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 8.11.26*
		No VP / no SR / 0.5 off SV			

4A 2B

LEVEL 6 SPECIAL REQ 0.5 ea

Cast 45° *above horizontal*

One Bar Change

Clear 3/6/7 Circle *360°*

Dismount **A** Salto

10.0 SV Missing

____ -B VP (0.3)
____ -A VP (0.1)
____ -SR (0.5)
-'RE' (0.5)

___HS Precision ↑.1
___Dynamics ↑.2

4A 2B

LEVEL 6 SPECIAL REQ 0.5 ea

Cast 45° *above horizontal*

One Bar Change

Clear 3/6/7 Circle *360°*

Dismount **A** Salto

10.0 SV Missing

____ -B VP (0.3)
____ -A VP (0.1)
____ -SR (0.5)
-'RE' (0.5)

___HS Precision ↑.1
___Dynamics ↑.2

4A 2B

LEVEL 6 SPECIAL REQ 0.5 ea

Cast 45° *above horizontal*

One Bar Change

Clear 3/6/7 Circle *360°*

Dismount **A** Salto

10.0 SV Missing

____ -B VP (0.3)
____ -A VP (0.1)
____ -SR (0.5)
-'RE' (0.5)

___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 8.11.26*
		No VP / no SR / 0.5 off SV			

4A 2B

LEVEL 6 SPECIAL REQ 0.5 ea

Cast 45° *above horizontal*

One Bar Change

Clear 3/6/7 Circle *360°*

Dismount **A** Salto

10.0 SV Missing

____ -B VP (0.3)
____ -A VP (0.1)
____ -SR (0.5)
-'RE' (0.5)

___HS Precision ↑.1
___Dynamics ↑.2

4A 2B

LEVEL 6 SPECIAL REQ 0.5 ea

Cast 45° *above horizontal*

One Bar Change

Clear 3/6/7 Circle *360°*

Dismount **A** Salto

10.0 SV Missing

____ -B VP (0.3)
____ -A VP (0.1)
____ -SR (0.5)
-'RE' (0.5)

___HS Precision ↑.1
___Dynamics ↑.2

4A 2B

LEVEL 6 SPECIAL REQ 0.5 ea

Cast 45° *above horizontal*

One Bar Change

Clear 3/6/7 Circle *360°*

Dismount **A** Salto

10.0 SV Missing

____ -B VP (0.3)
____ -A VP (0.1)
____ -SR (0.5)
-'RE' (0.5)

___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

4A 3B

LEVEL 7 SPECIAL REQ 0.5 ea

Cast to Handstand* 45° ↑

B Clear Circle *360°*

B Clear 3/6/7 circle *360°*

Dismount "A" Salto

10.0 SV Missing

____ -B VP (0.3)
____ -A VP (0.1)
____ -SR (0.5)
____ -'RE' (0.5)

___Dynamics ↑.2 ___HS Precision ↑.1

4A 3B

LEVEL 7 SPECIAL REQ 0.5 ea

Cast to Handstand* 45° ↑

B Clear Circle *360°*

B Clear 3/6/7 circle *360°*

Dismount "A" Salto

10.0 SV Missing

____ -B VP (0.3)
____ -A VP (0.1)
____ -SR (0.5)
____ -'RE' (0.5)

___Dynamics ↑.2 ___HS Precision ↑.1

4A 3B

LEVEL 7 SPECIAL REQ 0.5 ea

Cast to Handstand* 45° ↑

B Clear Circle *360°*

B Clear 3/6/7 circle *360°*

Dismount "A" Salto

10.0 SV Missing

____ -B VP (0.3)
____ -A VP (0.1)
____ -SR (0.5)
____ -'RE' (0.5)

___Dynamics ↑.2 ___HS Precision ↑.1

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

4A 3B

LEVEL 7 SPECIAL REQ 0.5 ea

Cast to Handstand* 45° ↑

B Clear Circle *360°*

B Clear 3/6/7 circle *360°*

Dismount "A" Salto

10.0 SV Missing

____ -B VP (0.3)
____ -A VP (0.1)
____ -SR (0.5)
____ -'RE' (0.5)

___Dynamics ↑.2 ___HS Precision ↑.1

4A 3B

LEVEL 7 SPECIAL REQ 0.5 ea

Cast to Handstand* 45° ↑

B Clear Circle *360°*

B Clear 3/6/7 circle *360°*

Dismount "A" Salto

10.0 SV Missing

____ -B VP (0.3)
____ -A VP (0.1)
____ -SR (0.5)
____ -'RE' (0.5)

___Dynamics ↑.2 ___HS Precision ↑.1

4A 3B

LEVEL 7 SPECIAL REQ 0.5 ea

Cast to Handstand* 45° ↑

B Clear Circle *360°*

B Clear 3/6/7 circle *360°*

Dismount "A" Salto

10.0 SV Missing

____ -B VP (0.3)
____ -A VP (0.1)
____ -SR (0.5)
____ -'RE' (0.5)

___Dynamics ↑.2 ___HS Precision ↑.1

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 8.11.2026

4A 4B **9.8 SV base**

- RE
- VP
- SR

9.8 max

/ CC

SPECIAL REQ 0.5 ea

Cast to Handstand ↑*20°*

2 B-Elements, *same or different:*

B Flight* or LA Turn** ___

B 3/6/7 clear circle* ___

**Not in DMT* ***Not in Mt or DMT*

Dismount A Salto

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 **9.8 SV base**

- RE
- VP
- SR

9.8 max

/ CC

SPECIAL REQ 0.5 ea

Cast to Handstand ↑*20°*

2 B-Elements, *same or different:*

B Flight* or LA Turn** ___

B 3/6/7 clear circle* ___

**Not in DMT* ***Not in Mt or DMT*

Dismount A Salto

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 **9.8 SV base**

- RE
- VP
- SR

9.8 max

/ CC

SPECIAL REQ 0.5 ea

Cast to Handstand ↑*20°*

2 B-Elements, *same or different:*

B Flight* or LA Turn** ___

B 3/6/7 clear circle* ___

**Not in DMT* ***Not in Mt or DMT*

Dismount A Salto

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 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 8.11.2026

4A 4B **9.8 SV base**

- RE
- VP
- SR

9.8 max

/ CC

SPECIAL REQ 0.5 ea

Cast to Handstand ↑*20°*

2 B-Elements, *same or different:*

B Flight* or LA Turn** ___

B 3/6/7 clear circle* ___

**Not in DMT* ***Not in Mt or DMT*

Dismount A Salto

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 **9.8 SV base**

- RE
- VP
- SR

9.8 max

/ CC

SPECIAL REQ 0.5 ea

Cast to Handstand ↑*20°*

2 B-Elements, *same or different:*

B Flight* or LA Turn** ___

B 3/6/7 clear circle* ___

**Not in DMT* ***Not in Mt or DMT*

Dismount A Salto

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 **9.8 SV base**

- RE
- VP
- SR

9.8 max

/ CC

SPECIAL REQ 0.5 ea

Cast to Handstand ↑*20°*

2 B-Elements, *same or different:*

B Flight* or LA Turn** ___

B 3/6/7 clear circle* ___

**Not in DMT* ***Not in Mt or DMT*

Dismount A Salto

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 B (4) 0.3 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*		

9.18.26 D Hanford

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

Dynamics ↑ 0.2___ HS precision ↑ 0.1___

- 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

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

Dynamics ↑ 0.2___ HS precision ↑ 0.1___

- 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

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

Dynamics ↑ 0.2___ HS precision ↑ 0.1___

- 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

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 B (4) 0.3 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*		

9.18.26 D Hanford

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

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

Dynamics ↑ 0.2___ HS precision ↑ 0.1___

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

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

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

Dynamics ↑ 0.2___ HS precision ↑ 0.1___

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

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

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

Dynamics ↑ 0.2___ HS precision ↑ 0.1___

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

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		C (2) 0.5
2 ½ min	HB / LB release* to 3/6/7 circle HS		**D + C**		• Minimum D single bar release or any E release - *NOT DMT*		

7.01.26 D Hanford

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

- VP
- SR
+CV
+D/E
9.7 max
/ CC
10 + 0.1

SPECIAL REQ 0.5 ea

C Flight, *Not Dmt*
B Flight, *different, Not Dmt*
C LA Turn, *Not Mt / Dmt*
C Salto Dismount
Not 2 bar changes 0.2 ___
Faces same direction 0.1 ___
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___ ¾ Fwd Giant 0.1 ___ Uncharacteristic 0.1 ___ >1 squat on ± circle 0.1 ___

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

- VP
- SR
+CV
+D/E
9.7 max
/ CC
10 + 0.1

SPECIAL REQ 0.5 ea

C Flight, *Not Dmt*
B Flight, *different, Not Dmt*
C LA Turn, *Not Mt / Dmt*
C Salto Dismount
Not 2 bar changes 0.2 ___
Faces same direction 0.1 ___
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___ ¾ Fwd Giant 0.1 ___ Uncharacteristic 0.1 ___ >1 squat on ± circle 0.1 ___

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

- VP
- SR
+CV
+D/E
9.7 max
/ CC
10 + 0.1

SPECIAL REQ 0.5 ea

C Flight, *Not Dmt*
B Flight, *different, Not Dmt*
C LA Turn, *Not Mt / Dmt*
C Salto Dismount
Not 2 bar changes 0.2 ___
Faces same direction 0.1 ___
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___ ¾ Fwd Giant 0.1 ___ Uncharacteristic 0.1 ___ >1 squat on ± circle 0.1 ___

BARS	BONUS	0.1	0.2	* HB/LB Release	Difficulty CC	Dismount CC	VP
10 2 ½ min	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** 1 D/E release **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*	**0.1 D/E** or **D + C** Dismount	A (3) 0.1 B (3) 0.3 C (2) 0.5
	Turn / Flight NOT required	**C + D**	**D + D**				
	2 different 3 / 6 / 7	**C + C**					
	HB / LB release* to 3/6/7 circle HS		**D + C**				



7.01.26 D Hanford

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

- VP
- SR
+CV
+D/E
9.7 max
/ CC
10 + 0.1

SPECIAL REQ 0.5 ea

C Flight, *Not Dmt*
B Flight, *different, Not Dmt*
C LA Turn, *Not Mt / Dmt*
C Salto Dismount
Not 2 bar changes 0.2 ___
Faces same direction 0.1 ___
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___ ¾ Fwd Giant 0.1 ___ Uncharacteristic 0.1 ___ >1 squat on ± circle 0.1 ___



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

- VP
- SR
+CV
+D/E
9.7 max
/ CC
10 + 0.1

SPECIAL REQ 0.5 ea

C Flight, *Not Dmt*
B Flight, *different, Not Dmt*
C LA Turn, *Not Mt / Dmt*
C Salto Dismount
Not 2 bar changes 0.2 ___
Faces same direction 0.1 ___
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___ ¾ Fwd Giant 0.1 ___ Uncharacteristic 0.1 ___ >1 squat on ± circle 0.1 ___



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

- VP
- SR
+CV
+D/E
9.7 max
/ CC
10 + 0.1

SPECIAL REQ 0.5 ea

C Flight, *Not Dmt*
B Flight, *different, Not Dmt*
C LA Turn, *Not Mt / Dmt*
C Salto Dismount
Not 2 bar changes 0.2 ___
Faces same direction 0.1 ___
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___ ¾ Fwd Giant 0.1 ___ Uncharacteristic 0.1 ___ >1 squat on ± circle 0.1 ___