

\* specified in the NSTB Women's Regulations what elements are applicable

<b>Short routines beam and floor</b>		<b>Short routine uneven bars</b>	
6 or more elements	No deduction	5 or more elements	No deduction
4 or 5 elements	N-/-4,0	3 or 4 elements	N-/-4,0
2 or 3 elements	N-/-6,0	2 elements	N-/-6,0
1 element	N-/-8,0	1 element	N-/-8,0
No elements	N-/-10,0	No elements	N-/-10,0

<b>Uneven bars</b>		
1. A kip		
2. Cast at least 15° <b>below</b> horizontal (somewhere in the routine)		
3. A circle element from group 2, 3, 4 or 5 of at least A value (no flight)		
4. A switch of bars (high-low or low-high) performed from an element		
<b>Connection value</b>	<b>0,10</b>	<b>0,20</b>
The same or different elements. The order in which the elements are connected in the routine is free.	TA + A A + A	TA + B or higher A + B or higher

<b>Floor - CR 2 t/m 4 must be performed in an acro series</b>		
1. A connection of at least 2 different dance elements (as stated in the NSTB regulations), one of which is a leap with a leg separation of at least A value in a cross/side split or straddle position		
2. Salto forwards <b>or</b> backwards		
3. An acroseries with at least 2 flight elements		
4. An acrobatic element backwards <b>and</b> an acrobatic element with flight and hand support forwards/sideways		
<b>Connection value</b>	<b>0,10</b>	<b>0,20</b>
Acro – 2 elements with flight of which 1 is a salto	A + A	A + B or higher
Gymnastic leap	B or higher	
Gymnastic turns	A + B	
Mix performed in the following order:	A-acro with flight or higher + A-dance or higher	

## Supplement Women's 5 (d5)

<b>D Score</b>	0,50 per composition requirement, max. 2,00 on bars, beam and floor
<b>Moeijkheidswaarde</b>	6 most valuable elements including the dismount TA (0.1) – A (0.1)  At least 2 acro elements and at least 3 dance elements on beam and floor  Vault according to the NSTB vaulttable

<b>Vault - All-around</b>	
Two vaults may be performed, the best vault counts. These may be the same vaults.	
<b>Vault - Apparatus final</b>	
Two vaults must be performed; the average of the two vaults counts. These vaults may be the same.	
<b>Vault bonus - only individual competitions</b>	<b>0,20</b>
Two different vaults	vaultbonus to final score

<b>Beam - All CR must be performed on the beam</b>	
1. A connection of at least 2 different dance elements (as stated in the NSTB regulations), one of which is a leap with a leg separation of at least TA value in a cross/side split or straddle position	
2. A turn from group 3	
3. An acrobatic element*	
4. An acrobatic element through or to handstand*	
<b>Connection value</b>	<b>0,10</b>
Dance - 2 different elements	TA + A or higher
Mix	TA + A or higher

\* specified in the NSTB Women's Regulations what elements are applicable

<b>Short routine</b>	
5 or more elements	No deduction
3 or 4 elements	N-/4,0
2 elements	N-/6,0
1 element	N-/8,0
No elements	N-/10,0

<b>Uneven bars</b>	
1. 1 tapswing 30° under horizontal in the frontswing	
2. cast to 45° under horizontal (somewhere in the routine)	
3. A circle element from group 2, 3, 4 or 5 (no flight)	
4. A switch of bars (high-low or low-high) performed from an element	
<b>Connection value</b>	<b>0,10</b>
The same or different elements. The order in which the elements are connected in the routine is free.	TA + A or higher

<b>Floor - Dismount only recognised with at least 2 acroseries</b>	
1. A connection of at least 2 different dance elements (as stated in the NSTB regulations), one of which is a leap with a leg separation of at least A value in a cross/side split or straddle position	
2. An acrobatic element forward/sideways <b>and</b> backwards	
3. An acro series	
4. A 2nd acro series with at least 2 different elements	
<b>Connection value</b>	<b>0,10</b>
Acro - 2 elements with flight	A + A or higher
Gymnastic leap <b>with leg separation</b>	A or higher
Mix performed in the following order:	TA-acro + A-dance or higher A-acro or gigher + TA dance or higher

## Supplement Dames 6

<b>D Score</b>	0,50 per composition requirement, max. 2,00 on bars, beam and floor
<b>Moeijheidswaarde</b>	6 most valuable elements including the dismount SA (0.1) – TA (0.1) – A (0.1)  At least 2 acro elements and at least 3 dance elements on beam and floor  Vault according to the NSTB vaulttable

<b>Vault - All-around</b>	
Two vaults may be performed, the best vault counts. These may be the same vaults.	
<b>Vault - Apparatus final</b>	
Two vaults must be performed; the average of the two vaults counts. These vaults may be the same.	
<b>Vault bonus - only individual competitions</b>	<b>0,20</b>
Two different vaults	vaultbonus to final score

<b>Beam - All CR must be performed on the beam</b>	
1. A connection of at least 2 different dance elements (leg separation not required)* 2. A turn from group 3 3. A section close to the beam, where the torso touches the beam (does not have to be an element)* 4. A hold-element (balance stance/scale/handstand)*	
<b>Connection value</b>	<b>0,10</b>
Dance - 2 different elements	TA + TA or higher
Mix	TA + TA or higher

\* specified in the NSTB Women's Regulations what elements are applicable

<b>Short routines beam and floor</b>		<b>Short routine uneven bars</b>	
5 or more elements	No deduction	4 or more elements	No deduction
3 or 4 elements	N-/-4,0	3 elements	N-/-4,0
2 elements	N-/-6,0	2 elements	N-/-6,0
1 element	N-/-8,0	1 element	N-/-8,0
No elements	N-/-10,0	No elements	N-/-10,0

<b>Uneven bars - Jumping down from the high bar to perform the dismount from the low bar is permitted</b>	
1. A tapswing 45° under horizontal in the forward swing 2. An element on the low bar (no mount/dismount) 3. A circle element from group 2, 3, 4 or 5 of at least A value (no flight) 4. An element on the highbar <u>of</u> to the highbar (no dismount)	
<b>Connection value</b>	<b>0,10</b>
The same or different elements	TA + TA or higher

<b>Floor - Routine on music is not obliged</b>	
1. A connection of at least 2 different dance elements (as stated in the NSTB regulations), one of which is a leap with a leg separation of at least TA value in a cross/side split or straddle position 2. An acrobatic element with flight 3. A connection of two acrobatic elements 4. A dance turn of 360° on 1 leg <u>or</u> jumped	
<b>Connection value</b>	<b>0,10</b>
Acro - 2 elements with flight	TA + TA or higher
Gymnastic leap	A or higher
Mix performed in the following order:	TA-acro or higher + TA-dance or higher

## Examples vault bonus

Four combinations of two different vaults that fulfill the vault bonus requirement per supplement.

### Supplement women's 1

Sprong 1	Elementnummer	Sprong 2	Elementnummer
Half in full out	1.22	Front handspring 1 ½	1.03
Half in full out	1.22	Tsukahara tucked	3.10
Tsukahara tucked	3.10	Tsukahara tucked ½	3.11
Tsukahara tucked	3.10	Front handspring salto	2.10

### Supplement women's 2

Sprong 1	Elementnummer	Sprong 2	Elementnummer
Half in half out	1.21	Front handspring full	1.02
Half in half out	1.21	Tsukahara tucked	3.10
Front handspring full	1.02	Tsukahara tucked	3.10
Tsukahara tucked	3.10	Tsukahara piked	3.20

### Supplement women's 3

Sprong 1	Elementnummer	Sprong 2	Elementnummer
Half in half out	1.21	Front handspring full	1.02
Half in half out	1.21	Front handspring half	1.01
Front handspring half	1.01	Front handspring full	1.02
Front handspring half	1.01	Yamashita ½	1.11

### Supplement women's 4

Sprong 1	Elementnummer	Sprong 2	Elementnummer
Half in	1.20	Front handspring half	1.01
Half in	1.20	Yamashita	1.10
Half in half out	1.21	Front handspring half	1.01
Yamashita	1.10	Yamashita ½	1.11

### Supplement women's 5

Sprong 1	Elementnummer	Sprong 2	Elementnummer
Front handspring	1.00	Front handspring half	1.01
Front handspring	1.00	Half in	1.20
Half in	1.20	Front handspring half	1.01
Front handspring	1.00	Yamashita	1.10

### Supplement women's 6

Sprong 1	Elementnummer	Sprong 2	Elementnummer
Tuck on, straight jump off	SA	Tuck on, straight jump ½ off	SA
Straddle over	SA	Front handspring	1.00
Tuck over	SA	Straight jump on-off	0.80
Front handspring half out	1.01	Front handspring half in	1.20