BARS	CAST*	RESTRICTED ELEMENTS		1 Allowable C = B	VP
6	Credit given if cast is above horizontal ↑ 0.3 No amplitude deduction if above 45° 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 Stalder HS Toe-on HS	A (4) 0.1 B (2) 0.3 *D Hanford 9.25.26*
		No VP / no SR / 0.5 off SV			

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

4A 2B

Missing **10.0 SV**

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

HS Precision ↑.1___ Dynamics ↑.2___

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

4A 2B

Missing **10.0 SV**

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

HS Precision ↑.1___ Dynamics ↑.2___

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

4A 2B

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 No amplitude deduction if above 45° 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 Stalder HS Toe-on HS	A (4) 0.1 B (2) 0.3 *D Hanford 9.25.26*
		No VP / no SR / 0.5 off SV			

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

4A 2B

Missing **10.0 SV**

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

HS Precision ↑.1___ Dynamics ↑.2___

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

4A 2B

Missing **10.0 SV**

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

HS Precision ↑.1___ Dynamics ↑.2___

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

4A 2B

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° Normal cast amplitude deductions apply Below 45° = No SR & deduct 0.25-0.3 amplitude	Restricted C/D/E may not be attempted = no VP / no SR / 0.5 off SV /	Cast HS ½ Stalder HS ± ½ Toe-on HS ± ½ Clear Hip HS ± ½ *Turns to regular grip only* SR of 2 B clear circles may be same or different	A (4) 0.1 B (3) 0.3

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 *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___

4A 3B

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

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

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___

4A 3B

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 Clear Hip HS & ½ Stalder HS & ½ *Turn to regular grip only!* *1st Restricted C = B*	No D/E. More than 1 restricted C attempted = no VP, SR, CC / 0.5 off SV *Only the same restricted C skill may be repeated if it received NO VP credit the 1st time*	**0.1** **B + B** *circles, turns, releases* *NO Casts*	**0.1** **B** or **B + A**	A (4) 0.1 B (4) 0.3 *D Hanford 9.21.2026*

SPECIAL REQ 0.5 ea			4A	4B
Cast to Handstand ↑*20°*				
2 B-Elements, *same or different:*		**9.8 SV base**		
B Flight* or LA Turn**	___	- RE		
B 3/6/7 clear circle*	___	- VP		
**Not in DMT* **Not in Mt or DMT*		- SR		
Dismount A Salto		9.8 max		
L8 Lack of vertical	0.2 ___			
¾ Fwd Giant	0.1 *ea* ___	CC /		
Uncharacteristic	0.1 *ea*			
HS Precision	↑0.1 ___			
Dynamics	↑0.2			

SPECIAL REQ 0.5 ea			4A	4B
Cast to Handstand ↑*20°*				
2 B-Elements, *same or different:*		**9.8 SV base**		
B Flight* or LA Turn**	___	- RE		
B 3/6/7 clear circle*	___	- VP		
**Not in DMT* **Not in Mt or DMT*		- SR		
Dismount A Salto		9.8 max		
L8 Lack of vertical	0.2 ___			
¾ Fwd Giant	0.1 *ea* ___	CC /		
Uncharacteristic	0.1 *ea*			
HS Precision	↑0.1 ___			
Dynamics	↑0.2			

SPECIAL REQ 0.5 ea			4A	4B
Cast to Handstand ↑*20°*				
2 B-Elements, *same or different:*		**9.8 SV base**		
B Flight* or LA Turn**	___	- RE		
B 3/6/7 clear circle*	___	- VP		
**Not in DMT* **Not in Mt or DMT*		- SR		
Dismount A Salto		9.8 max		
L8 Lack of vertical	0.2 ___			
¾ Fwd Giant	0.1 *ea* ___	CC /		
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 Clear Hip HS & ½ Stalder HS & ½ *Turn to regular grip only!* *1st Restricted C = B*	No D/E. More than 1 restricted C attempted = no VP, SR, CC / 0.5 off SV *Only the same restricted C skill may be repeated if it received NO VP credit the 1st time*	**0.1** **B + B** *circles, turns, releases* *NO Casts*	**0.1** **B** or **B + A**	A (4) 0.1 B (4) 0.3 *D Hanford 9.21.2026*

SPECIAL REQ 0.5 ea			4A	4B
Cast to Handstand ↑*20°*				
2 B-Elements, *same or different:*		**9.8 SV base**		
B Flight* or LA Turn**	___	- RE		
B 3/6/7 clear circle*	___	- VP		
**Not in DMT* **Not in Mt or DMT*		- SR		
Dismount A Salto		9.8 max		
L8 Lack of vertical	0.2 ___			
¾ Fwd Giant	0.1 *ea* ___	CC /		
Uncharacteristic	0.1 *ea*			
HS Precision	↑0.1 ___			
Dynamics	↑0.2			

SPECIAL REQ 0.5 ea			4A	4B
Cast to Handstand ↑*20°*				
2 B-Elements, *same or different:*		**9.8 SV base**		
B Flight* or LA Turn**	___	- RE		
B 3/6/7 clear circle*	___	- VP		
**Not in DMT* **Not in Mt or DMT*		- SR		
Dismount A Salto		9.8 max		
L8 Lack of vertical	0.2 ___			
¾ Fwd Giant	0.1 *ea* ___	CC /		
Uncharacteristic	0.1 *ea*			
HS Precision	↑0.1 ___			
Dynamics	↑0.2			

SPECIAL REQ 0.5 ea			4A	4B
Cast to Handstand ↑*20°*				
2 B-Elements, *same or different:*		**9.8 SV base**		
B Flight* or LA Turn**	___	- RE		
B 3/6/7 clear circle*	___	- VP		
**Not in DMT* **Not in Mt or DMT*		- SR		
Dismount A Salto		9.8 max		
L8 Lack of vertical	0.2 ___			
¾ Fwd Giant	0.1 *ea* ___	CC /		
Uncharacteristic	0.1 *ea*			
HS Precision	↑0.1 ___			
Dynamics	↑0.2			

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

7.8.26 D Hanford

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

SPECIAL REQ 0.5 ea	
2 Bar Changes	- RE
B Flight, *Not Dmt*	- VP
C Flight, *diffferent - no Dmt*	- SR
or B LA Turn, *Not Mt / Dmt*	+CV
B Salto Dismount	+D/E
Not 2 bar changes 0.2 ___	9.8 max
No direction change 0.1 ___	CC /
Choice of 2 ↑0.2 ___	
• Fwd Circle/release B	
• 3/6/7 B	
• 180° LA turn C	
• Single bar release D	

Dynamics ↑ 0.2___ HS precision ↑ 0.1___

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

SPECIAL REQ 0.5 ea	
2 Bar Changes	- RE
B Flight, *Not Dmt*	- VP
C Flight, *diffferent - no Dmt*	- SR
or B LA Turn, *Not Mt / Dmt*	+CV
B Salto Dismount	+D/E
Not 2 bar changes 0.2 ___	9.8 max
No direction change 0.1 ___	CC /
Choice of 2 ↑0.2 ___	
• Fwd Circle/release B	
• 3/6/7 B	
• 180° LA turn C	
• Single bar release D	

Dynamics ↑ 0.2___ HS precision ↑ 0.1___

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

SPECIAL REQ 0.5 ea	
2 Bar Changes	- RE
B Flight, *Not Dmt*	- VP
C Flight, *diffferent - no Dmt*	- SR
or B LA Turn, *Not Mt / Dmt*	+CV
B Salto Dismount	+D/E
Not 2 bar changes 0.2 ___	9.8 max
No direction change 0.1 ___	CC /
Choice of 2 ↑0.2 ___	
• Fwd Circle/release B	
• 3/6/7 B	
• 180° LA turn C	
• Single bar release D	

Dynamics ↑ 0.2___ HS precision ↑ 0.1___

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

7.8.26 D Hanford

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

SPECIAL REQ 0.5 ea	
2 Bar Changes	- RE
B Flight, *Not Dmt*	- VP
C Flight, *diffferent - no Dmt*	- SR
or B LA Turn, *Not Mt / Dmt*	+CV
B Salto Dismount	+D/E
Not 2 bar changes 0.2 ___	9.8 max
No direction change 0.1 ___	CC /
Choice of 2 ↑0.2 ___	
• Fwd Circle/release B	
• 3/6/7 B	
• 180° LA turn C	
• Single bar release D	

Dynamics ↑ 0.2___ HS precision ↑ 0.1___

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

SPECIAL REQ 0.5 ea	
2 Bar Changes	- RE
B Flight, *Not Dmt*	- VP
C Flight, *diffferent - no Dmt*	- SR
or B LA Turn, *Not Mt / Dmt*	+CV
B Salto Dismount	+D/E
Not 2 bar changes 0.2 ___	9.8 max
No direction change 0.1 ___	CC /
Choice of 2 ↑0.2 ___	
• Fwd Circle/release B	
• 3/6/7 B	
• 180° LA turn C	
• Single bar release D	

Dynamics ↑ 0.2___ HS precision ↑ 0.1___

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

SPECIAL REQ 0.5 ea	
2 Bar Changes	- RE
B Flight, *Not Dmt*	- VP
C Flight, *diffferent - no Dmt*	- SR
or B LA Turn, *Not Mt / Dmt*	+CV
B Salto Dismount	+D/E
Not 2 bar changes 0.2 ___	9.8 max
No direction change 0.1 ___	CC /
Choice of 2 ↑0.2 ___	
• Fwd Circle/release B	
• 3/6/7 B	
• 180° LA turn C	
• Single bar release D	

Dynamics ↑ 0.2___ HS precision ↑ 0.1___

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	**0.1** **D/E** or **D + C** Dismount	A (3) 0.1
	Turn / Flight NOT required	**C + D**	**D + D**		**0.1** **D/E** 1 D/E release		B (3) 0.3
	2 different 3 / 6 / 7	**C + C**			**10.0 + 0.1** • 10.0 SV (*all VP / SR / TB / CC*) • ≥ 0.6 bonus earned • Minimum D single bar release or any E release - *NOT DMT*		C (2) 0.5
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	
C Flight, *Not Dmt*	- VP
B Flight, *different, Not Dmt*	- SR
C LA Turn, *Not Mt / Dmt*	+CV
C Salto Dismount	+D/E
Not 2 bar changes 0.2 ___	9.7 max
Faces same direction 0.1 ___	CC /
Choice of 2 ↑0.2 ___ • 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 ___ Dynamics ↑ 0.2___ HS precision ↑ 0.1___

9.2 SV base 3 A 3B 2C D E

SPECIAL REQ 0.5 ea	
C Flight, *Not Dmt*	- VP
B Flight, *different, Not Dmt*	- SR
C LA Turn, *Not Mt / Dmt*	+CV
C Salto Dismount	+D/E
Not 2 bar changes 0.2 ___	9.7 max
Faces same direction 0.1 ___	CC /
Choice of 2 ↑0.2 ___ • 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 ___ Dynamics ↑ 0.2___ HS precision ↑ 0.1___

9.2 SV base 3 A 3B 2C D E

SPECIAL REQ 0.5 ea	
C Flight, *Not Dmt*	- VP
B Flight, *different, Not Dmt*	- SR
C LA Turn, *Not Mt / Dmt*	+CV
C Salto Dismount	+D/E
Not 2 bar changes 0.2 ___	9.7 max
Faces same direction 0.1 ___	CC /
Choice of 2 ↑0.2 ___ • 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 ___ Dynamics ↑ 0.2___ HS precision ↑ 0.1___

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	**0.1** **D/E** or **D + C** Dismount	A (3) 0.1
	Turn / Flight NOT required	**C + D**	**D + D**		**0.1** **D/E** 1 D/E release		B (3) 0.3
	2 different 3 / 6 / 7	**C + C**			**10.0 + 0.1** • 10.0 SV (*all VP / SR / TB / CC*) • ≥ 0.6 bonus earned • Minimum D single bar release or any E release - *NOT DMT*		C (2) 0.5
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	
C Flight, *Not Dmt*	- VP
B Flight, *different, Not Dmt*	- SR
C LA Turn, *Not Mt / Dmt*	+CV
C Salto Dismount	+D/E
Not 2 bar changes 0.2 ___	9.7 max
Faces same direction 0.1 ___	CC /
Choice of 2 ↑0.2 ___ • 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 ___ Dynamics ↑ 0.2___ HS precision ↑ 0.1___

9.2 SV base 3 A 3B 2C D E

SPECIAL REQ 0.5 ea	
C Flight, *Not Dmt*	- VP
B Flight, *different, Not Dmt*	- SR
C LA Turn, *Not Mt / Dmt*	+CV
C Salto Dismount	+D/E
Not 2 bar changes 0.2 ___	9.7 max
Faces same direction 0.1 ___	CC /
Choice of 2 ↑0.2 ___ • 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 ___ Dynamics ↑ 0.2___ HS precision ↑ 0.1___

9.2 SV base 3 A 3B 2C D E

SPECIAL REQ 0.5 ea	
C Flight, *Not Dmt*	- VP
B Flight, *different, Not Dmt*	- SR
C LA Turn, *Not Mt / Dmt*	+CV
C Salto Dismount	+D/E
Not 2 bar changes 0.2 ___	9.7 max
Faces same direction 0.1 ___	CC /
Choice of 2 ↑0.2 ___ • 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 ___ Dynamics ↑ 0.2___ HS precision ↑ 0.1___