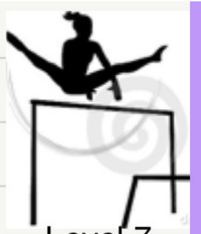
Level 6

1) Cast to Horizontal. 2) One Bar Change. 3). One Clear Circle from Groups 3.6.7. 4) A Dismount

5 A____ 1 B_____

RESTRICTION: As, Bs and Cast 1/2, Clear Hip, Sole Circle, Stalder also with 1/2



Level 7

1) Cast to 45°. 2) 2 360° Circles. One a B from Groups 3,6,7 4) A Salto or Hecht Dismount
5 A____ 2 B_____

RESTRICTION: As, Bs and Cast 1/2, Clear Hip, Sole Circle, Stalder also with 1/2

Level 8. SR 1)1 bar change SR 2/3) 2 “B” elements: A) Flight or LA turn, B) 360° circle SR 4) “A” Dismount

4 A____ 4B_____

Restrictions: As, Bs, Cast HS, Clear Hip HS, Stalder HS, Toe-On HS also with 1/2 turn allowed

Uncharacteristic each (0.10) _____ 3/4 front giant (.10) _____ Element to vertical (.20) _____ UTL Dismount (^.10)____

Uncharacteristic each (0.10) _____ 3/4 front giant (.10) _____ Element to vertical (.20) _____ UTL Dismount (^.10)____

1) 2 bar changes. 2) B flight. 3).C flight or B LA turn. 4) B Dismount. +0.10. +0.20
3 A_____ 4 B _____. 1 C_____. Restriction: 1 D, 1/1 Ds ok. C+C. C+ C w/ turn/flight

Level 9

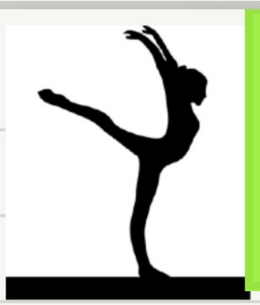
Direction (0.10)_____Uncharacteristic (0.10)_____3/4 Giant (0.10)_____Choice 2/3 (^.2)_____Dismount choice (^.1)_____Dynamics (^.2)_____

Direction (0.10)_____Uncharacteristic (0.10)_____3/4 Giant (0.10)_____Choice 2/3 (^.2)_____Dismount choice (^.1)_____Dynamics (^.2)

Level 10 1. C flight. 2. B flight. 3. LA turn. 4. C dismount. 3 A____ 3 B____ 2 C____. +0.10. C+C (367)(turn/flight). C + D +0.20 D + D

Release UTL(2)___2/3(2)____ Dismt UTL(1)____Direction(1)___Uncharacteristic(1)___> 1 sq.on(1)___3/4 giant(1)____2 Bar Change(2)____Dynamics___

Release UTL(2)___2/3(2)____ Dismt UTL(1)____Direction(1)___Uncharacteristic(1)___> 1 sq.on(1)___3/4 giant(1)____2 Bar Change(2)____Dynamics___



Level 6 Beam.

1) Acro Element. 2) Leap. 3) 306° turn. 4) A Dismount

Restriction: As and Bs.

5 A_____. 1 B_____

Level 7 Beam.

1) Acro Series. 2) Leap. 3) 306° turn. 4) A Dismount

5 A_____. 2 B_____

Restriction: As and Bs. 1 C Dance allowed

Balance Beam.
Level 8

1) Acro Series. 2) Leap 3) Turn 4) A Dismount. 4 A_____ 4B_____

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RESTRICTION: 1 C from Acro, mount, dismount. C Dance ok

D Series(.2)____Acro UTL(^.2)____Dance UTL(^.2)_____Dismount(^.1)_____Fwd/Bk(^.1)____Dance shape(0.1) ____>2 Pivots(0.1)_____Level(^.1)____Space(^.1)____Dir(^.1)____

D Series(.2)____Acro UTL(^.2)____Dance UTL(^.2)_____Dismount(^ .1)_____Fwd/Bk(^.1)____Dance shape(0.1) ____>2 Pivots(0.1)_____Level(^.1)____Space(^.1)____Dir(^.1)____

Balance Beam. SR: 1) Acro Series 2) Leap 3) Turn. 4). B Dismount BONUS: 2 Acro. 3 Acro. Dance/Mixed. Turns

Level 9. 3A____4B_____1C____.

RESTRICTION: 1 D. D dance ok

+1.	+2.	+1.	+2.	+1.	+2.	+1
B+C.	C+C.	B+B+C.	B+C+C.	B+C.	C+C.	A+C

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D Series(.2)____Acro UTL(^.2)____Dance UTL(&.2)_____Dismount(^ .1)____Fwd/Bk(^.1)____Dance shape(0.1) ____>2 Pivots(0.1)_____Level(^.1)____Space(^.1)____Dir(^.1)____

D Series(.2)____Acro UTL(^.2)____Dance UTL(&.2)_____Dismount(^ .1)____Fwd/Bk(^.1)____Dance shape(0.1) ____>2 Pivots(0.1)_____Level(^.1)____Space(^.1)____Dir(^.1)____

Balance Beam Level 10.

1. Acro Series.
2. Leap/Jump.
3. Turn.
4. C Dismount.

Bonus:

2 Acro.		3 Acro.		Dance/Mixed.		Turns
+ 1.	+ 2.	+1.	+2.	+1.	+2.	+1.
B + C.	B+D/E.	B+B+C.	B+C+C.	A+D.	B+D	A+C
	C+C.		B+B+D.	B+C.	C+C	

3 A ____
3 B ____
2 C ____

D.Series(.2)___Dance UTL(.2)___Acro UTL(.2) ___ Dismt UTL(.1) ___Dir (.1)___ Level(.1)___ Space(.1)___ Shape(.1) ___Fwd/Bk(.1)(05)____Pivot (.1)___

D.Series(.2)___Dance UTL(.2)___Acro UTL(.2) ___ Dismt UTL(.1) ___Dir (.1)___ Level(.1)___ Space(.1)___ Shape(.1) ___Fwd/Bk(.1)(05)____Pivot (.1)___

Floor. 1) Acro Series (3) flight or non-flight 2) Salto or Aerial 3) Dance Pass. 4). 360° turn

Level 6 Restriction: As and Bs 5 A_____ 1 B_____

Floor. 1) Acro series with Layout Back Salto. 2) Forward Series with Salto. 3) Dance Pass. 4). 360° turn

Level 7 Restriction: As and Bs, 1 C Dance. 5 A_____ 2 B_____

Floor Exercise. Level 8

SR: 1) 2 Salto Series. 2) 3 Different Saltos. 3) Dance Passage. 4) An A Dismount

RESTRICTION; 1 Acro C and C Dance.

4 A_____ 4 B_____

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3 A Salto(3)___. No B turn(2)___. AcroUTL(^ 2)___.Dance UTL(^2). ___. Last Salto UTL(^1)___. Fwd/Bk(1)___. 2 shape(1)___Space(^1)____. Art(^3)___

3A Salto(3)___. No B turn(2)___. AcroUTL(^2)___.Dance UTL(^2). ___. Last Salto UTL(^1)___. Fwd/Bk(1)___. 2 shape(1)___Space(^1)____. Art(^3)___

Floor. 1) 2 Salto Series 2) 3 Diff Saltos 3) Dance Pass 4) B Salto Dis.

Level 9

Acro Indirect .		Acro Direct.		Dance/Mixe	
+1.	+2	+1.	+2	+1.	+2
A+A+C, B+B+C. C+C.		B+B, A+C. A+A+C.	B+C, C+C. C+C	C+C.	

RESTRICTION: One Acro D, D Dance allowed

N0 B Salto (.3)____ No B turn(.2) ____ Acro UTL(.2) ___ Dance UTL(.2) ____ Last Salto UTL(.1) ____ Fwd/Bk (.1) ___ Shape (.1) ____ Art (.3) ____

N0 B Salto (.3)____ No B turn(.2) ____ Acro UTL(.2) ___ Dance UTL(.2) ____ Last Salto UTL(.1) ____ Fwd/Bk (.1) ___ Shape (.1) ____ Art (.3) ____

Level 10.	1. 2 Salto Series.	3. Dance Passage		+1.	+2
	2. 3 Different Saltos.	4. C Salto Dismount.	Acro Indirect.	A/B+A/B+C, A/B+A/B+D, C+C, A/B+D.	C+D
			Acro Direct.	B+B, A+C, A+A+C.	B+C, A/B+D, A+A+D, C+C
	3___3B___2C___.		Dance/Mixed	B+D, C+C, D Salto + A jump.	C+D

No C Salto(3)___. No B turn(2)___. AcroUTL(2)___.Dance UTL(2). ___. Last Salto UTL(10___. Fwd/Bk(1)___. 2 shape(1)___Space(1)____. Art(3)___

No C Salto(3)___. No B turn(2)___. AcroUTL(2)___.Dance UTL(2). ___. Last Salto UTL(10___. Fwd/Bk(1)___. 2 shape(1)___Space(1)____. Art(3)___