| BARS | CAST* | RESTRICTED ELEMENTS | | 1 Allowable C = B | VP |
|---|---|---|---|---|---|
| 6 | Credit given if cast is above horizontal ↑ 0.3<br>No amplitude deduction if above 45°<br>If horizontal or below: No SR & - 0.3 amplitude | No release moves from *HB→LB or LB→HB* | Restricted C or higher skills may not be attempted or performed | Clear Hip HS<br>Stalder HS<br>Toe-on HS | A (4) 0.1<br>B (2) 0.3<br>*D Hanford 9.25.26* |
| | | No VP / no SR / 0.5 off SV | | | |

4A 2B

| Special Requirements 0.5 ea |
|---|
| Cast 45° *above horizontal* |
| One Bar Change |
| Clear 3/6/7 Circle *360°* |
| Dismount **A** Salto |

| | Missing | **10.0 SV** |
|---|---|---|
| -B VP | *.3 ea* | |
| -A VP | *.1 ea* | |
| -SR | *.5 ea* | |
| -'RE' | *.5 ea* | |

HS Precision ↑.1___
Dynamics ↑.2___

4A 2B

| Special Requirements 0.5 ea |
|---|
| Cast 45° *above horizontal* |
| One Bar Change |
| Clear 3/6/7 Circle *360°* |
| Dismount **A** Salto |

| | Missing | **10.0 SV** |
|---|---|---|
| -B VP | *.3 ea* | |
| -A VP | *.1 ea* | |
| -SR | *.5 ea* | |
| -'RE' | *.5 ea* | |

HS Precision ↑.1___
Dynamics ↑.2___

| BARS | CAST* | RESTRICTED ELEMENTS | | 1 Allowable C = B | VP |
|---|---|---|---|---|---|
| 6 | Credit given if cast is above horizontal ↑ 0.3<br>No amplitude deduction if above 45°<br>If horizontal or below: No SR & - 0.3 amplitude | No release moves from *HB→LB or LB→HB* | Restricted C or higher skills may not be attempted or performed | Clear Hip HS<br>Stalder HS<br>Toe-on HS | A (4) 0.1<br>B (2) 0.3<br>*D Hanford 9.25.26* |
| | | No VP / no SR / 0.5 off SV | | | |

4A 2B

| Special Requirements 0.5 ea |
|---|
| Cast 45° *above horizontal* |
| One Bar Change |
| Clear 3/6/7 Circle *360°* |
| Dismount **A** Salto |

| | Missing | **10.0 SV** |
|---|---|---|
| -B VP | *.3 ea* | |
| -A VP | *.1 ea* | |
| -SR | *.5 ea* | |
| -'RE' | *.5 ea* | |

HS Precision ↑.1___
Dynamics ↑.2___

4A 2B

| Special Requirements 0.5 ea |
|---|
| Cast 45° *above horizontal* |
| One Bar Change |
| Clear 3/6/7 Circle *360°* |
| Dismount **A** Salto |

| | Missing | **10.0 SV** |
|---|---|---|
| -B VP | *.3 ea* | |
| -A VP | *.1 ea* | |
| -SR | *.5 ea* | |
| -'RE' | *.5 ea* | |

HS Precision ↑.1___
Dynamics ↑.2___

| BARS | CAST* | RESTRICTED ELEMENTS | Allowable "Cs" = B | VP |
|---|---|---|---|---|
| 7 | Credit given if cast is at or above 45°<br>Normal cast amplitude deductions apply<br>Below 45° = No SR & deduct 0.25-0.3 amplitude | Restricted C/D/E may not be attempted<br>= no VP / no SR / 0.5 off SV / | Cast HS ½ Stalder HS ± ½ Toe-on HS ± ½<br>Clear Hip HS ± ½ *Turns to regular grip only*<br>SR of 2 B clear circles may be same or different | A (4) 0.1<br>B (3) 0.3 |

4A 3B *D.Hanford 9.22.2026*

| Special Requirements 0.5 ea |
|---|
| Cast to Handstand* 45° ↑ |
| B Clear Circle *360°* |
| B Clear 3/6/7 circle *360°* |
| Dismount "A" Salto |

Missing **10.0 SV**

-B VP *.3 ea* ____
-A VP *.1 ea* ____
-SR *.5 ea* ____
-'RE' *.5 ea* ____

HS Precision ↑.1___
Dynamics ↑.2___

4A 3B

| Special Requirements 0.5 ea |
|---|
| Cast to Handstand* 45° ↑ |
| B Clear Circle *360°* |
| B Clear 3/6/7 circle *360°* |
| Dismount "A" Salto |

Missing **10.0 SV**

-B VP *.3 ea* ____
-A VP *.1 ea* ____
-SR *.5 ea* ____
-'RE' *.5 ea* ____

HS Precision ↑.1___
Dynamics ↑.2___

| BARS | CAST* | RESTRICTED ELEMENTS | Allowable "Cs" = B | VP |
|---|---|---|---|---|
| 7 | Credit given if cast is at or above 45°<br>Normal cast amplitude deductions apply<br>Below 45° = No SR & deduct 0.25-0.3 amplitude | Restricted C/D/E may not be attempted<br>= no VP / no SR / 0.5 off SV / | Cast HS ½ Stalder HS ± ½ Toe-on HS ± ½<br>Clear Hip HS ± ½ *Turns to regular grip only*<br>SR of 2 B clear circles may be same or different | A (4) 0.1<br>B (3) 0.3 |

4A 3B *D.Hanford 9.22.2026*

| Special Requirements 0.5 ea |
|---|
| Cast to Handstand* 45° ↑ |
| B Clear Circle *360°* |
| B Clear 3/6/7 circle *360°* |
| Dismount "A" Salto |

Missing **10.0 SV**

-B VP *.3 ea* ____
-A VP *.1 ea* ____
-SR *.5 ea* ____
-'RE' *.5 ea* ____

HS Precision ↑.1___
Dynamics ↑.2___

4A 3B

| Special Requirements 0.5 ea |
|---|
| Cast to Handstand* 45° ↑ |
| B Clear Circle *360°* |
| B Clear 3/6/7 circle *360°* |
| Dismount "A" Salto |

Missing **10.0 SV**

-B VP *.3 ea* ____
-A VP *.1 ea* ____
-SR *.5 ea* ____
-'RE' *.5 ea* ____

HS Precision ↑.1___
Dynamics ↑.2___

| BARS | Cast before: | Allowable "C" = B | RESTRICTED | Difficulty CC | Dismount CC | VP |
|---|---|---|---|---|---|---|
| 8 | NO deduction for cast angle before: Peach Salto, Bail Overshoot ½ turn, or counterswing ½ Straddleback | Cast HS ½ Toe-on HS & ½<br>Clear Hip HS & ½ Stalder HS & ½<br>*Turn to regular grip only!*<br>*1st Restricted C = B* | No D/E. More than 1 restricted C attempted = no VP, SR, CC / 0.5 off SV<br>*Only the same restricted C skill may be repeated if it received NO VP credit the 1st time* | **0.1 B + B**<br>*circles, turns, releases*<br>*NO Casts* | **0.1 B** or **B + A** | A (4) 0.1<br>B (4) 0.3<br>*D Hanford 9.21.2026* |

4A 4B

| SPECIAL REQ 0.5 ea | | **9.8 SV base** |
|---|---|---|
| Cast to Handstand ↑*20°* | | - RE |
| 2 B-Elements, *same or different:* | | - VP |
| B Flight* or LA Turn** | ____ | - SR |
| B 3/6/7 clear circle* | ____ | 9.8 max |
| **Not in DMT* **Not in Mt or DMT* | | |
| Dismount A Salto | | CC / |
| L8 Lack of vertical | 0.2 ____ | |
| ¾ Fwd Giant | 0.1 *ea* ____ | |
| Uncharacteristic | 0.1 *ea* ____ | |
| HS Precision | ↑0.1 ____ | |
| Dynamics | ↑0.2 | |

4A 4B

| SPECIAL REQ 0.5 ea | | **9.8 SV base** |
|---|---|---|
| Cast to Handstand ↑*20°* | | - RE |
| 2 B-Elements, *same or different:* | | - VP |
| B Flight* or LA Turn** | ____ | - SR |
| B 3/6/7 clear circle* | ____ | 9.8 max |
| **Not in DMT* **Not in Mt or DMT* | | |
| Dismount A Salto | | CC / |
| L8 Lack of vertical | 0.2 ____ | |
| ¾ Fwd Giant | 0.1 *ea* ____ | |
| Uncharacteristic | 0.1 *ea* ____ | |
| HS Precision | ↑0.1 ____ | |
| Dynamics | ↑0.2 | |

| BARS | Cast before: | Allowable "C" = B | RESTRICTED | Difficulty CC | Dismount CC | VP |
|---|---|---|---|---|---|---|
| 8 | NO deduction for cast angle before: Peach Salto, Bail Overshoot ½ turn, or counterswing ½ Straddleback | Cast HS ½ Toe-on HS & ½<br>Clear Hip HS & ½ Stalder HS & ½<br>*Turn to regular grip only!*<br>*1st Restricted C = B* | No D/E. More than 1 restricted C attempted = no VP, SR, CC / 0.5 off SV<br>*Only the same restricted C skill may be repeated if it received NO VP credit the 1st time* | **0.1 B + B**<br>*circles, turns, releases*<br>*NO Casts* | **0.1 B** or **B + A** | A (4) 0.1<br>B (4) 0.3<br>*D Hanford 9.21.2026* |

4A 4B

| SPECIAL REQ 0.5 ea | | **9.8 SV base** |
|---|---|---|
| Cast to Handstand ↑*20°* | | - RE |
| 2 B-Elements, *same or different:* | | - VP |
| B Flight* or LA Turn** | ____ | - SR |
| B 3/6/7 clear circle* | ____ | 9.8 max |
| **Not in DMT* **Not in Mt or DMT* | | |
| Dismount A Salto | | CC / |
| L8 Lack of vertical | 0.2 ____ | |
| ¾ Fwd Giant | 0.1 *ea* ____ | |
| Uncharacteristic | 0.1 *ea* | |
| HS Precision | ↑0.1 ____ | |
| Dynamics | ↑0.2 | |

4A 4B

| SPECIAL REQ 0.5 ea | | **9.8 SV base** |
|---|---|---|
| Cast to Handstand ↑*20°* | | - RE |
| 2 B-Elements, *same or different:* | | - VP |
| B Flight* or LA Turn** | ____ | - SR |
| B 3/6/7 clear circle* | ____ | 9.8 max |
| **Not in DMT* **Not in Mt or DMT* | | |
| Dismount A Salto | | CC / |
| L8 Lack of vertical | 0.2 ____ | |
| ¾ Fwd Giant | 0.1 *ea* ____ | |
| Uncharacteristic | 0.1 *ea* | |
| HS Precision | ↑0.1 ____ | |
| Dynamics | ↑0.2 | |

| BARS | CV BONUS | 0.1 | 0.2 | Allowable D/E = C | Difficulty CC | Dismount CC | VP |
|---|---|---|---|---|---|---|---|
| 9 | Both Turn / Flight | | C + C | D/E 1/2 turns to reverse, L, mix or 1/1 turns w B / C roots | **0.1 C C** Different elements | **0.1 C** or **C + B** Dismount | A (3) 0.1<br>B (4) 0.3<br>C (1) 0.5 |
| | 1 or none Turn / Flight *must be different* | C + C | | 1st D no fall/spot = 0.1 DV | *Only the same restricted RE may be repeated if it did NOT receive VP credit 1st time* | | |

3 A 4B 1C D/E **9.5 SV base**

-RE
- VP
- SR
+CV
+D/E
9.8 max
/ CC

**SPECIAL REQ 0.5 ea**

2 Bar Changes
B Flight, *Not Dmt*
C Flight, *diffferent - no Dmt*
*or* B LA Turn, *Not Mt / Dmt*
B Salto Dismount

Not 2 bar changes 0.2
No direction change 0.1
Choice of 2 ↑0.2
- Fwd Circle/release B
- 3/6/7 B
- 180° LA turn C
- Single bar release D

¾ Fwd Giant 0.1
Uncharacteristic 0.1

Dynamics ↑0.2
HS precision ↑0.1

3 A 4B 1C D/E **9.5 SV base**

-RE
- VP
- SR
+CV
+D/E
9.8 max
/ CC

**SPECIAL REQ 0.5 ea**

2 Bar Changes
B Flight, *Not Dmt*
C Flight, *diffferent - no Dmt*
*or* B LA Turn, *Not Mt / Dmt*
B Salto Dismount

Not 2 bar changes 0.2
No direction change 0.1
Choice of 2 ↑0.2
- Fwd Circle/release B
- 3/6/7 B
- 180° LA turn C
- Single bar release D

¾ Fwd Giant 0.1
Uncharacteristic 0.1

Dynamics ↑0.2
HS precision ↑0.1

*7.07.26 D Hanford*

| BARS | CV BONUS | 0.1 | 0.2 | Allowable D/E = C | Difficulty CC | Dismount CC | VP |
|---|---|---|---|---|---|---|---|
| 9 | Both Turn / Flight | | C + C | D/E 1/2 turns to reverse, L, mix or 1/1 turns w B / C roots | **0.1** C C Different elements | **0.1** C or C + B Dismount | A (3) 0.1<br>B (4) 0.3<br>C (1) 0.5 |
| | 1 or none Turn / Flight *must be different* | C + C | | 1st D no fall/spot = 0.1 DV | *Only the same restricted RE may be repeated if it did NOT receive VP credit 1st time* | | |

3 A 4B 1C D/E **9.5 SV base**

-RE
- VP
- SR
+CV
+D/E
9.8 max
/ CC

**SPECIAL REQ 0.5 ea**

2 Bar Changes
B Flight, *Not Dmt*
C Flight, *diffferent - no Dmt*
*or* B LA Turn, *Not Mt / Dmt*
B Salto Dismount

Not 2 bar changes 0.2 ___
No direction change 0.1 ___
Choice of 2 ↑0.2 ___
- Fwd Circle/release B
- 3/6/7 B
- 180° LA turn C
- Single bar release D

¾ Fwd Giant 0.1 ___
Uncharacteristic 0.1 ___

Dynamics ↑0.2 ___
HS precision ↑0.1 ___

3 A 4B 1C D/E **9.5 SV base**

-RE
- VP
- SR
+CV
+D/E
9.8 max
/ CC

**SPECIAL REQ 0.5 ea**

2 Bar Changes
B Flight, *Not Dmt*
C Flight, *diffferent - no Dmt*
*or* B LA Turn, *Not Mt / Dmt*
B Salto Dismount

Not 2 bar changes 0.2 ___
No direction change 0.1 ___
Choice of 2 ↑0.2 ___
- Fwd Circle/release B
- 3/6/7 B
- 180° LA turn C
- Single bar release D

¾ Fwd Giant 0.1 ___
Uncharacteristic 0.1 ___

Dynamics ↑0.2 ___
HS precision ↑0.1 ___

*7.07.26 D Hanford*

| BARS | BONUS | 0.1 | 0.2 | * HB / LB Release | Difficulty CC | Dismount CC | VP |
|---|---|---|---|---|---|---|---|
| **10** | Turn / Flight required | **C + C** | | Must be either a Shaposh-type or Pak-type release listed in the CoP | **0.2** **D D** 2 different releases<br>**0.1** **D/E** 1 D/E release | **0.1** **D/E** or **D + C** Dismount | A (3) 0.1<br>B (3) 0.3<br>C (2) 0.5 |
| | Turn / Flight NOT required | **C + D** | **D + D** | | | | |
| | 2 different 3 / 6 / 7 | **C + C** | | | **10.0 + 0.1** • 10.0 SV (*all VP / SR / TB / CC*) • ≥ 0.6 bonus earned<br>• Minimum D single bar release or any E release - *NOT DMT* | | |
| 2 ½ min | HB / LB release* to 3/6/7 circle HS | | **D + C** | | | | |

**9.2 SV base** 3 A 3B 2C D E

*7.01.26 D Hanford*

| SPECIAL REQ 0.5 ea | | | - VP |
|---|---|---|---|
| C Flight, *Not Dmt* | | | - SR |
| B Flight, *different, Not Dmt* | | | +CV |
| C LA Turn, *Not Mt / Dmt* | | | +D/E |
| C Salto Dismount | | | 9.7 max |
| Not 2 bar changes | 0.2 | ___ | |
| Faces same direction | 0.1 | ___ | |
| Choice of 2 | ↑0.2 | ___ | CC / |
| • Fwd Circle/release B | | | |
| • 3/6/7 B | | | |
| • 180° LA turn C | | | |
| • Single bar release D | | | 10 + 0.1 |
| ¾ Fwd Giant | 0.1 | ___ | |
| Uncharacteristic | 0.1 | ___ | |
| >1 squat on ± circle | 0.1 | ___ | |
| HS precision | ↑0.1 | ___ | |
| Dynamics | ↑0.2 | | |

**9.2 SV base** 3 A 3B 2C D E

| SPECIAL REQ 0.5 ea | | | - VP |
|---|---|---|---|
| C Flight, *Not Dmt* | | | - SR |
| B Flight, *different, Not Dmt* | | | +CV |
| C LA Turn, *Not Mt / Dmt* | | | +D/E |
| C Salto Dismount | | | 9.7 max |
| Not 2 bar changes | 0.2 | ___ | |
| Faces same direction | 0.1 | ___ | |
| Choice of 2 | ↑0.2 | ___ | CC / |
| • Fwd Circle/release B | | | |
| • 3/6/7 B | | | |
| • 180° LA turn C | | | |
| • Single bar release D | | | 10 + 0.1 |
| ¾ Fwd Giant | 0.1 | ___ | |
| Uncharacteristic | 0.1 | ___ | |
| >1 squat on ± circle | 0.1 | ___ | |
| HS precision | ↑0.1 | ___ | |
| Dynamics | ↑0.2 | | |

| BARS | BONUS | 0.1 | 0.2 | * HB / LB Release | Difficulty CC | Dismount CC | VP |
|---|---|---|---|---|---|---|---|
| **10** | Turn / Flight required | **C + C** | | Must be either a Shaposh-type or Pak-type release listed in the CoP | **0.2** **D D** 2 different releases<br>**0.1** **D/E** 1 D/E release | **0.1** **D/E** or **D + C** Dismount | A (3) 0.1<br>B (3) 0.3<br>C (2) 0.5 |
| | Turn / Flight NOT required | **C + D** | **D + D** | | | | |
| | 2 different 3 / 6 / 7 | **C + C** | | | **10.0 + 0.1** • 10.0 SV (*all VP / SR / TB / CC*) • ≥ 0.6 bonus earned<br>• Minimum D single bar release or any E release - *NOT DMT* | | |
| 2 ½ min | HB / LB release* to 3/6/7 circle HS | | **D + C** | | | | |

**9.2 SV base** 3 A 3B 2C D E

*7.01.26 D Hanford*

| SPECIAL REQ 0.5 ea | | - VP |
|---|---|---|
| C Flight, *Not Dmt* | | - SR |
| B Flight, *different, Not Dmt* | | +CV |
| C LA Turn, *Not Mt / Dmt* | | +D/E |
| C Salto Dismount | | 9.7 max |
| Not 2 bar changes | 0.2 | |
| Faces same direction | 0.1 | |
| Choice of 2 | ↑0.2 | CC / |
| • Fwd Circle/release B | | |
| • 3/6/7 B | | |
| • 180° LA turn C | | |
| • Single bar release D | | 10 + 0.1 |
| ¾ Fwd Giant | 0.1 | |
| Uncharacteristic | 0.1 | |
| >1 squat on ± circle | 0.1 | |
| HS precision | ↑0.1 | |
| Dynamics | ↑0.2 | |

**9.2 SV base** 3 A 3B 2C D E


| SPECIAL REQ 0.5 ea | | - VP |
|---|---|---|
| C Flight, *Not Dmt* | | - SR |
| B Flight, *different, Not Dmt* | | +CV |
| C LA Turn, *Not Mt / Dmt* | | +D/E |
| C Salto Dismount | | 9.7 max |
| Not 2 bar changes | 0.2 | |
| Faces same direction | 0.1 | |
| Choice of 2 | ↑0.2 | CC / |
| • Fwd Circle/release B | | |
| • 3/6/7 B | | |
| • 180° LA turn C | | |
| • Single bar release D | | 10 + 0.1 |
| ¾ Fwd Giant | 0.1 | |
| Uncharacteristic | 0.1 | |
| >1 squat on ± circle | 0.1 | |
| HS precision | ↑0.1 | |
| Dynamics | ↑0.2 | |