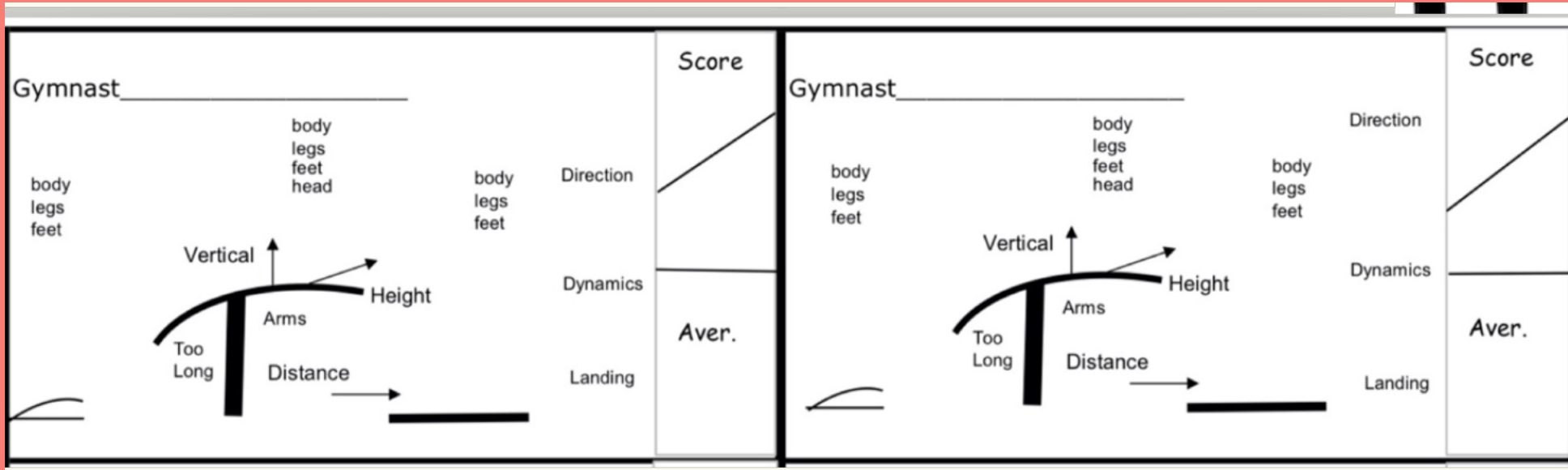


Vault



Balance Beam Level 10

3A ___ 3B ___ 2C ___



Artistry _____
Posture _____
Feet _____
Sureness _____

Special Requirements

- Acro Series _____
- C Flight/A + E _____
- Leap _____
- Turn _____
- C Dismount (C + B). _____

Composition

- Fwd/Side.Bk 0.10 _____
- Dismt. 0.05 _____
- Dance
- Same shape 0.10 _____
- > 1 pivoting 0.10 _____
- Level change. >0.10 _____
- Length Beam. >0.10 _____
- Dir.of non VP. >0.10 _____
- Dance Series. 0.20 _____
- Acro UTL. >0.20 _____
- Dance UTL. >0.20 _____
- Dismt UTL. >0.10 _____

SV

Score

Level 10

Bars

3A ____ 3B ____ 2C ____

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Special Requirements

C flight. _____
 B flight. _____
 C LA turn. _____
 C Dismount. _____

Composition

Direction 0.10____
 Uncharacteristic 0.10____
 >1 squat on. 0.10____
 3/4 giant. 0.10____
 Choice 2/3 >0.20____
 Release UTL. >0.20____
 2 Bar Changes. .20 ____
 Dismt UTL. >0.10____

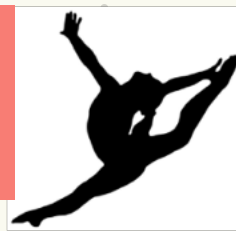
Dynamics _____

SV

Score

Floor Level 10

3A ____ 3B ____ 2C ____



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Special Requirements

Acro Series w/2 Saltos _____
 3 Different Saltos. _____
 Dance Passage. _____
 Last Salto - C. _____

Composition

Use of floor space >0.10____
 Saltos in 2 directions 0.10____
 Dance Same Shape. 0.10____
 Lack B turn. 0.20____
 Lack C Salto. 0.30____
 Dance UTL. >0.20____
 Acro UTL. >0.20____
 Last Salto UTL. >0.10____

Artistry _____

Posture _____

Feet _____

SV

Score

Vault

Gymnast _____ 	Score _____ <hr/> Aver. _____	Gymnast _____ 	Score _____ <hr/> Aver. _____
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Balance Beam Level 9

Restrictions

May do: D Dance, 1 D Acro, includes Mt/Dismt

3A ___ 4B ___ 1C ___



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Artistry	_____
Posture	_____
Feet	_____
Sureness	_____

Special Requirements

- Acro Series.
 - . 2 flight. _____
- Leap. _____
- Turn. _____
- B Dismount. _____
- Composition**
- Fwd/Side.Bk 0.10 ___
- . Dismt. 0.05 ___
- Dance
- . Same shape 0.10 ___
- . > 1 pivots. 0.10 ___
- Level change. >0.10 ___
- Length Beam. >0.10 ___
- Dir.of non VP. >0.10 ___
- Dance Series. 0.20 ___
- Acro UTL. >0.20 ___
- Dance UTL. >0.20 ___
- Dismt UTL. >0.10 ___

SV . .

Score . .

Level 9 Bars

1 Restricted D/E

Restrictions: 1 D, except root skills with 1/2 -1/1 turn

3A____4B____1C____

Special Requirements

2 Bar Changes _____
 B flight. _____
 C Flight or
 B LA turn. _____
 Salto Dismount B _____

Composition

Direction 0.10____
 Uncharacteristic 0.10____
 3/4 giant. 0.10____
 Choice 2/3 >0.20____
 Release UTL. >0.20____
 Dismt UTL. >0.10____

Dynamics _____

SV

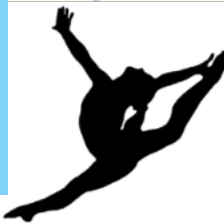
Score

Floor Level 9

Restrictions

May do: D Dance, 1 D Acro

3A____4B____1C____



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 B Salto. 0.30____
 Dance UTL. >0.20____
 Acro UTL. >0.20____
 Last Salto UTL. >0.10____

Artistry _____

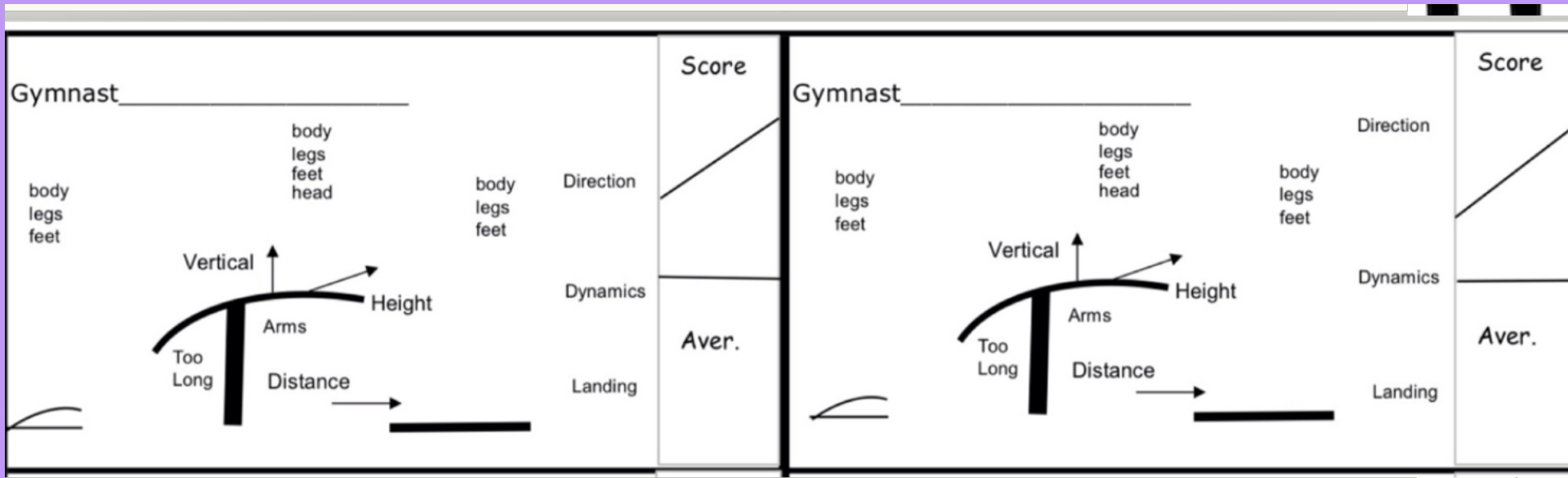
Posture _____

Feet _____

SV

Score

Vault



Balance Beam Level 8

Restrictions: No D

May do: C Dance, 1 C Acro, includes Mt/Dismt

4 A _____ 4 B _____



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Special Requirements

Acro Series.

- 1 flight. _____
- Leap. _____
- Turn. _____
- A Dismount. _____

Composition

- Fwd/Side.Bk 0.10__
- Dismt. 0.05__
- Dance
- Same shape 0.10__
- > 1 pivots 0.10__
- Level change. >0.10__
- Length Beam. >0.10__
- Dir.of non VP. >0.10__
- Dance Series. 0.20__
- Acro UTL. >0.20__
- Dance UTL. >0.20__
- Dismt UTL. >0.10__

Artistry_____

Posture_____

Feet_____

Sureness_____

SV

Score

Level 8 Bars

Restrictions: No C's except:

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

4 A _____ 4 B _____

Special Requirements

1 Bar Change. _____
 B Flight or B 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

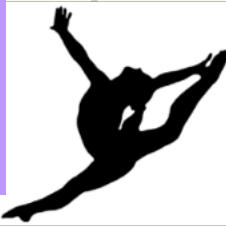
Score

Floor Level 8

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>	Score	<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>	Score
Aver.		Aver.	

Balance Beam Level 7

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

5 A _____ 2 B _____



- 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 Ds; 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

Dynamics _____

SV

Deductions

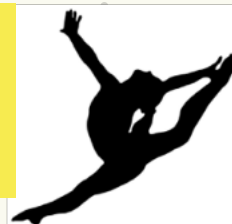
Score

Floor Level 7

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 _____


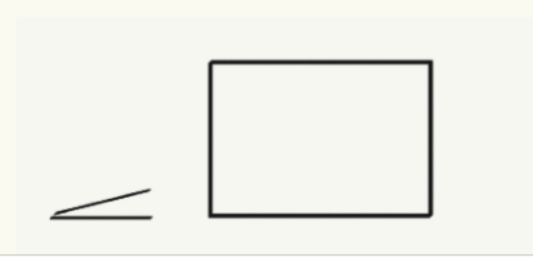
Feet _____

SV

Score

Feet must touch

Vault

<p>Execution_____</p> <p>Score_____</p> 	<p>Execution_____</p> <p>Score_____</p> 
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Balance Beam Level 6

Restrictions
C Dance Allowed. No additional C or above

5 A _____ 1 B _____



Special Requirements
 Non-Flight Acro Series
 OR 1 Flight skill _____
 Leap_____

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 _____

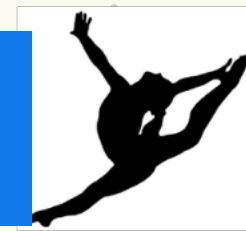
SV
Deductions
Score

Floor Level 6

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

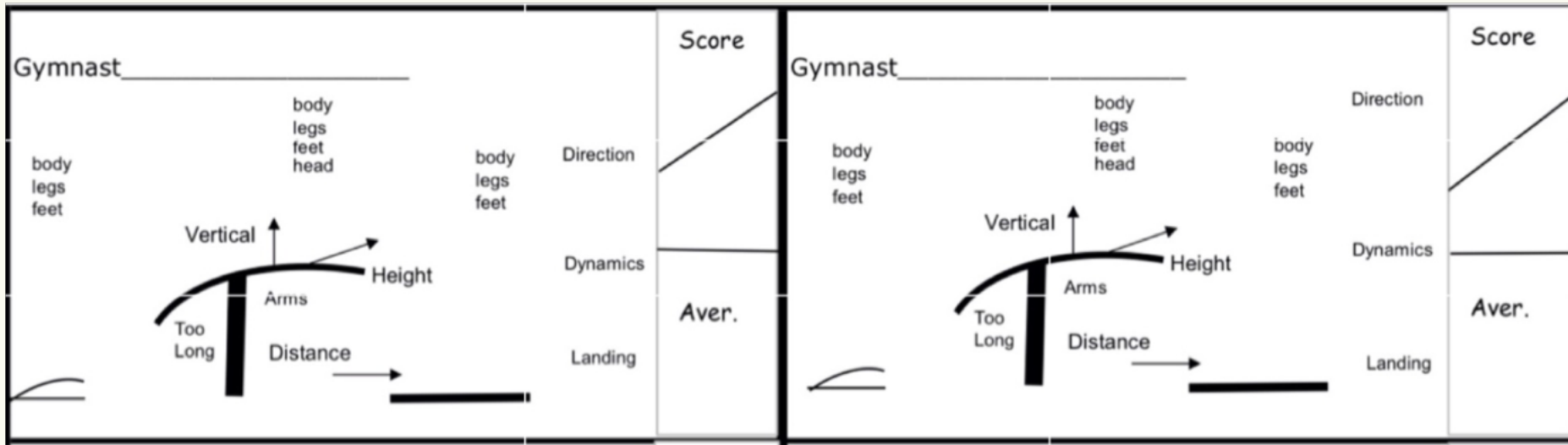
360° turn

Artistry _____

Posture _____

Feet _____

SV
Deductions
Score



Bars.

3A__ 3B__ 2C__

Special Requirements

- C flight. _____
- B flight. _____
- C LA turn. _____
- Dismount. _____

Composition

- Direction. 0.10__
- Uncharacteristic 0.10__
- >1 squat on. 0.10__
- 3/4 giant. 0.10__
- Choice 2/3 >0.20__
- Release UTL. >0.20__
- Dismt UTL. >0.10__

Dynamics _____

Execution _____

SV _____ Score _____

Beam.

3A__ 3B__ 2C__

Special Requirements

- Acro Series _____
- Leap _____
- Turn _____
- C Dismount _____

Composition

- Fwd/Bk/Side 0.10__
- Dismt. 0.05__
- Dance Same Shape. 0.10__
- > 1 pivot. 0.10__
- Level change. 0.10__
- Length beam. 0.10__
- Direction Non VP. 0.10__
- Dance Series. 0.20__
- Dance UTL. 0.20__
- Acro UTL. 0.20__
- Dismt UTL. 0.10__

Artistry _____

Execution _____

SV _____ Score _____

Floor

3A__ 3B__ 2C__

Special Requirements

- Acro Series _____
- Leap _____
- Turn _____
- C Dismount _____

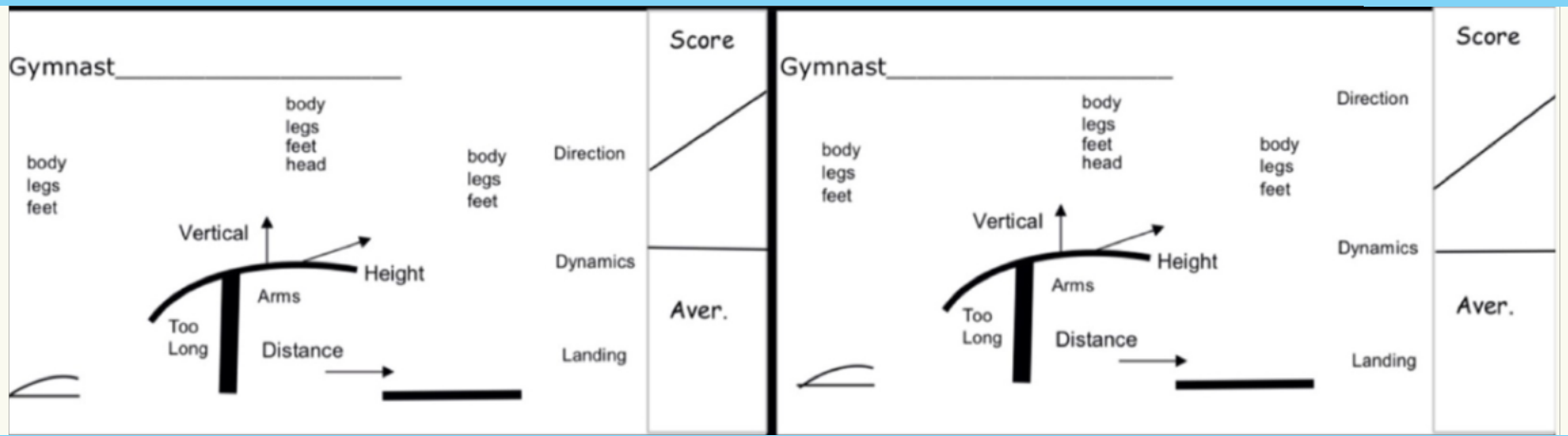
Composition

- Use of floor space >0.10__
- Saltos in 2 directions 0.10__
- Dance Same Shape. 0.10__
- Lack B turn. 0.20__
- Lack C Salto. 0.30__
- Dance UTL. >0.20__
- Acro UTL. >0.20__
- Last Salto UTL. >0.10__

Artistry _____

Execution _____

SV _____ Score _____



Bars. Restrictions: 1 D + root skills w/ 1/2-1/1 turn 3A___4B___1C___

Special Requirements

2 Bar Changes _____

B flight. _____

C Flight or
B LA turn. _____

Salto Dismount B _____

Composition

Direction 0.10___

Uncharacteristic 0.10___

3/4 giant. 0.10___

Choice 2/3 >0.20___

Release UTL. >0.20___

Dismt UTL. >0.10___

Dynamics _____

Execution _____

SV _____ Score _____

Beam. Restrictions: D dance + 1 D Acro 3A___4B___1C___

Special Requirements

Acro Series. _____

Leap. _____

Turn. _____

B Dismount. _____

Composition

Fwd/Bk/Side 0.10___

Dismt. 0.05___

Dance Same Shape. 0.10___

> 1 pivot. 0.10___

Level change. 0.10___

Length beam. 0.10___

Direction Non VP. 0.10___

Dance Series. 0.20___

Dance UTL. 0.20___

Acro UTL. 0.20___

Dismt UTL. 0.10___

Artistry _____

Execution _____

SV _____ Score _____

Floor. Restrictions: D dance + 1 D Acro 3A___4B___1C___

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 B Salto. 0.30___

Dance UTL. >0.20___

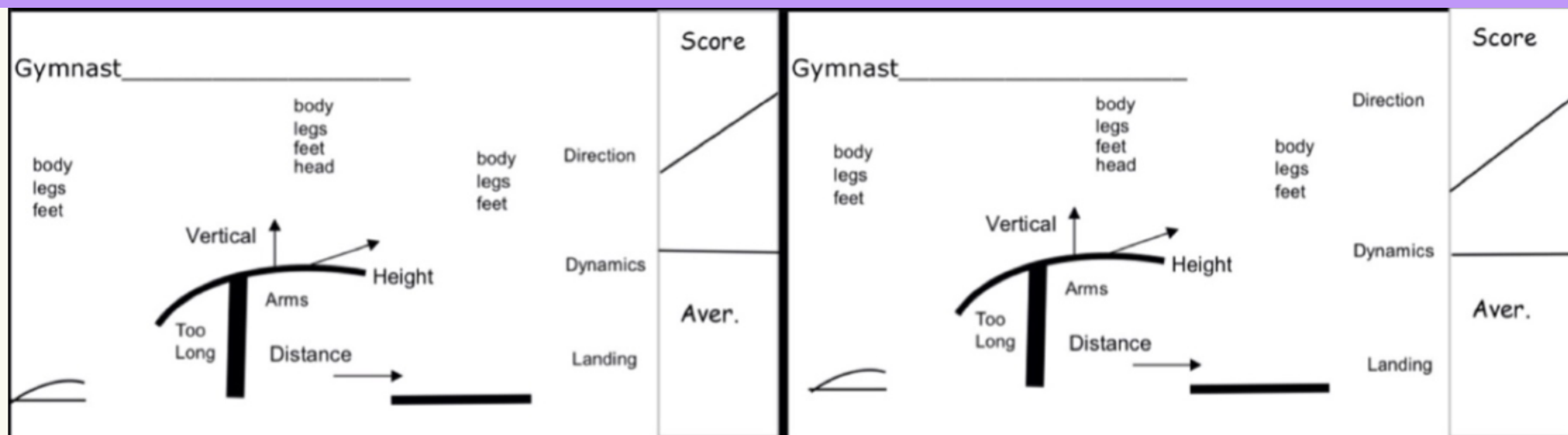
Acro UTL. >0.20___

Last Salto UTL. >0.10___

Artistry _____

Execution _____

SV _____ Score _____



Bars. Restrictions: 1 Restricted C + Cast HS 1/2 (Clear Hip, Stalder, Toe-on) & 1/2

4A___ 4B___

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 _____
 Execution _____ SV _____ Score _____

Beam Restrictions: No D, May do: 1 Acro C, C Dance

4A___ 4B___

Special Requirements
 Acro Series. _____
 Leap. _____
 Turn. _____
 A Dismount. _____

Composition
 Fwd/Bk/Side 0.10___
 Dismt. 0.05___
 Dance Same Shape. 0.10___
 > 1 pivot. 0.10___
 Level change. 0.10___
 Length beam. 0.10___
 Direction Non VP. 0.10___
 Dance Series. 0.20___
 Dance UTL. 0.20___
 Acro UTL. 0.20___
 Dismt UTL. 0.10___

Artistry _____
 Execution _____ SV _____ Score _____

Floor Restrictions: No D, May do: 1 Acro C, C Dance

4A___ 4B___

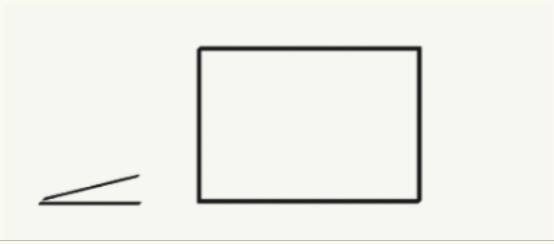
Special Requirements
 Acro Series w/2 Saltos _____
 3 Different Saltos _____
 Dance Passage _____
 Last Salto - B _____

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 _____
 Execution _____ SV _____ Score _____

core _____

Score _____



Bars Restrictions: No C's except: Cast 1/2, (Clear Hip, Stalder, Pike Sole Circle) & 1/2 5 A _____ 2B _____

Special Requirements

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

Dynamics _____

Execution _____

SV _____

Score _____

Balance Beam Restrictions: No D, No C Acro, May do: C Dance 5 A _____ 2 B _____

Special Requirements

- Acro Series _____
- &flight. _____
- Leap _____
- Turn _____
- A Dismount _____

Artistry _____

Execution _____

SV _____

Score _____

Floor Restrictions: No D, C Acro, May do: C Dance 5 A _____ 2 B _____

Special Requirements

- 2 Series:
 - Back Salto (2 flight) _____
 - Front Salto _____
 - One must be LO
- Dance Passage: _____
- 360° turn one foot. _____

Artistry _____

Execution _____

SV _____

Score _____

Execution_____

Execution_____

Score_____

Score_____



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 _____

Execution _____

SV _____

Dynamics _____

Score_____

Balance Beam

5 A _____ 1 B _____

Special Requirements

- Acro Series
- Or 1 flight_____
- Leap/ Jump_____
- Turn_____
- Dismount_____

Artistry _____

Execution _____

SV _____

Artistry _____

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
- Pass with 1 Salto or Aerial
- Dance Passage
- 360° turn

Artistry _____

Execution _____

SV _____

Artistry _____

Score_____