



MAG Advanced Start Value Worksheet

Gymnast Name: _____ Event: _____

The purpose of this worksheet is for the gymnast to calculate their start value under the assumption that they know the start value of their skills, the element groups, and any connection bonuses they will receive throughout their routine. List your routine below. To assign value to a skill, record 0.1 for A skills, 0.2 for B, up to 1.0 for J.

Name of Skill	Difficulty (A-J)	Value (0.1-1.0)	Element Group (1-4)	Connections
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				

A. Sum the skill values and connection bonuses in the table above and record in the space. 1. _____

B. Calculating Start Value, sum the following:

- Any recognized skill coming from EG I receives full EG credit, add 0.5
- For each of EGs II & III, if the highest skill is A/B value, add 0.3, for C add 0.4, for D or higher add 0.5
- The value of the dismount EG (IV) is equal to the value of skill. For all events except floor, just add your dismount skill valuation.
- For Floor: If the highest skill from EG IV is A/B value, add 0.3, for C add 0.4, for D or higher add 0.5.

2. _____

C. Add any other bonus (such as connection bonus, double salto dismount on floor, or the one time strength bonus on rings for a C or higher strength skill of +0.3) here.

3. _____

D. If you have at least 6 skills, write 10.0 in the space provided. For every skill less than 6, subtract 1.0 from 10.0 and record value in space provided.

4. _____

E. Record your start value as the sum of numbers in spaces 1 through 3 above.

5. _____

Expected Deductions

Floor: -0.3 for lack of double flipping element

Rings: -0.3 for lack of swing to handstand element