

BARS**XB**

Time	ADDITIONAL 'A' SKILLS				RESTRICTED 'RE'
0:30 warm-up	Pullover LB - <i>run OK</i>	1-leg Jam Kip - <i>run-out OK</i>	Cast - <i>Hips off bars</i>	DMT: Cast-off to stand* (1 VP)	No 'B' skills No HB skills
	Jump on - <i>Front supt</i>	Stride Circle - <i>fwd / bwd</i>	Cast shoot-thru* (1 VP)	DMT: Fwd ¾ Circle to stand	No LB Giants
	Glide swing to stand	Basket Swing - <i>bent leg OK</i>	Cast squat-on* (1 VP)	DMT: Stretch Jump off	No Salto Dismount
	Run-out Kip	Leg Swing - <i>bwd</i>	Leg Cut - <i>fwd / bwd</i>	<i>other casts before a skill = 2 VP</i>	No VP credit & 0.5 off SV

*No extra swing deductions**Maximum execution deductions: 4.0**Courtesy Score: 4.0***X Bronze SR 0.5 ea**

4 'A' VP _____

Cast - *Hips leave bars* _____
- *Not Mt/Dmt*360° Circle - *No Mt/Dmt* _____LB Dismount - *No Salto* _____**10.0 SV**

_____ .5 ea -SR

_____ .5 ea -'RE'

Thru-out Dynamics ↑.2**X Bronze SR 0.5 ea**

4 'A' VP _____

Cast - *Hips leave bars* _____
- *Not Mt/Dmt*360° Circle - *No Mt/Dmt* _____LB Dismount - *No Salto* _____**10.0 SV**

_____ .5 ea -SR

_____ .5 ea -'RE'

Thru-out Dynamics ↑.2**X Bronze SR 0.5 ea**

4 'A' VP _____

Cast - *Hips leave bars* _____
- *Not Mt/Dmt*360° Circle - *No Mt/Dmt* _____LB Dismount - *No Salto* _____**10.0 SV**

_____ .5 ea -SR

_____ .5 ea -'RE'

Thru-out Dynamics ↑.2**X Bronze SR 0.5 ea**

4 'A' VP _____

Cast - *Hips leave bars* _____
- *Not Mt/Dmt*360° Circle - *No Mt/Dmt* _____LB Dismount - *No Salto* _____**10.0 SV**

_____ .5 ea -SR

_____ .5 ea -'RE'

Thru-out Dynamics ↑.2

BARS**XB**

Time	ADDITIONAL 'A' SKILLS				RESTRICTED 'RE'
0:30 warm-up	Pullover LB - <i>run OK</i>	1-leg Jam Kip - <i>run-out OK</i>	Cast - <i>Hips off bars</i>	DMT: Cast-off to stand* (1 VP)	No 'B' skills No HB skills
	Jump on - <i>Front supt</i>	Stride Circle - <i>fwd / bwd</i>	Cast shoot-thru* (1 VP)	DMT: Fwd ¾ Circle to stand	No LB Giants
	Glide swing to stand	Basket Swing - <i>bent leg OK</i>	Cast squat-on* (1 VP)	DMT: Stretch Jump off	No Salto Dismount
	Run-out Kip	Leg Swing - <i>bwd</i>	Leg Cut - <i>fwd / bwd</i>	<i>other casts before a skill = 2 VP</i>	No VP credit & 0.5 off SV

*No extra swing deductions**Maximum execution deductions: 4.0**Courtesy Score: 4.0***X Bronze SR 0.5 ea**

4 'A' VP _____

Cast - *Hips leave bars* _____
- *Not Mt/Dmt*360° Circle - *No Mt/Dmt* _____LB Dismount - *No Salto* _____**10.0 SV**

_____ .5 ea -SR

_____ .5 ea -'RE'

Thru-out Dynamics ↑.2**X Bronze SR 0.5 ea**

4 'A' VP _____

Cast - *Hips leave bars* _____
- *Not Mt/Dmt*360° Circle - *No Mt/Dmt* _____LB Dismount - *No Salto* _____**10.0 SV**

_____ .5 ea -SR

_____ .5 ea -'RE'

Thru-out Dynamics ↑.2**X Bronze SR 0.5 ea**

4 'A' VP _____

Cast - *Hips leave bars* _____
- *Not Mt/Dmt*360° Circle - *No Mt/Dmt* _____LB Dismount - *No Salto* _____**10.0 SV**

_____ .5 ea -SR

_____ .5 ea -'RE'

Thru-out Dynamics ↑.2**X Bronze SR 0.5 ea**

4 'A' VP _____

Cast - *Hips leave bars* _____
- *Not Mt/Dmt*360° Circle - *No Mt/Dmt* _____LB Dismount - *No Salto* _____**10.0 SV**

_____ .5 ea -SR

_____ .5 ea -'RE'

Thru-out Dynamics ↑.2

BARS**XS**

Time	ADDITIONAL 'A' SKILLS				RESTRICTED 'RE'
0:45 warm-up	Pullover LB/HB	Long Hang Pullover	Tapswing-counter	DMT: Tapswing fwd ½ turn	No 'B' skills
	Glide swing -stand	Stride Circle - fwd / bwd	Underswing-counter	DMT: Bwd ¾ Seat circle LB	No Giants LB or HB
	Run-out Kip	Basket swing - bent leg OK	Cast -45° below horizontal	DMT: Stretch Jump off	No Salto Dismount
	1-leg Jam Kip Run-out OK	Leg Cut - fwd / bwd Leg Swing - bwd	Cast shoot-thru* (1 VP) Cast squat-on* (1 VP)	other casts before a skill = 2 VP	No VP credit & 0.5 off SV

No extra swing deductions

Maximum execution deductions: 4.0

Courtesy Score: 4.0

X SILVER SR 0.5 ea

5 'A' VP

Cast - 45° below horiz

- Not Mt/Dmt

360° Circle -No Mt/Dmt

Dismount LB/HB -No salto

10.0 SV

.5 ea -SR

.5 ea -'RE'

.3 No Dmt

Thru-out

Dynamics ↑.2

X SILVER SR 0.5 ea

5 'A' VP

Cast - 45° below horiz

- Not Mt/Dmt

360° Circle -No Mt/Dmt

Dismount LB/HB -No salto

10.0 SV

.5 ea -SR

.5 ea -'RE'

.3 No Dmt

Thru-out

Dynamics ↑.2

X SILVER SR 0.5 ea

5 'A' VP

Cast - 45° below horiz

- Not Mt/Dmt

360° Circle -No Mt/Dmt

Dismount LB/HB -No salto

10.0 SV

.5 ea -SR

.5 ea -'RE'

.3 No Dmt

Thru-out

Dynamics ↑.2

X SILVER SR 0.5 ea

5 'A' VP

Cast - 45° below horiz

- Not Mt/Dmt

360° Circle -No Mt/Dmt

Dismount LB/HB -No salto

10.0 SV

.5 ea -SR

.5 ea -'RE'

.3 No Dmt

Thru-out

Dynamics ↑.2

BARS**XS**

Time	ADDITIONAL 'A' SKILLS				RESTRICTED 'RE'
0:45 warm-up	Pullover LB/HB	Long Hang Pullover	Tapswing-counter	DMT: Tapswing fwd ½ turn	No 'B' skills
	Glide swing -stand	Stride Circle - fwd / bwd	Underswing-counter	DMT: Bwd ¾ Seat circle LB	No Giants LB or HB
	Run-out Kip	Basket swing - bent leg OK	Cast -45° below horizontal	DMT: Stretch Jump off	No Salto Dismount
	1-leg Jam Kip Run-out OK	Leg Cut - fwd / bwd Leg Swing - bwd	Cast shoot-thru* (1 VP) Cast squat-on* (1 VP)	other casts before a skill = 2 VP	No VP credit & 0.5 off SV

No extra swing deductions

Maximum execution deductions: 4.0

Courtesy Score: 4.0

X SILVER SR 0.5 ea

5 'A' VP

Cast - 45° below horiz

- Not Mt/Dmt

360° Circle -No Mt/Dmt

Dismount LB/HB -No salto

10.0 SV

.5 ea -SR

.5 ea -'RE'

.3 No Dmt

Thru-out

Dynamics ↑.2

X SILVER SR 0.5 ea

5 'A' VP

Cast - 45° below horiz

- Not Mt/Dmt

360° Circle -No Mt/Dmt

Dismount LB/HB -No salto

10.0 SV

.5 ea -SR

.5 ea -'RE'

.3 No Dmt

Thru-out

Dynamics ↑.2

X SILVER SR 0.5 ea

5 'A' VP

Cast - 45° below horiz

- Not Mt/Dmt

360° Circle -No Mt/Dmt

Dismount LB/HB -No salto

10.0 SV

.5 ea -SR

.5 ea -'RE'

.3 No Dmt

Thru-out

Dynamics ↑.2

X SILVER SR 0.5 ea

5 'A' VP

Cast - 45° below horiz

- Not Mt/Dmt

360° Circle -No Mt/Dmt

Dismount LB/HB -No salto

10.0 SV

.5 ea -SR

.5 ea -'RE'

.3 No Dmt

Thru-out

Dynamics ↑.2

BARS

XG

Time	ADDITIONAL 'A' SKILLS			RESTRICTED 'RE'
1:00 warm-up	Pullover LB/HB	Long Hang Pullover	Tapswing-counter	DMT: Tapswing fwd ½ turn
	Glide swing -stand	Stride Circle - fwd / bwd	Underswing-counter	Cast shoot-thru* (1 VP)
	Run-out Kip	Basket swing - Straight leg!	Cast ≥ horizontal	Cast squat-on* (1 VP)
	1-leg Jam Kip	Leg Cut - fwd / bwd		other casts before a skill = 2 VP

No extra swing deductions

Maximum execution deductions: 4.0

Courtesy Score: 4.0

X GOLD SR 0.5 ea

6 'A' VP _____

Skill to front support horizontal
- Not Mt/Dmt _____

360° Circle -Not Mt/Dmt _____

Dismount HB _____

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

_____ .3 No Dmt

Thru-out Dynamics ↑ .2

X GOLD SR 0.5 ea

6 'A' VP _____

Skill to front support horizontal
- Not Mt/Dmt _____

360° Circle -Not Mt/Dmt _____

Dismount HB _____

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

_____ .3 No Dmt

Thru-out Dynamics ↑ .2

X GOLD SR 0.5 ea

6 'A' VP _____

Skill to front support horizontal
- Not Mt/Dmt _____

360° Circle -Not Mt/Dmt _____

Dismount HB _____

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

_____ .3 No Dmt

Thru-out Dynamics ↑ .2

X GOLD SR 0.5 ea

6 'A' VP _____

Skill to front support horizontal
- Not Mt/Dmt _____

360° Circle -Not Mt/Dmt _____

Dismount HB _____

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

_____ .3 No Dmt

Thru-out Dynamics ↑ .2

BARS

XG

Time	ADDITIONAL 'A' SKILLS			RESTRICTED 'RE'
1:00 warm-up	Pullover LB/HB	Long Hang Pullover	Tapswing-counter	DMT: Tapswing fwd ½ turn
	Glide swing -stand	Stride Circle - fwd / bwd	Underswing-counter	Cast shoot-thru* (1 VP)
	Run-out Kip	Basket swing - Straight leg!	Cast ≥ horizontal	Cast squat-on* (1 VP)
	1-leg Jam Kip	Leg Cut - fwd / bwd		other casts before a skill = 2 VP

No extra swing deductions

Maximum execution deductions: 4.0

Courtesy Score: 4.0

X GOLD SR 0.5 ea

6 'A' VP _____

Skill to front support horizontal
- Not Mt/Dmt _____

360° Circle -Not Mt/Dmt _____

Dismount HB _____

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

_____ .3 No Dmt

Thru-out Dynamics ↑ .2

X GOLD SR 0.5 ea

6 'A' VP _____

Skill to front support horizontal
- Not Mt/Dmt _____

360° Circle -Not Mt/Dmt _____

Dismount HB _____

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

_____ .3 No Dmt

Thru-out Dynamics ↑ .2

X GOLD SR 0.5 ea

6 'A' VP _____

Skill to front support horizontal
- Not Mt/Dmt _____

360° Circle -Not Mt/Dmt _____

Dismount HB _____

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

_____ .3 No Dmt

Thru-out Dynamics ↑ .2

X GOLD SR 0.5 ea

6 'A' VP _____

Skill to front support horizontal
- Not Mt/Dmt _____

360° Circle -Not Mt/Dmt _____

Dismount HB _____

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

_____ .3 No Dmt

Thru-out Dynamics ↑ .2

BARS

XP

		RESTRICTED 'RE'	VP
Long Hang Pullover from cast = 360° circle	May perform 1 Tap/Underswing - Counterswing	No C or higher VP*	A (6) 0.1
Clear Hip Handstand = Allowable C	without deduction <i>Additional = extra swing - 0.3</i>	<i>except Clear hip HS</i>	B (1) 0.3
Cast 89° - 21° from vertical = A	Cast squat-on = 1 VP	No VP & 0.5 off SV	

Maximum execution deductions: 4.0

Courtesy Score: 4.0

A

B

X PLATINUM SR 0.5 ea

Kip _____

Skill to front support ↑ horizontal
- Not Mt/Dmt

360° Circle -Not Mt/Dmt _____

Dismount HB _____

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

A

B

X PLATINUM SR 0.5 ea

Kip _____

Skill to front support ↑ horizontal
- Not Mt/Dmt

360° Circle -Not Mt/Dmt _____

Dismount HB _____

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

A

B

X PLATINUM SR 0.5 ea

Kip _____

Skill to front support ↑ horizontal
- Not Mt/Dmt

360° Circle -Not Mt/Dmt _____

Dismount HB _____

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

BARS

XP

		RESTRICTED 'RE'	VP
Long Hang Pullover from cast = 360° circle	May perform 1 Tap/Underswing - Counterswing	No C or higher VP*	A (6) 0.1
Clear Hip Handstand = Allowable C	without deduction <i>Additional = extra swing - 0.3</i>	<i>except Clear hip HS</i>	B (1) 0.3
Cast 89° - 21° from vertical = A	Cast squat-on = 1 VP	No VP & 0.5 off SV	

Maximum execution deductions: 4.0

Courtesy Score: 4.0

A

B

X PLATINUM SR 0.5 ea

Kip _____

Skill to front support ↑ horizontal
- Not Mt/Dmt

360° Circle -Not Mt/Dmt _____

Dismount HB _____

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

A

B

X PLATINUM SR 0.5 ea

Kip _____

Skill to front support ↑ horizontal
- Not Mt/Dmt

360° Circle -Not Mt/Dmt _____

Dismount HB _____

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

A

B

X PLATINUM SR 0.5 ea

Kip _____

Skill to front support ↑ horizontal
- Not Mt/Dmt

360° Circle -Not Mt/Dmt _____

Dismount HB _____

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

BARS

XD

		RESTRICTED 'RE'	VP
Long Hang Pullover from cast = 360° circle	Tap/Underswing-Counterswing = -0.3 extra swing	One 'D' VP allowed	A (5) 0.1
Cast 45° - 21° from vertical = A		No 'E' VP	B (2) 0.3
Cast squat-on = 1 VP		No VP & 0.5 off SV	2:00 warm-up

Maximum execution deductions: 4.0

Courtesy Score: 4.0

A

B

X DIAMOND SR 0.5 ea

Skill to front support

- 45° of Vertical, not Mt/Dmt

360° Circle - Not Mt/Dmt

'B' Skill: 2nd 360° circle

or Pirouette / or Release

Dismount HB -salto / hecht

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

A

B

X DIAMOND SR 0.5 ea

Skill to front support

- 45° of Vertical, not Mt/Dmt

360° Circle - Not Mt/Dmt

'B' Skill: 2nd 360° circle

or Pirouette / or Release

Dismount HB -salto / hecht

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

A

B

X DIAMOND SR 0.5 ea

Skill to front support

- 45° of Vertical, not Mt/Dmt

360° Circle - Not Mt/Dmt

'B' Skill: 2nd 360° circle

or Pirouette / or Release

Dismount HB -salto / hecht

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

BARS

XD

Long Hang Pullover from cast = 360° circle	Tap/Underswing-Counterswing = -0.3 extra swing	RESTRICTED 'RE'	VP
Cast 45° - 21° from vertical = A		One 'D' VP allowed	A (5) 0.1
Cast squat-on = 1 VP		No 'E' VP	B (2) 0.3
		No VP & 0.5 off SV	

Maximum execution deductions: 4.0

Courtesy Score: 4.0

A

B

X DIAMOND SR 0.5 ea

Skill to front support

- 45° of Vertical, not Mt/Dmt

360° Circle - Not Mt/Dmt

'B' Skill: 2nd 360° circle

or Pirouette / or Release

Dismount HB -salto / hecht

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

A

B

X DIAMOND SR 0.5 ea

Skill to front support

- 45° of Vertical, not Mt/Dmt

360° Circle - Not Mt/Dmt

'B' Skill: 2nd 360° circle

or Pirouette / or Release

Dismount HB -salto / hecht

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

A

B

X DIAMOND SR 0.5 ea

Skill to front support

- 45° of Vertical, not Mt/Dmt

360° Circle - Not Mt/Dmt

'B' Skill: 2nd 360° circle

or Pirouette / or Release

Dismount HB -salto / hecht

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

BEAM

XB

Time	ADDITIONAL 'A' SKILLS				RESTRICTED 'RE'
0:30 warm-up	Stag/Stride leap	Pivot ½Turn	Partial HS -1 Leg 45°	Vertical HS any leg pos -no hold	No 'B' skills allowed
0:45 compete	Cross Split jump	Squat ½Turn	Lever to touch BB	DMT- Any Jump ↑360° turn	No Walkovers
	Cross Straddle	1-foot ½Turn	Bridge from Lying	DMT- Cartweel Partial HS 45°	No Salto/Aerial Dismount
	any split angle	Heel Snap ½Turn	Swing Turn fwd or bwd	DMT- Cartweel HS ¼ turn - mark	No VP credit & 0.5 off SV

Any Mount = A Maximum execution deductions: 4.0 Courtesy Score: 4.0

X Bronze SR 0.5 ea

1 Acro Skill - non-flight _____
 Leap or Jump on BB _____
 ½ Turn on 1-2 feet _____
 Dismount -No Salto/Aer _____

10.0 SV

_____ .5 ea -SR
 _____ .5 ea -'RE'

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

X Bronze SR 0.5 ea

1 Acro Skill - non-flight _____
 Leap or Jump on BB _____
 ½ Turn on 1-2 feet _____
 Dismount -No Salto/Aer _____

10.0 SV

_____ .5 ea -SR
 _____ .5 ea -'RE'

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

X Bronze SR 0.5 ea

1 Acro Skill - non-flight _____
 Leap or Jump on BB _____
 ½ Turn on 1-2 feet _____
 Dismount -No Salto/Aer _____

10.0 SV

_____ .5 ea -SR
 _____ .5 ea -'RE'

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

X Bronze SR 0.5 ea

1 Acro Skill - non-flight _____
 Leap or Jump on BB _____
 ½ Turn on 1-2 feet _____
 Dismount -No Salto/Aer _____

10.0 SV

_____ .5 ea -SR
 _____ .5 ea -'RE'

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

BEAM

XB

Time	ADDITIONAL 'A' SKILLS				RESTRICTED 'RE'
0:30 warm-up	Stag/Stride leap	Pivot ½Turn	Partial HS -1 Leg 45°	Vertical HS any leg pos -no hold	No 'B' skills allowed
0:45 compete	Cross Split jump	Squat ½Turn	Lever to touch BB	DMT- Any Jump ↑360° turn	No Walkovers
	Cross Straddle	1-foot ½Turn	Bridge from Lying	DMT- Cartweel Partial HS 45°	No Salto/Aerial Dismount
	any split angle	Heel Snap ½Turn	Swing Turn fwd or bwd	DMT- Cartweel HS ¼ turn - mark	No VP credit & 0.5 off SV

Any Mount = A Maximum execution deductions: 4.0 Courtesy Score: 4.0

X Bronze SR 0.5 ea

1 Acro Skill - non-flight _____
 Leap or Jump on BB _____
 ½ Turn on 1-2 feet _____
 Dismount -No Salto/Aer _____

10.0 SV

_____ .5 ea -SR
 _____ .5 ea -'RE'

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

X Bronze SR 0.5 ea

1 Acro Skill - non-flight _____
 Leap or Jump on BB _____
 ½ Turn on 1-2 feet _____
 Dismount -No Salto/Aer _____

10.0 SV

_____ .5 ea -SR
 _____ .5 ea -'RE'

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

X Bronze SR 0.5 ea

1 Acro Skill - non-flight _____
 Leap or Jump on BB _____
 ½ Turn on 1-2 feet _____
 Dismount -No Salto/Aer _____

10.0 SV

_____ .5 ea -SR
 _____ .5 ea -'RE'

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

X Bronze SR 0.5 ea

1 Acro Skill - non-flight _____
 Leap or Jump on BB _____
 ½ Turn on 1-2 feet _____
 Dismount -No Salto/Aer _____

10.0 SV

_____ .5 ea -SR
 _____ .5 ea -'RE'

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

BEAM**XS**

Time	ADDITIONAL 'A' SKILLS				RESTRICTED 'RE'
0:45 warm-up	Stag/Stride leap	1-foot ½Turn	Vertical HS	<i>any leg pos -no hold</i>	No 'B' Acro Skills
0:50 compete	Cross Split jump	Heel Snap ½Turn	Partial HS	-1 Leg 45° DMT- Any Jump ↑360° turn	No 'C' or higher skills
	Cross Straddle	Swing Turn fwd/bwd		DMT- Cartweel Partial HS 45°	
	90° angle	Bridge from Lying	Any Mount	DMT- Cartweel HS ¼ turn - mark	No VP credit & 0.5 off SV

Maximum execution deductions: 4.0

Courtesy Score: 4.0

X SILVER SR 0.5 ea

1 Acro Skill - non-flight

Leap or Jump 90° on BB

½ Turn on 1 foot

Dismount

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

_____ .3 No Dmt

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

X SILVER SR 0.5 ea

1 Acro Skill - non-flight

Leap or Jump 90° on BB

½ Turn on 1 foot

Dismount

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

_____ .3 No Dmt

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

X SILVER SR 0.5 ea

1 Acro Skill - non-flight

Leap or Jump 90° on BB

½ Turn on 1 foot

Dismount

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

_____ .3 No Dmt

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

X SILVER SR 0.5 ea

1 Acro Skill - non-flight

Leap or Jump 90° on BB

½ Turn on 1 foot

Dismount

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

_____ .3 No Dmt

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

BEAM**XS**

Time	ADDITIONAL 'A' SKILLS				RESTRICTED 'RE'
0:45 warm-up	Stag/Stride leap	1-foot ½Turn	Vertical HS	<i>any leg pos -no hold</i>	No 'B' Acro Skills
0:50 compete	Cross Split jump	Heel Snap ½Turn	Partial HS	-1 Leg 45° DMT- Any Jump ↑360° turn	No 'C' or higher skills
	Cross Straddle	Swing Turn fwd/bwd		DMT- Cartweel Partial HS 45°	
	90° angle	Bridge from Lying	Any Mount	DMT- Cartweel HS ¼ turn - mark	No VP credit & 0.5 off SV

Maximum execution deductions: 4.0

Courtesy Score: 4.0

X SILVER SR 0.5 ea

1 Acro Skill - non-flight

Leap or Jump 90° on BB

½ Turn on 1 foot

Dismount

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

_____ .3 No Dmt

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

X SILVER SR 0.5 ea

1 Acro Skill - non-flight

Leap or Jump 90° on BB

½ Turn on 1 foot

Dismount

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

_____ .3 No Dmt

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

X SILVER SR 0.5 ea

1 Acro Skill - non-flight

Leap or Jump 90° on BB

½ Turn on 1 foot

Dismount

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

_____ .3 No Dmt

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

X SILVER SR 0.5 ea

1 Acro Skill - non-flight

Leap or Jump 90° on BB

½ Turn on 1 foot

Dismount

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

_____ .3 No Dmt

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

BEAM

XG

Time	ADDITIONAL 'A' SKILLS		RESTRICTED 'RE'
1:00 warm-up 1:00 compete	Vertical HS <i>any leg pos -no hold</i> Partial HS -1 Leg 45° Leaps/Jumps 120°	DMT- Cartweel HS ¼ turn Any Mount	Acro must start and end on BB All handstands regardless of angle are the same skill

Maximum execution deductions: 4.0

Courtesy Score: 4.0

X GOLD SR 0.5 ea

2 Acro Skills -isolated or in series w/wo flight, 1 must achieve vertical

2 Leaps/Jumps -one 120° split
-2 Different isolate or connect

1/1 Turn on 1 foot

Dismount

10.0 SV

_____ .5 ea -SR
 _____ .5 ea -'RE'
 _____ .3 No Dmt

Thru-out

Art ↑.3 Foot ↑.2 Dyn ↑.2
 Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2

X GOLD SR 0.5 ea

2 Acro Skills -isolated or in series w/wo flight, 1 must achieve vertical

2 Leaps/Jumps -one 120° split
-2 Different isolate or connect

1/1 Turn on 1 foot

Dismount

10.0 SV

_____ .5 ea -SR
 _____ .5 ea -'RE'
 _____ .3 No Dmt

Thru-out

Art ↑.3 Foot ↑.2 Dyn ↑.2
 Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2

X GOLD SR 0.5 ea

2 Acro Skills -isolated or in series w/wo flight, 1 must achieve vertical

2 Leaps/Jumps -one 120° split
-2 Different isolate or connect

1/1 Turn on 1 foot

Dismount

10.0 SV

_____ .5 ea -SR
 _____ .5 ea -'RE'
 _____ .3 No Dmt

Thru-out

Art ↑.3 Foot ↑.2 Dyn ↑.2
 Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2

X GOLD SR 0.5 ea

2 Acro Skills -isolated or in series w/wo flight, 1 must achieve vertical

2 Leaps/Jumps -one 120° split
-2 Different isolate or connect

1/1 Turn on 1 foot

Dismount

10.0 SV

_____ .5 ea -SR
 _____ .5 ea -'RE'
 _____ .3 No Dmt

Thru-out

Art ↑.3 Foot ↑.2 Dyn ↑.2
 Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2

BEAM

XG

Time	ADDITIONAL 'A' SKILLS		RESTRICTED 'RE'
1:00 warm-up 1:00 compete	Vertical HS <i>any leg pos -no hold</i> Partial HS -1 Leg 45° Leaps/Jumps 120°	DMT- Cartweel HS ¼ turn Any Mount	Acro must start and end on BB All handstands regardless of angle are the same skill

Maximum execution deductions: 4.0

Courtesy Score: 4.0

X GOLD SR 0.5 ea

2 Acro Skills -isolated or in series w/wo flight, 1 must achieve vertical

2 Leaps/Jumps -one 120° split
-2 Different isolate or connect

1/1 Turn on 1 foot

Dismount

10.0 SV

_____ .5 ea -SR
 _____ .5 ea -'RE'
 _____ .3 No Dmt

Thru-out

Art ↑.3 Foot ↑.2 Dyn ↑.2
 Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2

X GOLD SR 0.5 ea

2 Acro Skills -isolated or in series w/wo flight, 1 must achieve vertical

2 Leaps/Jumps -one 120° split
-2 Different isolate or connect

1/1 Turn on 1 foot

Dismount

10.0 SV

_____ .5 ea -SR
 _____ .5 ea -'RE'
 _____ .3 No Dmt

Thru-out

Art ↑.3 Foot ↑.2 Dyn ↑.2
 Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2

X GOLD SR 0.5 ea

2 Acro Skills -isolated or in series w/wo flight, 1 must achieve vertical

2 Leaps/Jumps -one 120° split
-2 Different isolate or connect

1/1 Turn on 1 foot

Dismount

10.0 SV

_____ .5 ea -SR
 _____ .5 ea -'RE'
 _____ .3 No Dmt

Thru-out

Art ↑.3 Foot ↑.2 Dyn ↑.2
 Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2

X GOLD SR 0.5 ea

2 Acro Skills -isolated or in series w/wo flight, 1 must achieve vertical

2 Leaps/Jumps -one 120° split
-2 Different isolate or connect

1/1 Turn on 1 foot

Dismount

10.0 SV

_____ .5 ea -SR
 _____ .5 ea -'RE'
 _____ .3 No Dmt

Thru-out

Art ↑.3 Foot ↑.2 Dyn ↑.2
 Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2

BEAM**XP**

Time				RESTRICTED 'RE'	VP
1:30 warm-up	Leaps / Jumps 120° = A	Dance Series Grp 1,2,3	Acro must start & end on Beam	No C Acro allowed	A (6) 0.1
1:15 compete	Any unlisted mount = A	-Same or different		No D or higher VP	B (1) 0.3
				No VP & 0.5 off SV	

Maximum execution deductions: 4.0

Courtesy Score: 4.0

A

B

X PLATINUM SR 0.5 ea

1 Acro Series - w/wo flight

OR 1 Acro Flight Skill -Iso or series

Dance Series - 2 VP

AND 120° Leap/Jump

Full Turn on 1 foot

Dismount

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
 Pos/Flx ↑.3 Rhy ↑.2 Sure ↑.2

A

B

X PLATINUM SR 0.5 ea

1 Acro Series - w/wo flight

OR 1 Acro Flight Skill -Iso or series

Dance Series - 2 VP

AND 120° Leap/Jump

Full Turn on 1 foot

Dismount

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
 Pos/Flx ↑.3 Rhy ↑.2 Sure ↑.2

A

B

X PLATINUM SR 0.5 ea

1 Acro Series - w/wo flight

OR 1 Acro Flight Skill -Iso or series

Dance Series - 2 VP

AND 120° Leap/Jump

Full Turn on 1 foot

Dismount

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
 Pos/Flx ↑.3 Rhy ↑.2 Sure ↑.2

BEAM

XP

Time				RESTRICTED 'RE'	VP
1:30 warm-up	Leaps / Jumps 120° = A	Dance Series Grp 1,2,3	Acro must start & end on Beam	No C Acro allowed	A (6) 0.1
1:15 compete	Any unlisted mount = A	-Same or different		No D or higher VP	B (1) 0.3
				No VP & 0.5 off SV	

Maximum execution deductions: 4.0

Courtesy Score: 4.0

A

B

X PLATINUM SR 0.5 ea

1 Acro Series - w/wo flight

OR 1 Acro Flight Skill -Iso or series

Dance Series - 2 VP

AND 120° Leap/Jump

Full Turn on 1 foot

Dismount

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

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

A

B

X PLATINUM SR 0.5 ea

1 Acro Series - w/wo flight

OR 1 Acro Flight Skill -Iso or series

Dance Series - 2 VP

AND 120° Leap/Jump

Full Turn on 1 foot

Dismount

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

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

A

B

X PLATINUM SR 0.5 ea

1 Acro Series - w/wo flight

OR 1 Acro Flight Skill -Iso or series

Dance Series - 2 VP

AND 120° Leap/Jump

Full Turn on 1 foot

Dismount

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

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

BEAM

XD

Time				RESTRICTED 'RE'	VP
2:00 warm-up 1:15 compete	Sissonne 150° = A Stag open Leap 150° = A Any unlisted mount = A	Dance Series Grp 1,2,3 -Same or different	Acro must start & end on BB Acro flight - iso or in series	One 'D' VP allowed No 'E' VP No VP & 0.5 off SV	A (5) 0.1 B (2) 0.3

Maximum execution deductions: 4.0

Courtesy Score: 4.0

A

B

X DIAMOND SR 0.5 ea

1 Acro Series - w/wo flight

AND 1 Acro Flight Skill

Dance Series - 2 VP

AND 150° Leap/Jump

Full Turn on 1 foot

Dismount - Salto or Aerial

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

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

A

B

X DIAMOND SR 0.5 ea

1 Acro Series - w/wo flight

AND 1 Acro Flight Skill

Dance Series - 2 VP

AND 150° Leap/Jump

Full Turn on 1 foot

Dismount - Salto or Aerial

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

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

A

B

X DIAMOND SR 0.5 ea

1 Acro Series - w/wo flight

AND 1 Acro Flight Skill

Dance Series - 2 VP

AND 150° Leap/Jump

Full Turn on 1 foot

Dismount - Salto or Aerial

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

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

BEAM

XD

Time				RESTRICTED 'RE'	VP
2:00 warm-up 1:15 compete	Sissonne 150° = A Stag open Leap 150° = A Any unlisted mount = A	Dance Series Grp 1,2,3 -Same or different	Acro must start & end on BB Acro flight - iso or in series	One 'D' VP allowed No 'E' VP No VP & 0.5 off SV	A (5) 0.1 B (2) 0.3

Maximum execution deductions: 4.0

Courtesy Score: 4.0

A

B

X DIAMOND SR 0.5 ea

1 Acro Series - w/wo flight

AND 1 Acro Flight Skill

Dance Series - 2 VP

AND 150° Leap/Jump

Full Turn on 1 foot

Dismount - Salto or 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
	Pos/Flx ↑.3	Rhy ↑.2	Sure ↑.2

A

B

X DIAMOND SR 0.5 ea

1 Acro Series - w/wo flight

AND 1 Acro Flight Skill

Dance Series - 2 VP

AND 150° Leap/Jump

Full Turn on 1 foot

Dismount - Salto or 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
	Pos/Flx ↑.3	Rhy ↑.2	Sure ↑.2

A

B

X DIAMOND SR 0.5 ea

1 Acro Series - w/wo flight

AND 1 Acro Flight Skill

Dance Series - 2 VP

AND 150° Leap/Jump

Full Turn on 1 foot

Dismount - Salto or 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
	Pos/Flx ↑.3	Rhy ↑.2	Sure ↑.2

FLOOR**XB**

Time	ADDITIONAL 'A' SKILLS			RESTRICTED 'RE'	
0:30 warm-up	Split jump 60°	Leg swing hop <i>horizontal</i>	Headstand	Bridge Kickover	No 'B' skills allowed
0:45 compete	Stride leap 60°		Vertical HS <i>any leg position</i>	Bwd Roll <i>to push-up</i>	No Saltos / Aerials
	Side leap ≥ 60°	1-foot ½ Turn	Partial HS <i>-Legs together 45°</i>		Max 2 Flight Skills
	Straddle ≥ 60°	Swing Turn <i> fwd or bwd</i>	RO-Rebound-Bwd Roll = <i>Acro series (only combo)</i>		No VP credit & 0.5 off SV

'B' Side/Straddle = A

Maximum execution deductions: 4.0

Courtesy Score: 4.0

X Bronze SR 0.5 ea

Acro Series -2 VP w/wo flight _____

2nd Acro Pass - 1 VP min _____

Dance Passage - 60° leap _____

½ Turn on 1 foot _____

10.0 SV

_____ .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

X Bronze SR 0.5 ea

Acro Series -2 VP w/wo flight _____

2nd Acro Pass - 1 VP min _____

Dance Passage - 60° leap _____

½ Turn on 1 foot _____

10.0 SV

_____ .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

X Bronze SR 0.5 ea

Acro Series -2 VP w/wo flight _____

2nd Acro Pass - 1 VP min _____

Dance Passage - 60° leap _____

½ Turn on 1 foot _____

10.0 SV

_____ .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

X Bronze SR 0.5 ea

Acro Series -2 VP w/wo flight _____

2nd Acro Pass - 1 VP min _____

Dance Passage - 60° leap _____

½ Turn on 1 foot _____

10.0 SV

_____ .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

FLOOR**XB**

Time	ADDITIONAL 'A' SKILLS			RESTRICTED 'RE'	
0:30 warm-up	Split jump 60°	Leg swing hop <i>horizontal</i>	Headstand	Bridge Kickover	No 'B' skills allowed
0:45 compete	Stride leap 60°		Vertical HS <i>any leg position</i>	Bwd Roll <i>to push-up</i>	No Saltos / Aerials
	Side leap ≥ 60°	1-foot ½ Turn	Partial HS <i>-Legs together 45°</i>		Max 2 Flight Skills
	Straddle ≥ 60°	Swing Turn <i> fwd or bwd</i>	RO-Rebound-Bwd Roll = <i>Acro series (only combo)</i>		No VP credit & 0.5 off SV

'B' Side/Straddle = A

Maximum execution deductions: 4.0

Courtesy Score: 4.0

X Bronze SR 0.5 ea

Acro Series -2 VP w/wo flight _____

2nd Acro Pass - 1 VP min _____

Dance Passage - 60° leap _____

½ Turn on 1 foot _____

10.0 SV

_____ .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

X Bronze SR 0.5 ea

Acro Series -2 VP w/wo flight _____

2nd Acro Pass - 1 VP min _____

Dance Passage - 60° leap _____

½ Turn on 1 foot _____

10.0 SV

_____ .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

X Bronze SR 0.5 ea

Acro Series -2 VP w/wo flight _____

2nd Acro Pass - 1 VP min _____

Dance Passage - 60° leap _____

½ Turn on 1 foot _____

10.0 SV

_____ .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

X Bronze SR 0.5 ea

Acro Series -2 VP w/wo flight _____

2nd Acro Pass - 1 VP min _____

Dance Passage - 60° leap _____

½ Turn on 1 foot _____

10.0 SV

_____ .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

FLOOR

XS

Time	ADDITIONAL 'A' SKILLS			RESTRICTED 'RE'
0:45 warm-up	Split jump 90°	Leg swing hop <i>horizontal</i>	Bridge Kickover	* Dive Roll
1:00 compete	Stride leap 90°	Headstand	Bwd Roll <i>to push-up</i>	does NOT fulfill
	Side leap 90°	Vertical Handstand - <i>mark HS</i>		Acro Flight
	Straddle 90°	RO-Rebound-Bwd Roll = <i>Acro series (only combo)</i>		Requirement

Maximum execution deductions: 4.0 Courtesy Score: 4.0

X SILVER SR 0.5 ea

Acro Series -2 VP 1 flight _____
 2nd Acro Pass -2 VP w/wo flight _____
OR 1 Acro Flight skill _____
 Dance Passage - 90° leap _____
 1/1 Turn on 1 foot _____

10.0 SV

_____ .5 ea -SR
 _____ .5 ea -'RE'

Thru-out Art ↑.3 Foot ↑.2 MM≠Sync ↑.3
 Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2

X SILVER SR 0.5 ea

Acro Series -2 VP 1 flight _____
 2nd Acro Pass -2 VP w/wo flight _____
OR 1 Acro Flight skill _____
 Dance Passage - 90° leap _____
 1/1 Turn on 1 foot _____

10.0 SV

_____ .5 ea -SR
 _____ .5 ea -'RE'

Thru-out Art ↑.3 Foot ↑.2 MM≠Sync ↑.3
 Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2

X SILVER SR 0.5 ea

Acro Series -2 VP 1 flight _____
 2nd Acro Pass -2 VP w/wo flight _____
OR 1 Acro Flight skill _____
 Dance Passage - 90° leap _____
 1/1 Turn on 1 foot _____

10.0 SV

_____ .5 ea -SR
 _____ .5 ea -'RE'

Thru-out Art ↑.3 Foot ↑.2 MM≠Sync ↑.3
 Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2

X SILVER SR 0.5 ea

Acro Series -2 VP 1 flight _____
 2nd Acro Pass -2 VP w/wo flight _____
OR 1 Acro Flight skill _____
 Dance Passage - 90° leap _____
 1/1 Turn on 1 foot _____

10.0 SV

_____ .5 ea -SR
 _____ .5 ea -'RE'

Thru-out Art ↑.3 Foot ↑.2 MM≠Sync ↑.3
 Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2

FLOOR

XS

Time	ADDITIONAL 'A' SKILLS			RESTRICTED 'RE'
0:45 warm-up	Split jump 90°	Leg swing hop <i>horizontal</i>	Bridge Kickover	* Dive Roll
1:00 compete	Stride leap 90°	Headstand	Bwd Roll <i>to push-up</i>	does NOT fulfill
	Side leap 90°	Vertical Handstand - <i>mark HS</i>		Acro Flight
	Straddle 90°	RO-Rebound-Bwd Roll = <i>Acro series (only combo)</i>		Requirement

Maximum execution deductions: 4.0 Courtesy Score: 4.0

X SILVER SR 0.5 ea

Acro Series -2 VP 1 flight _____
 2nd Acro Pass -2 VP w/wo flight _____
OR 1 Acro Flight skill _____
 Dance Passage - 90° leap _____
 1/1 Turn on 1 foot _____

10.0 SV

_____ .5 ea -SR
 _____ .5 ea -'RE'

Thru-out Art ↑.3 Foot ↑.2 MM≠Sync ↑.3
 Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2

X SILVER SR 0.5 ea

Acro Series -2 VP 1 flight _____
 2nd Acro Pass -2 VP w/wo flight _____
OR 1 Acro Flight skill _____
 Dance Passage - 90° leap _____
 1/1 Turn on 1 foot _____

10.0 SV

_____ .5 ea -SR
 _____ .5 ea -'RE'

Thru-out Art ↑.3 Foot ↑.2 MM≠Sync ↑.3
 Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2

X SILVER SR 0.5 ea

Acro Series -2 VP 1 flight _____
 2nd Acro Pass -2 VP w/wo flight _____
OR 1 Acro Flight skill _____
 Dance Passage - 90° leap _____
 1/1 Turn on 1 foot _____

10.0 SV

_____ .5 ea -SR
 _____ .5 ea -'RE'

Thru-out Art ↑.3 Foot ↑.2 MM≠Sync ↑.3
 Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2

X SILVER SR 0.5 ea

Acro Series -2 VP 1 flight _____
 2nd Acro Pass -2 VP w/wo flight _____
OR 1 Acro Flight skill _____
 Dance Passage - 90° leap _____
 1/1 Turn on 1 foot _____

10.0 SV

_____ .5 ea -SR
 _____ .5 ea -'RE'

Thru-out Art ↑.3 Foot ↑.2 MM≠Sync ↑.3
 Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2

FLOOR

XG

Time	ADDITIONAL 'A' SKILLS				RESTRICTED 'RE'
1:00 warm-up	Split jump 120°	Straddle jump 120°	Bridge Kickover	* Dive Roll	No 'B' Saltos
1:00 compete	Stride leap 120°	Leg swing hop <i>horizontal</i>	Bwd Roll <i>to push-up</i>	does NOT fulfill	No 'C' or higher skills
	Side leap 120°	Vertical Handstand - <i>mark</i>	Headstand	Acro Flight Req.	No VP credit & 0.5 off SV

Maximum execution deductions: 4.0

Courtesy Score: 4.0

X GOLD SR 0.5 ea

Acro Series -2 flight _____

2nd Acro Series -2 flight _____

OR a Salto / Aerial _____

Dance Passage - 120° leap _____

1/1 Turn on 1 foot _____

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

Thru-out Art ↑.3 Foot ↑.2 MM≠Sync ↑.3

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

X GOLD SR 0.5 ea

Acro Series -2 flight _____

2nd Acro Series -2 flight _____

OR a Salto / Aerial _____

Dance Passage - 120° leap _____

1/1 Turn on 1 foot _____

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

Thru-out Art ↑.3 Foot ↑.2 MM≠Sync ↑.3

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

X GOLD SR 0.5 ea

Acro Series -2 flight _____

2nd Acro Series -2 flight _____

OR a Salto / Aerial _____

Dance Passage - 120° leap _____

1/1 Turn on 1 foot _____

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

Thru-out Art ↑.3 Foot ↑.2 MM≠Sync ↑.3

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

X GOLD SR 0.5 ea

Acro Series -2 flight _____

2nd Acro Series -2 flight _____

OR a Salto / Aerial _____

Dance Passage - 120° leap _____

1/1 Turn on 1 foot _____

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

Thru-out Art ↑.3 Foot ↑.2 MM≠Sync ↑.3

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

FLOOR

XG

Time	ADDITIONAL 'A' SKILLS				RESTRICTED 'RE'
1:00 warm-up	Split jump 120°	Straddle jump 120°	Bridge Kickover	* Dive Roll	No 'B' Saltos
1:00 compete	Stride leap 120°	Leg swing hop <i>horizontal</i>	Bwd Roll <i>to push-up</i>	does NOT fulfill	No 'C' or higher skills
	Side leap 120°	Vertical Handstand - <i>mark</i>	Headstand	Acro Flight Req.	No VP credit & 0.5 off SV

Maximum execution deductions: 4.0

Courtesy Score: 4.0

X GOLD SR 0.5 ea

Acro Series -2 flight _____

2nd Acro Series -2 flight _____

OR a Salto / Aerial _____

Dance Passage - 120° leap _____

1/1 Turn on 1 foot _____

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

Thru-out Art ↑.3 Foot ↑.2 MM≠Sync ↑.3

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

X GOLD SR 0.5 ea

Acro Series -2 flight _____

2nd Acro Series -2 flight _____

OR a Salto / Aerial _____

Dance Passage - 120° leap _____

1/1 Turn on 1 foot _____

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

Thru-out Art ↑.3 Foot ↑.2 MM≠Sync ↑.3

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

X GOLD SR 0.5 ea

Acro Series -2 flight _____

2nd Acro Series -2 flight _____

OR a Salto / Aerial _____

Dance Passage - 120° leap _____

1/1 Turn on 1 foot _____

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

Thru-out Art ↑.3 Foot ↑.2 MM≠Sync ↑.3

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

X GOLD SR 0.5 ea

Acro Series -2 flight _____

2nd Acro Series -2 flight _____

OR a Salto / Aerial _____

Dance Passage - 120° leap _____

1/1 Turn on 1 foot _____

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

Thru-out Art ↑.3 Foot ↑.2 MM≠Sync ↑.3

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

FLOOR

XP

TIME	Dance Passage		RESTRICTED 'RE'	VP
2:00 Warm-up 1:30 compete	Must be 2 different Group 1 VP one must be a Leap with 150° split in cross or side	Leaps / jumps / hops within 20° of a 150° split = A	No C Acro skills No D or higher VP No VP & 0.5 off SV	A (6) 0.1 B (1) 0.3

Maximum execution deductions: 4.0

Courtesy Score: 4.0

A

B

X PLATINUM SR 0.5 ea

Acro Series -2 flight w Salto _____

2nd Acro Series -2 flight _____

OR a 'B' Salto _____

Dance Passage - 150° leap _____

1/1 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 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2

A

B

X PLATINUM SR 0.5 ea

Acro Series -2 flight w Salto _____

2nd Acro Series -2 flight _____

OR a 'B' Salto _____

Dance Passage - 150° leap _____

1/1 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 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2

A

B

X PLATINUM SR 0.5 ea

Acro Series -2 flight w Salto _____

2nd Acro Series -2 flight _____

OR a 'B' Salto _____

Dance Passage - 150° leap _____

1/1 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 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2

FLOOR

XP

TIME	Dance Passage		RESTRICTED 'RE'	VP
2:00 Warm-up 1:30 compete	Must be 2 different Group 1 VP one must be a Leap with 150° split in cross or side	Leaps / jumps / hops within 20° of a 150° split = A	No C Acro skills No D or higher VP No VP & 0.5 off SV	A (6) 0.1 B (1) 0.3

Maximum execution deductions: 4.0

Courtesy Score: 4.0

A

B

X PLATINUM SR 0.5 ea

Acro Series -2 flight w Salto _____

2nd Acro Series -2 flight _____

OR a 'B' Salto _____

Dance Passage - 150° leap _____

1/1 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 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2

A

B

X PLATINUM SR 0.5 ea

Acro Series -2 flight w Salto _____

2nd Acro Series -2 flight _____

OR a 'B' Salto _____

Dance Passage - 150° leap _____

1/1 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 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2

A

B

X PLATINUM SR 0.5 ea

Acro Series -2 flight w Salto _____

2nd Acro Series -2 flight _____

OR a 'B' Salto _____

Dance Passage - 150° leap _____

1/1 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 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2

FLOOR

XD

TIME	Dance Passage		RESTRICTED 'RE'	VP
2:00 Warm-up 1:30 compete	Must be 2 different Group 1 VP one must be a Leap with 150° split in cross or side	Leaps / jumps / hops within 20° of a 150° split = A	One 'D' VP allowed No 'E' VP No VP & 0.5 off SV	A (5) 0.1 B (2) 0.3

Maximum execution deductions: 4.0

Courtesy Score: 4.0

A

B

X DIAMOND SR 0.5 ea

2 Acro Flight Series _____

2 Different Saltos _____

- One 'B' Salto, may be in SR1

Dance Passage - 150° leap _____

'B' 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 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2

A

B

X DIAMOND SR 0.5 ea

2 Acro Flight Series _____

2 Different Saltos _____

- One 'B' Salto, may be in SR1

Dance Passage - 150° leap _____

'B' 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 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2

A

B

X DIAMOND SR 0.5 ea

2 Acro Flight Series _____

2 Different Saltos _____

- One 'B' Salto, may be in SR1

Dance Passage - 150° leap _____

'B' 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 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2

FLOOR

XD

TIME	Dance Passage		RESTRICTED 'RE'	VP
2:00 Warm-up 1:30 compete	Must be 2 different Group 1 VP one must be a Leap with 150° split in cross or side	Leaps / jumps / hops within 20° of a 150° split = A	One 'D' VP allowed No 'E' VP No VP & 0.5 off SV	A (5) 0.1 B (2) 0.3

Maximum execution deductions: 4.0

Courtesy Score: 4.0

A

B

X DIAMOND SR 0.5 ea

2 Acro Flight Series _____

2 Different Saltos _____

- One 'B' Salto, may be in SR1

Dance Passage - 150° leap _____

'B' 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 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2

A

B

X DIAMOND SR 0.5 ea

2 Acro Flight Series _____

2 Different Saltos _____

- One 'B' Salto, may be in SR1

Dance Passage - 150° leap _____

'B' 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 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2

A

B

X DIAMOND SR 0.5 ea

2 Acro Flight Series _____

2 Different Saltos _____

- One 'B' Salto, may be in SR1

Dance Passage - 150° leap _____

'B' 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 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2