














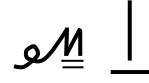



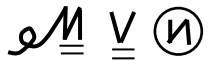






## COMPULSORY UNEVEN BARS



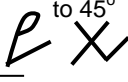

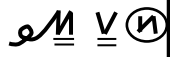







*D. Hanford 8.3.2023*

<b>Level 1 Bars</b>				
MOUNT:	Back Hip Pullover	Cast	Back Hip Circle	Underswing DISMOUNT or Cast Straddle-on, Sole circle Dismount
				
	<b>0.6</b>	<b>0.4</b>	<b>0.4</b>	<b>0.6</b>

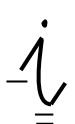







<b>Level 2 Bars</b>					
MOUNT	Back Hip Pullover	Cast	Cast	Back Hip Circle	Underswing DISMOUNT
Glide & Return					
	<b>0.2</b>	<b>0.4</b>	<b>0.4</b>	<b>0.4</b>	<b>0.4</b>

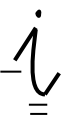




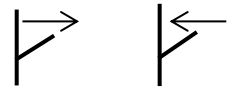


<b>Level 3 Bars</b>							
MOUNT:	Back Hip Pullover	Straddle or Glide Kip	Cast	Back Hip Circle	Back Hip Circle	Front Hip Circle, Small Cast, return	Cast Squat-on, Stretch Jump DISMOUNT
Glide & Return		OR 					
	<b>0.4</b>	<b>0.6</b>	<b>0.4</b>	<b>0.4</b>	<b>0.4</b>	<b>0.4</b>	<b>0.6</b>








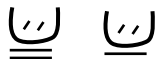

<b>Level 4 Bars</b>								
MOUNT:	Cast horizontal	Cast Squat-on, Pike-on or Bwd Sole Circle	Long Hang Kip	Cast Horizontal	Back Hip Circle	Underswing 1st Counterswing 30°	Tap Swing, 2nd Counterswing 30°	Tap Swing ½ Turn DISMOUNT
Straddle or Glide Kip								
	<b>0.4</b>	<b>0.2</b>	<b>0.6</b>	<b>0.4</b>	<b>0.4</b>	<b>0.6</b>	<b>0.6</b>	<b>0.6</b>

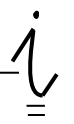



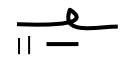



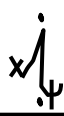
<b>Level 5 Bars</b>												
MOUNT:	Cast Above Horizontal	Clear Hip ↑ horizontal	Stalder clear Sole circle to 45°	Straddle or Glide Kip	Cast Squat-on or Pike-on or Bwd Sole Circle	Long Hang	Cast Above Horizontal	Long Hang Pullover	Underswing 1st Counterswing 15°	Tap Swing, 2nd Counterswing 15°	<b>10.0 DISMOUNT</b> Flyaway -Tuck, Pike or Layout	<b>9.5 SV</b> Tap swing ½ Turn
Straddle or Glide Kip												
	<b>0.4</b>	<b>0.6</b>	<b>0.6</b>	<b>0.6</b>	<b>0.2</b>	<b>0.6</b>	<b>0.4</b>	<b>0.6</b>	<b>0.6</b>	<b>0.6</b>	<b>0.6</b>	<b>0.6</b>

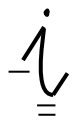


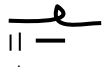
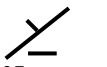


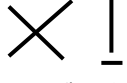

## COMPULSORY BALANCE BEAM

Level 1 Balance Beam		Time 0:35						45 second Fall time		D.Hanford 8.3.2023					
MOUNT: Jump to Front Support <i>(to single leg V sit, tuck stand, pike stand)</i>		Needle Leg Kick to Stand <i>(≥ horizontal)</i>		Relevé Balance Lock Stand 2 seconds		Forward Passé <i>Mark position</i>		Stretch Jump		Arabesque 30° <i>Mark position</i>		Right & Left Fwd Leg Swings <i>(to relevé lock stand)</i>		Cartwheel to ¾ HS (22.5°) DISMOUNT <i>(from Kneel to Lunge pose)</i>	
0.2		0.4		0.2		0.2		0.4		0.4		0.2    0.2		0.6	

Level 2 Balance Beam		Time 0:40													
MOUNT: Jump to Front Support <i>(to single leg V sit, tuck stand, pike stand)</i>		Single Leg Kick-up to Stand <i>(no amplitude)</i>		Forward Passé <i>Mark position, Relevé out</i>		Stretch Jump		Arabesque 30° 1 second hold		Leg Swing Fwd to Horizontal Leg Swing Bwd to 45°		½ Pivot Turn (180°) <i>from relevé lock</i>		Cartwheel to Side HS DISMOUNT	
0.2		0.4		0.2		0.4		0.4		0.2    0.2		0.2		0.6	









Level 3 Balance Beam		Time 0:55															
MOUNT: Front Support to Fish Pose <i>(stag sit to stand)</i>		Cross Handstand <i>Mark position</i>		Heel Snap ½ Turn Forward Passé <i>Not heel snap - 0.3</i>		Stretch Jump		Stretch Jump		Arabesque 45° Hold 1 sec		Straight Leg Leap 90°		2 Pivot Turns (180°) <i>from relevé lock</i>		Cartwheel to Side HS ¼ Turn DISMOUNT <i>Mark position</i>	
0.2		0.6		0.4		0.4		0.4		0.4		0.6		0.2    0.2		0.6	

Level 4 Balance Beam		Time 1:05															
MOUNT: Front Support to Fish Pose <i>(stag sit to stand)</i>		Cartwheel		½ Turn Fwd Passé		Stretch Jump		Split Jump 120° Reversing order -0.3		Handstand 1 second hold		Scale horizontal 1 second hold		Straight Leg Leap 120°		Cartwheel to Side HS ¼ Turn DISMOUNT 1 second hold	
0.2		0.6		0.4		0.2		0.4		0.6		0.4		0.6		0.6	

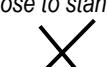

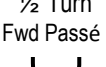

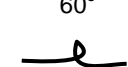
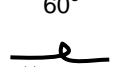



Level 5 Balance Beam		Time 1:10															
MOUNT: Front Support to Fish Pose <i>(stag sit to stand)</i>		Bwd or Fwd Walkover 150° or Back Roll ¾ HS (22.5°) or Back Handspring to 1-2 ft		1/1 Turn Fwd Passé		Split Jump 150°		Sissone Back leg horizontal Front leg 45°		Scale above horiz 1 second hold		Straight Leg Leap 150° to Stretch Jump		Cartwheel to Stretch Jump		Back Salto Tuck DISMOUNT	
0.2		0.6		0.4		0.4		0.2		0.4		0.6    0.2		0.6    0.2		0.6	

## COMPULSORY FLOOR EXERCISE

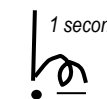


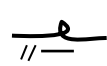
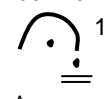




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
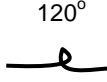
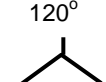



Level 1 Floor							
Cartwheel ¼ turn inward, <i>close to stand</i>	Back Roll Tuck	Candlestick	Forward Passé Balance	Forward Chassé	Stretch Jump	Forward Roll Tuck	¾ Handstand
							
Arms cover ears							
<b>0.6</b>	<b>0.6</b>	<b>0.2</b>	<b>0.4</b>	<b>0.2</b>	<b>0.4</b>	<b>0.4</b>	<b>0.4</b>

*Tuck or pike entrance OK*






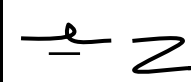
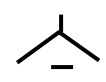
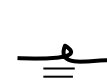

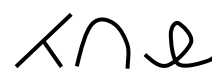
Level 2 Floor								
Cartwheel ¼ turn <i>close to stand</i>	Back Roll to push-up position	Heel Snap ½ Turn Fwd Passé	Forward Chassé	Straight leg leap 60°	Split Jump 60°	Handstand <i>1 second hold</i>	Candlestick	Bridge-up, Kickover
								
Arms cover ears								Arms cover ears
<b>0.6</b>	<b>0.6</b>	<b>0.4</b>	<b>0.2</b>	<b>0.6</b>	<b>0.4</b>	<b>0.4</b>	<b>0.2</b>	<b>0.6</b>

*Tuck or pike entrance OK*

Level 3 Floor								
Handstand Fwd Roll <i>straight arms</i> <i>1 second hold</i>	Straight Leg Leap 90°	Stretch Jump	Split Jump 90°	Handstand, Bridge, Back kick-over 120°	Forward Splits	½ Turn Fwd Passé	Back Roll to 45° <i>lower to push-up</i>	Round-off Flic-Flac <i>Rebound</i>
								
		Broken connection -0.05		Arms cover ears			<i>Tuck or pike entrance OK</i>	
<b>0.6</b>	<b>0.6</b>	<b>0.2</b>	<b>0.4</b>	<b>0.6</b>	<b>0.2</b>	<b>0.4</b>	<b>0.4</b>	<b>0.4 0.6</b>

Level 4 Floor									
Back Walkover 150°	Fwd Handspring step-out	Cartwheel	Back Roll HS <i>Straight arms</i>	Stretch Jump ½ Turn	Straight Leg Leap 120°	Straddle Jump 120°	Forward Splits	1/1 Turn Fwd Passé	Round-off, Flic-Flac, Flic-Flac, <i>Rebound</i>
									
Arms cover ears	1 step or power hurdle	← arms cover ears →							
<b>0.4</b>	<b>0.6</b>	<b>0.4</b>	<b>0.4</b>	<b>0.4</b>	<b>0.6</b>	<b>0.4</b>	<b>0.2</b>	<b>0.4</b>	<b>0.4 0.6 0.6</b>

*Tuck or pike entrance OK*

Level 5 Floor									
Front Tuck / Aerial Cartwheel or Aerial Front Walkover	Fwd Handspring step-out	Cartwheel	Back Roll HS <i>Straight arms</i>	Stretch Jump Full Turn	Straight Leg Leap or Switch Leap 150°	Straddle Jump 150°	Forward Splits	1/1 Turn Fwd Passé	Round-off, Flic-Flac, Back Tuck
									
	1 step or power hurdle	← arms cover ears →							
<b>0.6</b>	<b>0.6</b>	<b>0.6</b>	<b>0.4</b>	<b>0.4</b>	<b>0.6</b>	<b>0.4</b>	<b>0.2</b>	<b>0.4</b>	<b>0.4 0.4 0.6</b>

*Tuck or pike entrance OK*