BEAM	TIME	ACRO SERIES (2 VP)	ALLOWED / RESTRICTED	VP
6	1:30 warm-up / **1:20** compete	Non-flight series Gps 5/6/7, **1 must achieve HS**	1 C Dance element allowed = B	A (4) 0.1
	If less than 30 seconds with 10.0 SV the CJ takes -0.5 off average	Not in Mount or Dismount / Rolls OK Handstand without turn must be held 2 seconds.	Restricted C/D/E may not be attempted no VP / no SR / 0.5 off SV	B (2) 0.3 *D Hanford 8.11.26*

Acro Flight may be in series or isolated 4A 2B

Special Requirements 0.5 ea	**10.0 SV**
Acro Series w/wo flight	- RE
OR 1 Acro flight element	- VP
Leap or Jump 180° Split	- SR
Full turn on 1 foot	
Dismount A Salto / Aerial	

Choreography (↑.4):
Purposeful ↑.2___
Focus changes ↑.1___
Swd/Bwd Movement .05 ea ↑.1___
Footwork ↑.3___
Body Posture ↑.3___
Sureness↑.2___
Rhythm & Tempo (↑.2):
Variation ↑.1___
Disconnected ↑.1 ___
Dynamics (↑.2): *Amplitude choreo* ↑.1___ *Energy* ↑.1 ___

4A 2B

Special Requirements 0.5 ea	**10.0 SV**
Acro Series w/wo flight	- RE
OR 1 Acro flight element	- VP
Leap or Jump 180° Split	- SR
Full turn on 1 foot	
Dismount A Salto / Aerial	

Choreography (↑.4):
Purposeful ↑.2___
Focus changes ↑.1___
Swd/Bwd Movement .05 ea ↑.1___
Footwork ↑.3___
Body Posture ↑.3___
Sureness↑.2___
Rhythm & Tempo (↑.2):
Variation ↑.1___
Disconnected ↑.1 ___
Dynamics (↑.2): *Amplitude choreo* ↑.1___ *Energy* ↑.1 ___

BEAM	TIME	ACRO SERIES (2 VP)	ALLOWED / RESTRICTED	VP
6	1:30 warm-up / **1:20** compete	Non-flight series Gps 5/6/7, **1 must achieve HS**	1 C Dance element allowed = B	A (4) 0.1
	If less than 30 seconds with 10.0 SV the CJ takes -0.5 off average	Not in Mount or Dismount / Rolls OK Handstand without turn must be held 2 seconds.	Restricted C or higher skills may not be attempted no VP / no SR / 0.5 off SV	B (2) 0.3 *D Hanford 8.11.26*

Acro Flight may be in series or isolated 4A 2B

Special Requirements 0.5 ea	**10.0 SV**
Acro Series w/wo flight	- RE
OR 1 Acro flight element	- VP
Leap or Jump 180° Split	- SR
Full turn on 1 foot	
Dismount A Salto / Aerial	

Choreography (↑.4):
Purposeful ↑.2___
Focus changes ↑.1___
Swd/Bwd Movement .05 ea ↑.1___
Footwork ↑.3___
Body Posture ↑.3___
Sureness↑.2___
Rhythm & Tempo (↑.2):
Variation ↑.1___
Disconnected ↑.1 ___
Dynamics (↑.2): *Amplitude choreo* ↑.1___ *Energy* ↑.1 ___

4A 2B

Special Requirements 0.5 ea	**10.0 SV**
Acro Series w/wo flight	- RE
OR 1 Acro flight element	- VP
Leap or Jump 180° Split	- SR
Full turn on 1 foot	
Dismount A Salto / Aerial	

Choreography (↑.4):
Purposeful ↑.2___
Focus changes ↑.1___
Swd/Bwd Movement .05 ea ↑.1___
Footwork ↑.3___
Body Posture ↑.3___
Sureness↑.2___
Rhythm & Tempo (↑.2):
Variation ↑.1___
Disconnected ↑.1 ___
Dynamics (↑.2): *Amplitude choreo* ↑.1___ *Energy* ↑.1 ___

BEAM	TIME 1:20	ACRO SERIES (2 VP)	ALLOWED / RESTRICTED (-0.5 off SV)	VP
7	1:30 warm-up **1:20** compete	Series w/wo Flight Gps 5/6/7, **1 must achieve HS** Not in Mount or Dismount / Rolls OK Handstand without turn must be held 2 seconds.	C Dance elements *unlimited* = B Restricted C Acro or any D/E may not be attempted no VP / no SR / 0.5 off SV	A (4) 0.1 B (3) 0.3

Acro Flight may be in series or isolated 4A 3B *D.Hanford 9.22.2026*

Special Requirements 0.5 ea	10.0 SV
Acro Series w/wo flight	- RE
AND 1 Acro flight element	- VP
Leap or Jump 180° Split	- SR
Full turn on 1 foot	
Dismount A Salto / Aerial	
Choreography (↑.4): Purposeful ↑.2___ Focus changes ↑.1___ Swd/Bwd Movement .05 ea ↑.1___	
Footwork ↑.3___	
Body Posture ↑.3___	
Sureness↑.2___	
Rhythm & Tempo (↑.2): Variation ↑.1___ Disconnected ↑.1 ___	

Dynamics (↑.2): *Amplitude choreo* ↑.1___ *Energy* ↑.1 ___

4A 3B

Special Requirements 0.5 ea	10.0 SV
Acro Series w/wo flight	- RE
AND 1 Acro flight element	- VP
Leap or Jump 180° Split	- SR
Full turn on 1 foot	
Dismount A Salto / Aerial	
Choreography (↑.4): Purposeful ↑.2___ Focus changes ↑.1___ Swd/Bwd Movement .05 ea ↑.1___	
Footwork ↑.3___	
Body Posture ↑.3___	
Sureness↑.2___	
Rhythm & Tempo (↑.2): Variation ↑.1___ Disconnected ↑.1 ___	

Dynamics (↑.2): *Amplitude choreo* ↑.1___ *Energy* ↑.1 ___

BEAM	TIME 1:20	ACRO SERIES (2 VP)	ALLOWED / RESTRICTED (-0.5 off SV)	VP
7	1:30 warm-up **1:20** compete	Series w/wo Flight Gps 5/6/7, **1 must achieve HS** Not in Mount or Dismount / Rolls OK Handstand without turn must be held 2 seconds.	C Dance elements *unlimited* = B Restricted C Acro or any D/E may not be attempted no VP / no SR / 0.5 off SV	A (4) 0.1 B (3) 0.3

Acro Flight may be in series or isolated 4A 3B *D.Hanford 9.22.2026*

Special Requirements 0.5 ea	10.0 SV
Acro Series w/wo flight	- RE
AND 1 Acro flight element	- VP
Leap or Jump 180° Split	- SR
Full turn on 1 foot	
Dismount A Salto / Aerial	
Choreography (↑.4): Purposeful ↑.2___ Focus changes ↑.1___ Swd/Bwd Movement .05 ea ↑.1___	
Footwork ↑.3___	
Body Posture ↑.3___	
Sureness↑.2___	
Rhythm & Tempo (↑.2): Variation ↑.1___ Disconnected ↑.1 ___	

Dynamics (↑.2): *Amplitude choreo* ↑.1___ *Energy* ↑.1 ___

4A 3B

Special Requirements 0.5 ea	10.0 SV
Acro Series w/wo flight	- RE
AND 1 Acro flight element	- VP
Leap or Jump 180° Split	- SR
Full turn on 1 foot	
Dismount A Salto / Aerial	
Choreography (↑.4): Purposeful ↑.2___ Focus changes ↑.1___ Swd/Bwd Movement .05 ea ↑.1___	
Footwork ↑.3___	
Body Posture ↑.3___	
Sureness↑.2___	
Rhythm & Tempo (↑.2): Variation ↑.1___ Disconnected ↑.1 ___	

Dynamics (↑.2): *Amplitude choreo* ↑.1___ *Energy* ↑.1 ___

BEAM	Allowable	RESTRICTED		Acro Flight CC	Salto / Aerial Dismount CC	VP
8	All Dance C = B 1st Acro C = B	More than 1 C Acro *(or any D/E)* attempted = 0.5 off SV *no VP / no SR / no CC*	Only the same restricted C acro may be repeated if it received "0" VP 1st time	**0.1 B + B** *Not Dmt 2 flight Acro series*	**0.1 B** *or* **B + A** *Acro flight + Dmt*	A (4) 0.1 B (4) 0.3

4A 4B

D Hanford 9.22.2026

SPECIAL REQ 0.5 ea	9.8 SV base
Acro Flight Series *-1 flight*	- RE
Leap / Jump 180° Split	- VP
Full Turn	- SR
Dismount **A** Salto / Aerial	9.8 max

No Dance Series	0.2	___
F/S & Bwd Acro	0.1	___
in dismount only	0.05	___
Shape >2 Λ or и	0.1	___
>1 Pivot *straight legs*	0.1	

CC /

Footwork	↑0.3	___
Body Posture	↑0.3	___
Sureness	↑0.2	___
Rhythm & Tempo (↑.2):		
• *Variation*	↑0.1	___
• *Disconnected*	↑0.1	

Choreography (↑.4): *Purposeful* ↑.2___ *Focus* ↑.1___ *Swd/Bwd Movement .05 ea* ↑.1___ Dynamics (↑.2): *Amplitude choreo* ↑.1___ *Energy* ↑.1 ___

4A 4B

SPECIAL REQ 0.5 ea	9.8 SV base
Acro Flight Series *-1 flight*	- RE
Leap / Jump 180° Split	- VP
Full Turn	- SR
Dismount **A** Salto / Aerial	9.8 max

No Dance Series	0.2	___
F/S & Bwd Acro	0.1	___
in dismount only	0.05	___
Shape >2 Λ or и	0.1	___
>1 Pivot *straight legs*	0.1	

CC /

Footwork	↑0.3	___
Body Posture	↑0.3	___
Sureness	↑0.2	___
Rhythm & Tempo (↑.2):		
• *Variation*	↑0.1	___
• *Disconnected*	↑0.1	

Choreography (↑.4): *Purposeful* ↑.2___ *Focus* ↑.1___ *Swd/Bwd Movement .05 ea* ↑.1___ Dynamics (↑.2): *Amplitude choreo* ↑.1___ *Energy* ↑.1 ___

BEAM	Allowable	RESTRICTED		Acro Flight CC	Salto / Aerial Dismount CC	VP
8	All Dance C = B 1st Acro C = B	More than 1 C Acro *(or any D/E)* attempted = 0.5 off SV *no VP / no SR / no CC*	Only the same restricted C acro may be repeated if it received "0" VP 1st time	**0.1 B + B** *Not Dmt 2 flight Acro series*	**0.1 B** *or* **B + A** *Acro flight + Dmt*	A (4) 0.1 B (4) 0.3

4A 4B

D Hanford 9.22.2026

SPECIAL REQ 0.5 ea	9.8 SV base
Acro Flight Series *-1 flight*	- RE
Leap / Jump 180° Split	- VP
Full Turn	- SR
Dismount **A** Salto / Aerial	9.8 max

No Dance Series	0.2	___
F/S & Bwd Acro	0.1	___
in dismount only	0.05	___
Shape >2 Λ or и	0.1	___
>1 Pivot *straight legs*	0.1	

CC /

Footwork	↑0.3	____
Body Posture	↑0.3	____
Sureness	↑0.2	____
Rhythm & Tempo (↑.2):		
• *Variation*	↑0.1	____
• *Disconnected*	↑0.1	

Choreography (↑.4): *Purposeful* ↑.2___ *Focus* ↑.1___ *Swd/Bwd Movement .05 ea* ↑.1___ Dynamics (↑.2): *Amplitude choreo* ↑.1___ *Energy* ↑.1 ___

4A 4B

SPECIAL REQ 0.5 ea	9.8 SV base
Acro Flight Series *-1 flight*	- RE
Leap / Jump 180° Split	- VP
Full Turn	- SR
Dismount **A** Salto / Aerial	9.8 max

No Dance Series	0.2	___
F/S & Bwd Acro	0.1	___
in dismount only	0.05	___
Shape >2 Λ or и	0.1	___
>1 Pivot *straight legs*	0.1	

CC /

Footwork	↑0.3	____
Body Posture	↑0.3	____
Sureness	↑0.2	____
Rhythm & Tempo (↑.2):		
• *Variation*	↑0.1	____
• *Disconnected*	↑0.1	

Choreography (↑.4): *Purposeful* ↑.2___ *Focus* ↑.1___ *Swd/Bwd Movement .05 ea* ↑.1___ Dynamics (↑.2): *Amplitude choreo* ↑.1___ *Energy* ↑.1 ___

BEAM	All Acro must have flight	0.1	0.2	No Dismount	0.1	0.2	Acro Flight CC			Salto/Aerial Dismount CC		
9	2 Acro Flight - *Not Dmt*	B+C *salto* / aerial	C+C	2 Dance / Mix	B+C	C+C	0.1	C C	2 different acro flight, *not Dmt*	0.1	C	B+B *acro flight + dmt* C+B *dance + dmt*
	3 Acro Flight - DMT OK	B+B+C	B+C+C	Turns	CA AC							
	3 Acro Flight with C salto or D/E hand *Not DMT* = **add'l 0.1**			1st D Acro no fall/spot = 0.1 DV *Only the same restricted RE may be repeated if it did NOT receive VP credit 1st tim*								

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

7.08.26 D Hanford

SPECIAL REQ 0.5 ea			
Acro Flight Series - *2 flight*			-RE
Leap / Jump 180°			-VP
Full Turn			-SR
Dmt B Salto/Aerial			+CV
No Dance Series	0.2	___	+D/E
F/S & Bwd Acro	0.1	___	9.8 max
in dismount only	0.1	___	
Shape >2 Λ or ᴎw	0.1	___	CC /
>1 Pivot *straight legs*	0.1		
Footwork	↑0.3	___	
Body Posture	↑0.3	___	
Sureness	↑0.2	___	
Rhythm & Tempo (↑.2):			
• *Variation*	↑0.1	___	
• *Disconnected*	↑0.1		

Choreography (↑.4): *Purposeful* ↑.2___ *Focus* ↑.1___ *Swd/Bwd Movement .05 ea* ↑.1___ Dynamics (↑.2): Amplitude choreography ↑.1___ Energy ↑.1 ___

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

SPECIAL REQ 0.5 ea			
Acro Flight Series - *2 flight*			-RE
Leap / Jump 180°			-VP
Full Turn			-SR
Dmt B Salto/Aerial			+CV
No Dance Series	0.2	___	+D/E
F/S & Bwd Acro	0.1	___	9.8 max
in dismount only	0.1	___	
Shape >2 Λ or ᴎw	0.1	___	CC /
>1 Pivot *straight legs*	0.1		
Footwork	↑0.3	___	
Body Posture	↑0.3	___	
Sureness	↑0.2	___	
Rhythm & Tempo (↑.2):			
• *Variation*	↑0.1	___	
• *Disconnected*	↑0.1		

Choreography (↑.4): *Purposeful* ↑.2___ *Focus* ↑.1___ *Swd/Bwd Movement .05 ea* ↑.1___ Dynamics (↑.2): Amplitude choreography ↑.1___ Energy ↑.1 ___

BEAM	All Acro must have flight	0.1	0.2	No Dismount	0.1	0.2	Acro Flight CC			Salto/Aerial Dismount CC		
9	2 Acro Flight - *Not Dmt*	B+C *salto* / aerial	C+C	2 Dance / Mix	B+C	C+C	0.1	C C	2 different acro flight, *not Dmt*	0.1	C	B+B *acro flight + dmt* C+B *dance + dmt*
	3 Acro Flight - DMT OK	B+B+C	B+C+C	Turns	CA AC							
	3 Acro Flight with C salto or D/E hand *Not DMT* = **add'l 0.1**			1st D Acro no fall/spot = 0.1 DV *Only the same restricted RE may be repeated if it did NOT receive VP credit 1st tim*								

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

7.08.26 D Hanford

SPECIAL REQ 0.5 ea			
Acro Flight Series - *2 flight*			-RE
Leap / Jump 180°			-VP
Full Turn			-SR
Dmt B Salto/Aerial			+CV
No Dance Series	0.2	___	+D/E
F/S & Bwd Acro	0.1	___	9.8 max
in dismount only	0.1	___	
Shape >2 Λ or ᴎw	0.1	___	CC /
>1 Pivot *straight legs*	0.1		
Footwork	↑0.3	___	
Body Posture	↑0.3	___	
Sureness	↑0.2	___	
Rhythm & Tempo (↑.2):			
• *Variation*	↑0.1	___	
• *Disconnected*	↑0.1		

Choreography (↑.4): *Purposeful* ↑.2___ *Focus* ↑.1___ *Swd/Bwd Movement .05 ea* ↑.1___ Dynamics (↑.2): Amplitude choreography ↑.1___ Energy ↑.1 ___

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

SPECIAL REQ 0.5 ea			
Acro Flight Series - *2 flight*			-RE
Leap / Jump 180°			-VP
Full Turn			-SR
Dmt B Salto/Aerial			+CV
No Dance Series	0.2	___	+D/E
F/S & Bwd Acro	0.1	___	9.8 max
in dismount only	0.1	___	
Shape >2 Λ or ᴎw	0.1	___	CC /
>1 Pivot *straight legs*	0.1		
Footwork	↑0.3	___	
Body Posture	↑0.3	___	
Sureness	↑0.2	___	
Rhythm & Tempo (↑.2):			
• *Variation*	↑0.1	___	
• *Disconnected*	↑0.1		

Choreography (↑.4): *Purposeful* ↑.2___ *Focus* ↑.1___ *Swd/Bwd Movement .05 ea* ↑.1___ Dynamics (↑.2): Amplitude choreography ↑.1___ Energy ↑.1 ___

BEAM	All Acro must have flight	0.1	0.2	No Dismount	0.1	0.2	Acro Flight CC	Salto/Aerial Dismount CC
10	2 Acro Flight - *Not Dmt*	**BC**$_{salto}$	**CC BD**	2 Dance / Mix	**BC AD**	**CC BD**	**0.2 D D** *2 different acro flt, not Dmt*	**0.1 D/E** **B+C** *acro flight + dmt*
	3 Acro Flight - DMT OK	**BBC**	**BCC BBD**				**0.1 D/E** *1 acro flight, not Dmt*	**C+C** *dance + dmt*
	3 Acro Flight with C salto or D/E hand *Not DMT* = **add'l 0.1**			Turns	**CA AC**		**10 + 0.1** Must have: • 10.0 SV • ≥ 0.6 bonus • E Acro	

9.2 SV base 3A 3B 2C D E

7.01.26 D Hanford

SPECIAL REQ 0.5 ea			
Acro Flight Series BC *or* EA			- VP / - SR
Leap / Jump 180°			+CV
Full Turn			+D/E
Dmt C Salto/Aerial or C+B* *C dance or C acro flight / series*			9.7 max
No Dance Series	0.2	___	
F/S & Bwd Acro	0.1	___	CC /
in dismount only	0.05	___	
Shape >2 Λ or ᴎw	0.1	___	
>1 Pivot *straight legs*	0.1		
Footwork	↑0.3	___	10 + 0.1
Body Posture	↑0.3	___	
Sureness	↑0.2	___	
Rhythm & Tempo (↑.2):			
• *Variation*	↑0.1	___	
• *Disconnected*	↑0.1		

Choreography (↑.4): *Purposeful* ↑.2___ *Focus* ↑.1___ *Swd/Bwd Movement .05 ea* ↑.1___ Dynamics (↑.2): *Amplitude choreography* ↑.1___ *Energy* ↑.1 ___

9.2 SV base 3A 3B 2C D E

SPECIAL REQ 0.5 ea			
Acro Flight Series BC *or* EA			- VP / - SR
Leap / Jump 180°			+CV
Full Turn			+D/E
Dmt C Salto/Aerial or C+B* *C dance or C acro flight / series*			9.7 max
No Dance Series	0.2	___	
F/S & Bwd Acro	0.1	___	CC /
in dismount only	0.05	___	
Shape >2 Λ or ᴎw	0.1	___	
>1 Pivot *straight legs*	0.1		
Footwork	↑0.3	___	10 + 0.1
Body Posture	↑0.3	___	
Sureness	↑0.2	___	
Rhythm & Tempo (↑.2):			
• *Variation*	↑0.1	___	
• *Disconnected*	↑0.1		

Choreography (↑.4): *Purposeful* ↑.2___ *Focus* ↑.1___ *Swd/Bwd Movement .05 ea* ↑.1___ Dynamics (↑.2): *Amplitude choreography* ↑.1___ *Energy* ↑.1 ___

BEAM	All Acro must have flight	0.1	0.2	No Dismount	0.1	0.2	Acro Flight CC	Salto/Aerial Dismount CC
10	2 Acro Flight - *Not Dmt*	**BC**$_{salto}$	**CC BD**	2 Dance / Mix	**BC AD**	**CC BD**	**0.2 D D** *2 different acro flt, not Dmt*	**0.1 D/E** **B+C** *acro flight + dmt* **C+C** *dance + dmt*
	3 Acro Flight - DMT OK	**BBC**	**BCC BBD**				**0.1 D/E** *1 acro flight, not Dmt*	
	3 Acro Flight with C salto or D/E hand *Not DMT* = **add'l 0.1**			Turns	**CA AC**		**10 + 0.1**	Must have: • 10.0 SV • ≥ 0.6 bonus • E Acro

9.2 SV base 3A 3B 2C D E

7.01.26 D Hanford

SPECIAL REQ 0.5 ea			- VP
Acro Flight Series BC *or* EA			- SR
Leap / Jump 180°			+CV
Full Turn			+D/E
Dmt C Salto/Aerial or C+B* *C dance or C acro flight / series*			9.7 max
No Dance Series	0.2	___	
F/S & Bwd Acro	0.1	___	CC /
in dismount only	0.05	___	
Shape >2 Λ or ᴎw	0.1	___	
>1 Pivot *straight legs*	0.1		
Footwork	↑0.3	___	10 + 0.1
Body Posture	↑0.3	___	
Sureness	↑0.2	___	
Rhythm & Tempo (↑.2):			
• *Variation*	↑0.1	___	
• *Disconnected*	↑0.1		

Choreography (↑.4): *Purposeful* ↑.2___ *Focus* ↑.1___ *Swd/Bwd Movement .05 ea* ↑.1___ Dynamics (↑.2): *Amplitude choreography* ↑.1___ *Energy* ↑.1 ___

9.2 SV base 3A 3B 2C D E

SPECIAL REQ 0.5 ea			- VP
Acro Flight Series BC *or* EA			- SR
Leap / Jump 180°			+CV
Full Turn			+D/E
Dmt C Salto/Aerial or C+B* *C dance or C acro flight / series*			9.7 max
No Dance Series	0.2	___	
F/S & Bwd Acro	0.1	___	CC /
in dismount only	0.05	___	
Shape >2 Λ or ᴎw	0.1	___	
>1 Pivot *straight legs*	0.1		
Footwork	↑0.3	___	10 + 0.1
Body Posture	↑0.3	___	
Sureness	↑0.2	___	
Rhythm & Tempo (↑.2):			
• *Variation*	↑0.1	___	
• *Disconnected*	↑0.1		

Choreography (↑.4): *Purposeful* ↑.2___ *Focus* ↑.1___ *Swd/Bwd Movement .05 ea* ↑.1___ Dynamics (↑.2): *Amplitude choreography* ↑.1___ *Energy* ↑.1 ___