













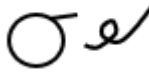
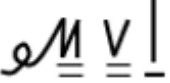



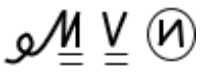






## COMPULSORY UNEVEN BARS





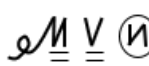





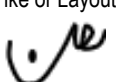

*D. Hanford 9.4.2024*

<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>







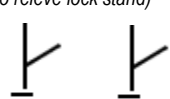

<b>Level 2 Bars</b>					
MOUNT	Back Hip Pullover	Cast	Cast	Back Hip Circle	Underswing DISMOUNT
Glide & Return					
	<b>0.4</b>	<b>0.4</b>	<b>0.4</b>	<b>0.4</b>	<b>0.4</b>






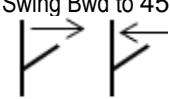


<b>Level 3 Bars</b>							
MOUNT:	Back Hip Pullover	Straddle or Glide Kip	Cast	Back Hip Circle	Back Hip Circle	Front Hip Circle, Small Cast, return	Cast Squat- or Pike-on, Stretch Jump DISMOUNT
Glide & Return		OR 					
	<b>0.4</b>	<b>0.6</b>	<b>0.4</b>	<b>0.4</b>	<b>0.4</b>	<b>0.4</b>	<b>0.6</b>







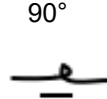
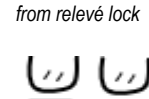

<b>Level 4 Bars</b>								
MOUNT:	Cast horizontal return to bar	Cast Squat-on, Pike-on or Bwd Sole Circle	Long Hang Kip	Cast Horizontal	Back Hip Circle	Underswing 1st Counterswing 30°	Tap Swing, 2nd Counterswing 30°	Tap Swing ½ Turn DISMOUNT
Straddle or Glide Kip								
	<b>0.4</b>	<b>0.2</b>	<b>0.6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





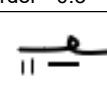


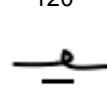

<b>Level 5 Bars</b>												
MOUNT:	Cast ↑ horizontal	Clear Hip ↑ horizontal	Clear Stalder or Sole circle to 45°	Straddle or Glide Kip	Cast Squat-on or Pike-on or Bwd Sole Circle	Long Hang Kip	Cast ↑ horizontal	Long Hang Pullover	Underswing 1st Counterswing 15°	Tap Swing, 2nd Counterswing 15°	<b>10.0 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>


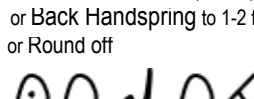

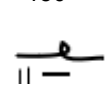
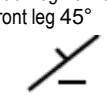




## COMPULSORY BALANCE BEAM

Level 1 Balance Beam		Time 0:35	45 second Fall time					D.Hanford 9.4.2024
MOUNT: Jump to Front Support <i>(to single leg V sit, tuck stand, pike stand)</i>	Needle Leg Kick to Stand ( $\geq$ horizontal)	Relevé Balance Lock Stand 2 seconds	Forward Passé Mark position	Stretch Jump	Arabesque 30° Mark position	Right & Left Fwd Leg Swings <i>(to relevé lock stand)</i>	Cartwheel to $\frac{3}{4}$ 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> Both feet leave beam	Forward Passé Mark position, Relevé out	Stretch Jump	Arabesque 30° 1 second hold	Leg Swing Fwd to Horizontal Leg Swing Bwd to 45°	$\frac{1}{2}$ Pivot Turn (180°) from relevé lock	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 Mark position	Heel Snap $\frac{1}{2}$ Turn Forward Passé Not heel snap - 0.3	Stretch Jump Broken connection -0.05	Stretch Jump Broken connection -0.05	Arabesque 45° Hold 1 sec	Straight Leg Leap 90°	2 Pivot Turns (180°) from relevé lock	Cartwheel to Side HS $\frac{1}{4}$ Turn DISMOUNT Mark position	
									
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	$\frac{1}{2}$ Turn Fwd Passé	Stretch Jump Broken connection -0.05	Split Jump 120° Reversing order -0.3	Handstand 1 second hold	Scale horizontal 1 second hold	Straight Leg Leap 120°	Cartwheel to Side HS $\frac{1}{4}$ Turn DISMOUNT 1 second hold
								
0.2	0.6	0.4	0.2	0.4	0.6	0.4	0.6	0.6

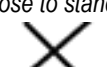



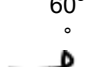




Level 5 Balance Beam		Time 1:10							
MOUNT: Front Support to Fish Pose <i>(stag sit to stand)</i>	Bwd or Fwd Walkover 150° or Back Roll $\frac{3}{4}$ HS (22.5°) or Back Handspring to 1-2 ft or Round off	$\frac{1}{1}$ Turn Fwd Passé	Split Jump 150° Broken connection -0.05	Sissone Back leg horizontal Front leg 45°	Scale above horiz 1 second hold	Straight Leg Leap 150° to Stretch Jump Broken connection -0.05	Cartwheel to Stretch Jump Broken connection -0.05	Back Salto Tuck DISMOUNT	
									
0.2	0.6	0.4	0.4	0.2	0.4	0.6	0.2	0.6	0.6

## COMPULSORY FLOOR EXERCISE


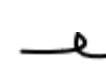

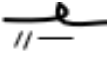
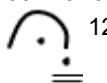
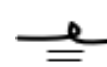


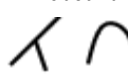
D.Hanford 9.6.2024











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*


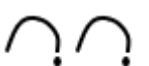



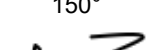

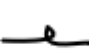


Level 2 Floor								
Cartwheel ¼ turn <i>close to stand</i>	Back Roll to push-up position	Heel Snap ½ Turn Fwd Passé	Forward Chassé	Straight leg leap 60°	Split Jump 60°	Handstand <i>1 second hold</i>	Candlestick	Bridge-up, Kickover
								
Arms cover ears								Arms cover ears
<b>0.6</b>	<b>0.6</b>	<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>	Roundoff 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 <i>step-out</i>	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	Roundoff, Flic-Flac, Flic-Flac, <i>Rebound</i>
									
Arms cover ears	<i>1 step or power hurdle ← arms cover ears →</i>								
<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 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	Roundoff, Flic-Flac, Back Tuck
									
	<i>1 step or power hurdle ← arms cover ears →</i>								
<b>0.6</b>	<b>0.6 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 0.4 0.6</b>

*Tuck or pike entrance OK*