

BARS	CAST*	RESTRICTED ELEMENTS 'RE':	Allowable "Cs" = B	VP
7	Credit given if cast is at or above 45°	No other C/D/E skills allowed	Cast HS ½ Toe-on HS ± ½	A (5) 0.1
	Normal cast amplitude deductions apply	No VP credit & 0.5 off SV	Clear Hip HS ± ½ Stalder HS ± ½	B (2) 0.3
	Below 45° = No SR & deduct 0.25-0.3 amplitude	If 'RE' is Dismount, also -0.3 off SV	SR of 2 B clear circles same or different	

A	B	
		LEVEL 7 SR 0.5 ea
		Cast to Handstand* _____
		B Clear Circle 360o _____
		B Clear 3/6/7 circle 360o _____
		Dismount "A" Salto _____
		10.0 SV <u>Missing</u>
		_____ .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 to Handstand* _____
		B Clear Circle 360o _____
		B Clear 3/6/7 circle 360o _____
		Dismount "A" Salto _____
		10.0 SV <u>Missing</u>
		_____ .3 ea -B VP
		_____ .1 ea -A VP
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		Dismount "A" Salto _____
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BEAM

7

Time	ACRO Series (2 VP)	Allowed / Restricted 'RE':	VP
1:30 warm-up / 1:20 compete	Series w/wo Flight Gps 5/6/7, 1 must achieve HS Not in Mount or Dismount Handstand without turn must be held 2 seconds.	1st C Dance Element = B	A (5) 0.1
		No other C/D/E skills allowed = 'RE' If 'RE' Dismount, then -0.3 off SV	B (2) 0.3

Acro Flight may be in series or isolated

A

B

LEVEL 7 SR 0.5 ea

Acro Series- w/wo flight
AND 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 7 SR 0.5 ea

Acro Series- w/wo flight
AND 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
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 _____ .5 ea -'RE'
 _____ 0.3 No Dmt

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

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 _____ .5 ea -'RE'
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 Pas/Flx ↑.3 Rhy ↑.2 Sure ↑.2

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AND 1 Acro Flight Element _____
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Acro Flight may be in series or isolated

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AND 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
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 _____ .5 ea -'RE'
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Thru-out Art ↑.3 Foot ↑.2 Dyn ↑.2
 Pas/Flx ↑.3 Rhy ↑.2 Sure ↑.2

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 Pas/Flx ↑.3 Rhy ↑.2 Sure ↑.2

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Acro Series- w/wo flight
AND 1 Acro Flight Element _____
 Leap or Jump 180° Split _____
 Full Turn on 1 foot _____
 Dismount "A" Salto/Aerial _____

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

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Acro Series- w/wo flight
AND 1 Acro Flight Element _____
 Leap or Jump 180° Split _____
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10.0 SV _____ .3 ea -B VP
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 _____ .5 ea -'RE'
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Thru-out Art ↑.3 Foot ↑.2 Dyn ↑.2
 Pas/Flx ↑.3 Rhy ↑.2 Sure ↑.2

FLOOR	Dance Passage	ACRO Series	Allowed / Restricted 'RE':	VP
7	Must be 2 different Group 1 VP one must be a Leap with 180o split in cross or side	Bwd Acro Series: 3 flight skills with Layout 2 ft	1st C Dance Element = B	A (5) 0.1
		Fwd Acro series: 2 flight skills with Salto/Aerial NO Dive Rolls	No other C/D/E skills allowed = 'RE' No VP credit & 0.5 off SV	B (2) 0.3

A

B

LEVEL 7 SR 0.5 ea

Acro Series -Bwd Layout 2 ft _____

Fwd Acro Series- Salto/Aer _____

Dance Passage -180° Leap _____

Full Turn on 1 foot _____

10.0 SV Missing

_____.3 ea -B VP

_____.1 ea -A VP

_____.5 ea -SR

_____.5 ea -'RE'

Thru-out Art ↑.3 Foot ↑.2 MM≠Sync ↑.3

Dyn ↑.2 Pas/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2

A

B

LEVEL 7 SR 0.5 ea

Acro Series -Bwd Layout 2 ft _____

Fwd Acro Series- Salto/Aer _____

Dance Passage -180° Leap _____

Full Turn on 1 foot _____

10.0 SV Missing

_____.3 ea -B VP

_____.1 ea -A VP

_____.5 ea -SR

_____.5 ea -'RE'

Thru-out Art ↑.3 Foot ↑.2 MM≠Sync ↑.3

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A

B

LEVEL 7 SR 0.5 ea

Acro Series -Bwd Layout 2 ft _____

Fwd Acro Series- Salto/Aer _____

Dance Passage -180° Leap _____

Full Turn on 1 foot _____

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Fwd Acro Series- Salto/Aer _____

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		Fwd Acro series: 2 flight skills with Salto/Aerial NO Dive Rolls	No other C/D/E skills allowed = 'RE' No VP credit & 0.5 off SV	B (2) 0.3

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LEVEL 7 SR 0.5 ea

Acro Series -Bwd Layout 2 ft _____

Fwd Acro Series- Salto/Aer _____

Dance Passage -180° Leap _____

Full Turn on 1 foot _____

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