

BARS	CAST*	RESTRICTED ELEMENTS 'RE':	One Allowable C = B	VP
6	Credit given if cast is above horizontal ↑ 0.3	No release moves from	<i>No other C skills allowed</i>	Clear Hip HS
	No amplitude deduction if above 45°	<i>HB→LB or LB→HB</i>	No VP credit & 0.5 off SV	Stalder HS
	If horizontal or below: No SR & -0.3 amplitude	If 'RE' Dismount, also -0.3 off SV		Toe-on HS

A	B	LEVEL 6 SR 0.5 ea
_____	_____	Cast 45° Min* _____
_____	_____	One Bar Change _____
_____	_____	Clear 3/6/7 Circle <i>360o</i> _____
_____	_____	Dismount "A" Salto _____
		<b>10.0 SV</b> Missing
		_____ .3 ea -B VP
		_____ .1 ea -A VP
		_____ .5 ea -SR
		_____ .5 ea -'RE'
		_____ 0.3 No Dmt
		<u>Thru-out</u> Dynamics ↑.2 HS Precision ↑.1

A	B	LEVEL 6 SR 0.5 ea
_____	_____	Cast 45° Min* _____
_____	_____	One Bar Change _____
_____	_____	Clear 3/6/7 Circle <i>360o</i> _____
_____	_____	Dismount "A" Salto _____
		<b>10.0 SV</b> Missing
		_____ .3 ea -B VP
		_____ .1 ea -A VP
		_____ .5 ea -SR
		_____ .5 ea -'RE'
		_____ 0.3 No Dmt
		<u>Thru-out</u> Dynamics ↑.2 HS Precision ↑.1

A	B	LEVEL 6 SR 0.5 ea
_____	_____	Cast 45° Min* _____
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_____	_____	Dismount "A" Salto _____
		<b>10.0 SV</b> Missing
		_____ .3 ea -B VP
		_____ .1 ea -A VP
		_____ .5 ea -SR
		_____ .5 ea -'RE'
		_____ 0.3 No Dmt
		<u>Thru-out</u> Dynamics ↑.2 HS Precision ↑.1

A	B	LEVEL 6 SR 0.5 ea
_____	_____	Cast 45° Min* _____
_____	_____	One Bar Change _____
_____	_____	Clear 3/6/7 Circle <i>360o</i> _____
_____	_____	Dismount "A" Salto _____
		<b>10.0 SV</b> Missing
		_____ .3 ea -B VP
		_____ .1 ea -A VP
		_____ .5 ea -SR
		_____ .5 ea -'RE'
		_____ 0.3 No Dmt
		<u>Thru-out</u> Dynamics ↑.2 HS Precision ↑.1

BARS	CAST*	RESTRICTED ELEMENTS 'RE':	One Allowable C = B	VP
6	Credit given if cast is above horizontal ↑ 0.3 No amplitude deduction if above 45° If horizontal or below: No SR & -0.3 amplitude	No release moves from <i>HB→LB or LB→HB</i> If 'RE' Dismount, also -0.3 off SV	No other C skills allowed No VP credit & 0.5 off SV	Clear Hip HS
				Stalder HS
			Toe-on HS	A (5) 0.1 B (1) 0.3

A B

LEVEL 6 SR 0.5 ea

Cast 45° Min\* \_\_\_\_\_  
One Bar Change \_\_\_\_\_  
Clear 3/6/7 Circle 360o \_\_\_\_\_  
Dismount "A" Salto \_\_\_\_\_

**10.0 SV** Missing  
 \_\_\_\_\_ .3 ea -B VP  
 \_\_\_\_\_ .1 ea -A VP  
 \_\_\_\_\_ .5 ea -SR  
 \_\_\_\_\_ .5 ea -'RE'  
 \_\_\_\_\_ 0.3 No Dmt

Thru-out Dynamics ↑.2 HS Precision ↑.1

A B

LEVEL 6 SR 0.5 ea

Cast 45° Min\* \_\_\_\_\_  
One Bar Change \_\_\_\_\_  
Clear 3/6/7 Circle 360o \_\_\_\_\_  
Dismount "A" Salto \_\_\_\_\_

**10.0 SV** Missing  
 \_\_\_\_\_ .3 ea -B VP  
 \_\_\_\_\_ .1 ea -A VP  
 \_\_\_\_\_ .5 ea -SR  
 \_\_\_\_\_ .5 ea -'RE'  
 \_\_\_\_\_ 0.3 No Dmt

Thru-out Dynamics ↑.2 HS Precision ↑.1

A B

LEVEL 6 SR 0.5 ea

Cast 45° Min\* \_\_\_\_\_  
One Bar Change \_\_\_\_\_  
Clear 3/6/7 Circle 360o \_\_\_\_\_  
Dismount "A" Salto \_\_\_\_\_

**10.0 SV** Missing  
 \_\_\_\_\_ .3 ea -B VP  
 \_\_\_\_\_ .1 ea -A VP  
 \_\_\_\_\_ .5 ea -SR  
 \_\_\_\_\_ .5 ea -'RE'  
 \_\_\_\_\_ 0.3 No Dmt

Thru-out Dynamics ↑.2 HS Precision ↑.1

A B

LEVEL 6 SR 0.5 ea

Cast 45° Min\* \_\_\_\_\_  
One Bar Change \_\_\_\_\_  
Clear 3/6/7 Circle 360o \_\_\_\_\_  
Dismount "A" Salto \_\_\_\_\_

**10.0 SV** Missing  
 \_\_\_\_\_ .3 ea -B VP  
 \_\_\_\_\_ .1 ea -A VP  
 \_\_\_\_\_ .5 ea -SR  
 \_\_\_\_\_ .5 ea -'RE'  
 \_\_\_\_\_ 0.3 No Dmt

Thru-out Dynamics ↑.2 HS Precision ↑.1

**BEAM**

**6**

Time	ACRO Series (2 VP)	RESTRICTED ELEMENTS 'RE':	VP
1:30 warmup / <b>1:15</b> compete	Non-flight series Gps 5/6/7, 1 must achieve HS	No C skills allowed	A (5) 0.1
If >30 seconds & 10.0 SV	Not in Mount or Dismount	No VP credit & 0.5 off SV	B (1) 0.3
the CJ takes -0.5 off average	Handstand without turn must be held 2 seconds.	If 'RE' Dismount, then -0.3 off SV	

*Acro Flight may be in series or isolated*

A

B

**LEVEL 6 SR 0.5 ea**

- [ Non-flight Acro Series
- OR 1 Acro Flight Element \_\_\_\_\_
- Leap or Jump 180° Split \_\_\_\_\_
- Full Turn on 1 foot \_\_\_\_\_
- Dismount "A" Salto/Aerial \_\_\_\_\_

- 10.0 SV** \_\_\_\_\_ .3 ea -B VP
- \_\_\_\_\_ .1 ea -A VP
- \_\_\_\_\_ .5 ea -SR
- \_\_\_\_\_ .5 ea -'RE'
- \_\_\_\_\_ 0.3 No Dmt

**Thru-out** Art ↑.3 Foot ↑.2 Dyn ↑.2  
Pas/Flx ↑.3 Rhy ↑.2 Sure ↑.2

A

B

**LEVEL 6 SR 0.5 ea**

- [ Non-flight Acro Series
- OR 1 Acro Flight Element \_\_\_\_\_
- Leap or Jump 180° Split \_\_\_\_\_
- Full Turn on 1 foot \_\_\_\_\_
- Dismount "A" Salto/Aerial \_\_\_\_\_

- 10.0 SV** \_\_\_\_\_ .3 ea -B VP
- \_\_\_\_\_ .1 ea -A VP
- \_\_\_\_\_ .5 ea -SR
- \_\_\_\_\_ .5 ea -'RE'
- \_\_\_\_\_ 0.3 No Dmt

**Thru-out** Art ↑.3 Foot ↑.2 Dyn ↑.2  
Pas/Flx ↑.3 Rhy ↑.2 Sure ↑.2

A

B

**LEVEL 6 SR 0.5 ea**

- [ Non-flight Acro Series
- OR 1 Acro Flight Element \_\_\_\_\_
- Leap or Jump 180° Split \_\_\_\_\_
- Full Turn on 1 foot \_\_\_\_\_
- Dismount "A" Salto/Aerial \_\_\_\_\_

- 10.0 SV** \_\_\_\_\_ .3 ea -B VP
- \_\_\_\_\_ .1 ea -A VP
- \_\_\_\_\_ .5 ea -SR
- \_\_\_\_\_ .5 ea -'RE'
- \_\_\_\_\_ 0.3 No Dmt

**Thru-out** Art ↑.3 Foot ↑.2 Dyn ↑.2  
Pas/Flx ↑.3 Rhy ↑.2 Sure ↑.2

A

B

**LEVEL 6 SR 0.5 ea**

- [ Non-flight Acro Series
- OR 1 Acro Flight Element \_\_\_\_\_
- Leap or Jump 180° Split \_\_\_\_\_
- Full Turn on 1 foot \_\_\_\_\_
- Dismount "A" Salto/Aerial \_\_\_\_\_

- 10.0 SV** \_\_\_\_\_ .3 ea -B VP
- \_\_\_\_\_ .1 ea -A VP
- \_\_\_\_\_ .5 ea -SR
- \_\_\_\_\_ .5 ea -'RE'
- \_\_\_\_\_ 0.3 No Dmt

**Thru-out** Art ↑.3 Foot ↑.2 Dyn ↑.2  
Pas/Flx ↑.3 Rhy ↑.2 Sure ↑.2

**BEAM**

**6**

Time	ACRO Series (2 VP)	RESTRICTED ELEMENTS 'RE':	VP
1:30 warmup / <b>1:15</b> compete	Non-flight series Gps 5/6/7, 1 must achieve HS	No C skills allowed	A (5) 0.1
If >30 seconds & 10.0 SV	Not in Mount or Dismount	No VP credit & 0.5 off SV	B (1) 0.3
the CJ takes -0.5 off average	Handstand without turn must be held 2 seconds.	If 'RE' Dismount, then -0.3 off SV	

*Acro Flight may be in series or isolated*

A

B

**LEVEL 6 SR 0.5 ea**

- [ Non-flight Acro Series
- OR 1 Acro Flight Element \_\_\_\_\_
- Leap or Jump 180° Split \_\_\_\_\_
- Full Turn on 1 foot \_\_\_\_\_
- Dismount "A" Salto/Aerial \_\_\_\_\_

<b>10.0 SV</b>	_____	.3 ea	-B VP
	_____	.1 ea	-A VP
	_____	.5 ea	-SR
	_____	.5 ea	'RE'
	_____	0.3	No Dmt

<b>Thru-out</b>	Art ↑.3	Foat ↑.2	Dyn ↑.2
	Pos/Flx ↑.3	Rhy ↑.2	Sure ↑.2

A

B

**LEVEL 6 SR 0.5 ea**

- [ Non-flight Acro Series
- OR 1 Acro Flight Element \_\_\_\_\_
- Leap or Jump 180° Split \_\_\_\_\_
- Full Turn on 1 foot \_\_\_\_\_
- Dismount "A" Salto/Aerial \_\_\_\_\_

<b>10.0 SV</b>	_____	.3 ea	-B VP
	_____	.1 ea	-A VP
	_____	.5 ea	-SR
	_____	.5 ea	'RE'
	_____	0.3	No Dmt

<b>Thru-out</b>	Art ↑.3	Foat ↑.2	Dyn ↑.2
	Pos/Flx ↑.3	Rhy ↑.2	Sure ↑.2

A

B

**LEVEL 6 SR 0.5 ea**

- [ Non-flight Acro Series
- OR 1 Acro Flight Element \_\_\_\_\_
- Leap or Jump 180° Split \_\_\_\_\_
- Full Turn on 1 foot \_\_\_\_\_
- Dismount "A" Salto/Aerial \_\_\_\_\_

<b>10.0 SV</b>	_____	.3 ea	-B VP
	_____	.1 ea	-A VP
	_____	.5 ea	-SR
	_____	.5 ea	'RE'
	_____	0.3	No Dmt

<b>Thru-out</b>	Art ↑.3	Foat ↑.2	Dyn ↑.2
	Pos/Flx ↑.3	Rhy ↑.2	Sure ↑.2

A

B

**LEVEL 6 SR 0.5 ea**

- [ Non-flight Acro Series
- OR 1 Acro Flight Element \_\_\_\_\_
- Leap or Jump 180° Split \_\_\_\_\_
- Full Turn on 1 foot \_\_\_\_\_
- Dismount "A" Salto/Aerial \_\_\_\_\_

<b>10.0 SV</b>	_____	.3 ea	-B VP
	_____	.1 ea	-A VP
	_____	.5 ea	-SR
	_____	.5 ea	'RE'
	_____	0.3	No Dmt

<b>Thru-out</b>	Art ↑.3	Foat ↑.2	Dyn ↑.2
	Pos/Flx ↑.3	Rhy ↑.2	Sure ↑.2

FLOOR	Dance Passage	ACRO Series (2 with flight)	Restricted Elements 'RE':	VP
6	Must be 2 different Group 1 VP one must be a Leap with 180o split in cross or side	Acro Series: Only Groups 5/6/7/8 No Rolls The Salto/Aerial must be in a different connection or isolated	No C skills allowed No VP credit & 0.5 off SV	A (5) 0.1
				B (1) 0.3
				<b>Time: 1:15</b>
		A	B	<b>LEVEL 6 SR 0.5 ea</b>
				3-skill Acro Series (2 w flight) _____
				Salto / Aerial (diff series or Iso) _____
				Dance Passage -180° Leap _____
				Full Turn on 1 foot _____
				<b>10.0 SV</b> Missing
				_____ .3 ea -B VP
				_____ .1 ea -A VP
				_____ .5 ea -SR
				_____ .5 ea -'RE'
				<b>Thru-out</b> Art ↑.3 Foot ↑.2 MM≠Sync ↑.3
				Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2
		A	B	<b>LEVEL 6 SR 0.5 ea</b>
				3-skill Acro Series (2 w flight) _____
				Salto / Aerial (diff series or Iso) _____
				Dance Passage -180° Leap _____
				Full Turn on 1 foot _____
				<b>10.0 SV</b> Missing
				_____ .3 ea -B VP
				_____ .1 ea -A VP
				_____ .5 ea -SR
				_____ .5 ea -'RE'
				<b>Thru-out</b> Art ↑.3 Foot ↑.2 MM≠Sync ↑.3
				Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2
		A	B	<b>LEVEL 6 SR 0.5 ea</b>
				3-skill Acro Series (2 w flight) _____
				Salto / Aerial (diff series or Iso) _____
				Dance Passage -180° Leap _____
				Full Turn on 1 foot _____
				<b>10.0 SV</b> Missing
				_____ .3 ea -B VP
				_____ .1 ea -A VP
				_____ .5 ea -SR
				_____ .5 ea -'RE'
				<b>Thru-out</b> Art ↑.3 Foot ↑.2 MM≠Sync ↑.3
				Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2
		A	B	<b>LEVEL 6 SR 0.5 ea</b>
				3-skill Acro Series (2 w flight) _____
				Salto / Aerial (diff series or Iso) _____
				Dance Passage -180° Leap _____
				Full Turn on 1 foot _____
				<b>10.0 SV</b> Missing
				_____ .3 ea -B VP
				_____ .1 ea -A VP
				_____ .5 ea -SR
				_____ .5 ea -'RE'
				<b>Thru-out</b> Art ↑.3 Foot ↑.2 MM≠Sync ↑.3
				Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2

FLOOR	Dance Passage	ACRO Series (2 with flight)	Restricted Elements 'RE':	VP
6	Must be 2 different Group 1 VP one must be a Leap with 180o split in cross or side	Acro Series: Only Groups 5/6/7/8 No Rolls The Salto/Aerial must be in a different connection or isolated	No C skills allowed No VP credit & 0.5 off SV	A (5) 0.1 B (1) 0.3
				<b>Time: 1:15</b>
		A	B	<b>LEVEL 6 SR 0.5 ea</b> 3-skill Acro Series (2 w flight) _____ Salto / Aerial (diff series or Iso) _____ Dance Passage -180° Leap _____ Full Turn on 1 foot _____ <hr/> <b>10.0 SV</b> <u>Missing</u> _____ .3 ea -B VP _____ .1 ea -A VP _____ .5 ea -SR _____ .5 ea -'RE' <hr/> <b>Thru-out</b> Art ↑.3    Foot ↑.2    MM≠Sync ↑.3 Dyn ↑.2    Pos/Flx ↑.3    Rhy ↑.2    MM≠Relate ↑.2
		A	B	<b>LEVEL 6 SR 0.5 ea</b> 3-skill Acro Series (2 w flight) _____ Salto / Aerial (diff series or Iso) _____ Dance Passage -180° Leap _____ Full Turn on 1 foot _____ <hr/> <b>10.0 SV</b> <u>Missing</u> _____ .3 ea -B VP _____ .1 ea -A VP _____ .5 ea -SR _____ .5 ea -'RE' <hr/> <b>Thru-out</b> Art ↑.3    Foot ↑.2    MM≠Sync ↑.3 Dyn ↑.2    Pos/Flx ↑.3    Rhy ↑.2    MM≠Relate ↑.2
		A	B	<b>LEVEL 6 SR 0.5 ea</b> 3-skill Acro Series (2 w flight) _____ Salto / Aerial (diff series or Iso) _____ Dance Passage -180° Leap _____ Full Turn on 1 ft _____ <hr/> <b>10.0 SV</b> <u>Missing</u> _____ .3 ea -B VP _____ .1 ea -A VP _____ .5 ea -SR _____ .5 ea -'RE' <hr/> <b>Thru-out</b> Art ↑.3    Foot ↑.2    MM≠Sync ↑.3 Dyn ↑.2    Pos/Flx ↑.3    Rhy ↑.2    MM≠Relate ↑.2
		A	B	<b>LEVEL 6 SR 0.5 ea</b> 3-skill Acro Series (2 w flight) _____ Salto / Aerial (diff series or Iso) _____ Dance Passage -180° Leap _____ Full Turn on 1 foot _____ <hr/> <b>10.0 SV</b> <u>Missing</u> _____ .3 ea -B VP _____ .1 ea -A VP _____ .5 ea -SR _____ .5 ea -'RE' <hr/> <b>Thru-out</b> Art ↑.3    Foot ↑.2    MM≠Sync ↑.3 Dyn ↑.2    Pos/Flx ↑.3    Rhy ↑.2    MM≠Relate ↑.2