

2008 ALPS DD SHEET

	STRT	PIKE	TUCK	FREE
Forward Group	A	B	C	D
100 Forward jump (8 AND UNDER ONLY)	0.5	0.5	0.5	
101 Forward Dive	1.4	1.3	1.2	
101 Forward Fall In				1
102 Forward Somersault	1.6	1.5	1.4	
103 Forward 1-1/2 Somersault		1.7	1.6	
104 Forward Double Somersault		2.3	2.2	
105 Forward 2-1/2 Somersault		2.6	2.4	
106 Forward Triple Somersault			2.9	
107 Forward 3-1/2 Somersault			3	
112 Forward Flying Somersault		1.7	1.6	
113 Fwd Flying 1-1/2 Somersault		1.9	1.8	
Back Group A B C D	A	B	C	D
200 Back jump (8 AND UNDER ONLY)	0.5	0.5	0.5	
201 Back Dive	1.7	1.6	1.5	
201 Back Fall In				1
202 Back Somersault	1.7	1.6	1.5	
203 Back 1-1/2 Somersault	2.5	2.3	2	
204 Back Double Somersault		2.5	2.2	
205 Back 2-1/2 Somersault		3.2	3	
212 Back Flying Somersault		1.7	1.6	
Reverse Group	A	B	C	D
301 Reverse Dive	1.8	1.7	1.6	
302 Reverse Somersault	1.8	1.7	1.6	
303 Reverse 1-1/2 Somersault	2.7	2.4	2.1	
304 Reverse Double Somersault		2.6	2.3	
305 Reverse 2-1/2 Somersault		3.2	3	
312 Reverse Flying Somersault		1.8	1.7	
Inward Group	A	B	C	D
401 Inward Dive	1.8	1.5	1.4	
402 Inward Somersault		1.7	1.6	
403 Inward 1-1/2 Somersault		2.4	2.2	
404 Inward Double Somersault			2.8	
405 Inward 2-1/2 Somersault		3.4	3.1	
412 Inward Flying Somersault		2.1	2	
413 Inward Flying 1-1/2 Somersault			2.7	
Twisting Group	A	B	C	D
5111 Forward Dive 1/2 Twist	1.8	1.7	1.6	
5112 Forward Dive 1 Twist	2	1.9		
5121 Forward Somersault 1/2 Twist	1.9	1.8		1.7
5122 Forward Somersault 1 Twist				1.9
5124 Forward Somersault 2 Twist				2.3
5126 Forward Somersault 3 Twist				2.7
5131 Forward 1-1/2 Somersault 1/2 Tw		2.1	2	
5132 Forward 1-1/2 Somersault 1 Twist				2.2
5134 Forward 1-1/2 Somersault 2 Twist				2.6
5136 Forward 1-1/2 Somersault 3 Twist				3
5152 Forward 2-1/2 Somersault 1 Twist		3.2	3	
5211 Back Dive 1/2 Twist	1.8			

5212 Back Dive 1 Twist	2			
5221 Back Somersault 1/2 Twist				1.7
5222 Back Somersault 1 Twist				1.9
5223 Back Somersault 1-1/2 Twist				2.3
5225 Back Somersault 2-1/2 Twist				2.7
5231 Back 1-1/2 Somersault 1/2 Twist				2.1
5233 Back 1-1/2 Somersault 1-1/2 Twist				2.5
5235 Back 1-1/2 Somersault 2-1/2 Twist				2.9
5241 Back Double Somersault 1/2 Twist				2.6
5311 Reverse Dive 1/2 Twist	1.9			
5312 Reverse Dive 1 Twist	2.1			
5321 Reverse Somersault 1/2 Twist				1.8
5322 Reverse Somersault 1 Twist				2
5323 Reverse Somersault 1-1/2 Twist				2.4
5325 Reverse Somersault 2-1/2 Twist				2.8
5331 Reverse 1-1/2 Somersault 1/2 Twist				2.2
5333 Reverse 1-1/2 S S 1-1/2 Twist				2.6
5411 Inward Dive 1/2 Twist	2	1.7		
5412 Inward Dive 1 Twist	2.2	1.9		
5421 Inward Somersault 1/2 Twist		1.8	1.7	
5422 Inward Somersault 1 Twist				2.1
5432 Inward 1-1/2 Somersault 1 Twist				2.7
5434 Inward 1-1/2 Somersault 2 Twist				3.1