

Level 8 Bars

4 A _____ 4 B _____

Restrictions: No C's except:

Cast 1/2, (Clear Hip, Stalder, Pike Sole Circle) & 1/2; 1 Restricted C

Special Requirements

1 Bar Change. _____

Flight or LA turn. _____

B circle G3,6,7. _____

Salto Dismount A _____

Composition

Uncharacteristic 0.10 _____

3/4 giant. 0.10 _____

Dismt UTL. >0.10 _____

Elements thru. _____

Vertical. >0.20 _____

Dynamics _____

SV

Score

Floor

Restrictions: No D

May do: 1 Acro C, C Dance

4 A _____ 4 B _____



Special Requirements

Acro Series w/2 Saltos _____

3 Different Saltos _____

Dance Passage _____

Last Salto - B _____

Composition

Use of floor space >0.10 _____

Saltos in 2 directions 0.10 _____

Dance Same Shape. 0.10 _____

Lack B turn. 0.20 _____

Lack 3 A Saltos 0.30 _____

Dance UTL. >0.20 _____

Acro UTL. >0.20 _____

Last Salto UTL. >0.10 _____

Artistry _____

Posture _____

Feet _____

SV

Score

Vault

<p>Gymnast_____</p> <p>body legs feet</p> <p>body legs feet head</p> <p>body legs feet</p> <p>Vertical ↑</p> <p>Arms</p> <p>Height ↗</p> <p>Too Long</p> <p>Distance →</p> <p>Direction</p> <p>Dynamics</p> <p>Landing</p>	<p>Score</p> <hr/> <p>Aver.</p>	<p>Gymnast_____</p> <p>body legs feet</p> <p>body legs feet head</p> <p>body legs feet</p> <p>Vertical ↑</p> <p>Arms</p> <p>Height ↗</p> <p>Too Long</p> <p>Distance →</p> <p>Direction</p> <p>Dynamics</p> <p>Landing</p>	<p>Score</p> <hr/> <p>Aver.</p>
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Balance Beam

Restrictions: No D, No C Acro
May do: C Dance

5 A _____ 2 B _____



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- Special Requirements**
- Acro Series _____
 - &flight. _____
 - Leap _____
 - Turn _____
 - A Dismount _____

- Restrictions**
- May do A B VP
 - 1 C Dance

Artistry _____

Posture _____

Feet _____

Sureness _____

SV _____

Score _____

Level 7 Bars

Restrictions: No C's except:

Cast 1/2, (Clear Hip, Stalder, Pike Sole Circle) & 1/2

5 _____ 2B _____

Special Requirements

- Cast HS (45°)
- 2 Clear Circling Elements
 - 1 a B
 - 1 from G 3,6,7
- Salto Dismount A

- Restrictions:
- All Cs except:
 - Cast HS 1/2
 - Stalder & n1/2
 - Toe on & 1/2
 - No Ds

Dynamics _____

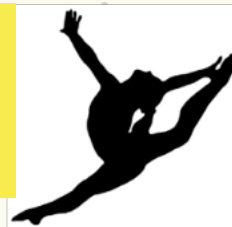
SV
Deductions
Score

Floor

Restrictions: No D, C Acro

May do: 1 C Dance

5 A _____ 2 B _____



Special Requirements

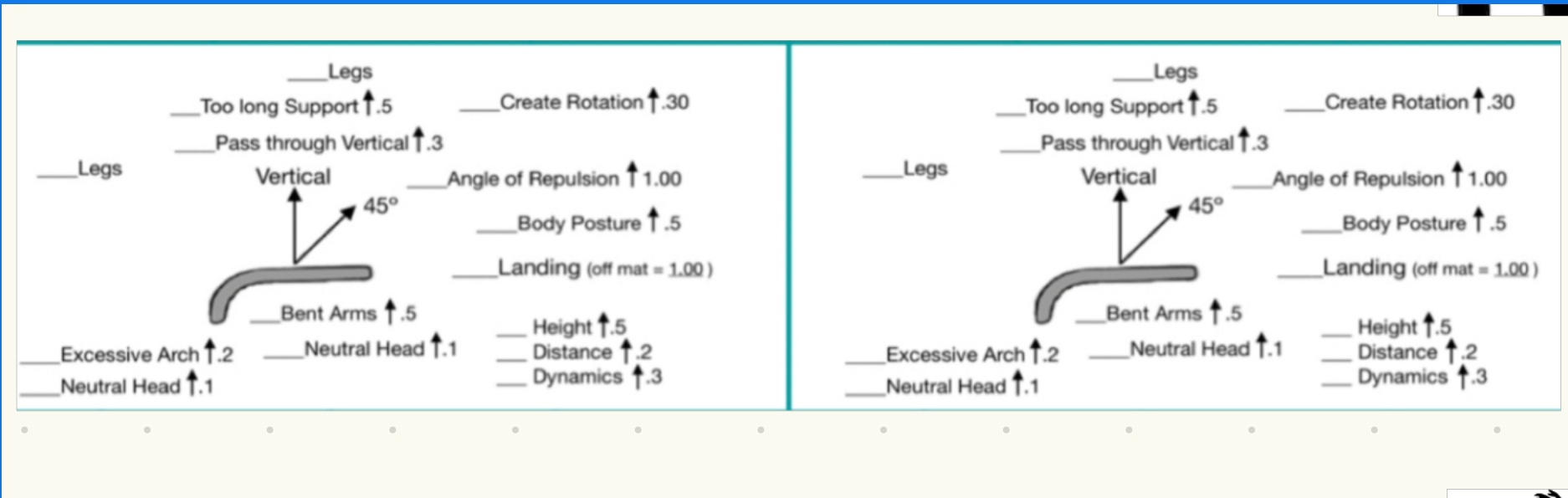
- 2 Acro Passes
 - Backward Salto (2 flight) _____
 - Forward Salto. _____
 - One must be LO
- Dance Passage. _____
- 360° turn one foot. _____

Artistry _____
Posture _____
Feet _____

SV

Score

Vault



Balance Beam

5 A _____ 1 B _____



Restrictions
1 C Dance Allowed. No additional C or above

Special Requirements
 Non-Flight Acro Series
 OR 1 Flight skill _____
 Leap _____
 Turn _____
 Dismount _____

Artistry _____
 Posture _____
 Feet _____
 Sureness _____

SV
 Deductions
 Score

Level 6. Bars

Restrictions

No C's except: Clear Hip, Stalder, Pike Sole Circle

5 A _____ 1 B _____

Special Requirements

Cast 45°. _____

1 Bar Change. _____

360° Circle G 3,6,7 _____

Salto Dismount - A _____

Dynamics _____

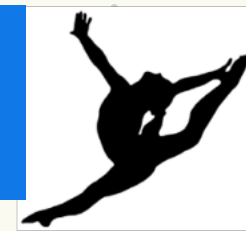
SV
Deductions
Score

Floor

Restrictions

1 C Dance allowed. No other C or above

5 A _____ 1 B _____



Special Requirements

Acro Pass (3 elements)

2 with flight

2nd Pass with Salto or

Aerial

Dance Passage

360° turn

Artistry _____

Posture _____

Feet _____

SV
Deductions
Score