

**BARS****XB**

Time	ADDITIONAL 'A' SKILLS				RESTRICTED 'RE'
<b>0:30</b> warm-up	Pullover LB - <i>run OK</i>	1-leg Jam Kip - <i>run-out OK</i>	Cast - <i>Hips off bars</i>	DMT: Cast-off to stand* (1 VP)	No 'B' skills No HB skills
	Jump on - <i>Front supt</i>	Stride Circle - <i>fwd / bwd</i>	Cast shoot-thru* (1 VP)	DMT: Fwd ¾ Circle to stand	No LB Giants
	Glide swing to stand	Basket Swing - <i>bent leg OK</i>	Cast squat-on* (1 VP)	DMT: Stretch Jump off	No Salto Dismount
	Run-out Kip	Leg Swing - <i>bwd</i>	Leg Cut - <i>fwd / bwd</i>	<i>other casts before a skill = 2 VP</i>	No VP credit & 0.5 off SV

*No extra swing deductions**Maximum execution deductions: 4.0**Courtesy Score: 4.0***X Bronze SR 0.5 ea**

4 'A' VP \_\_\_\_\_

Cast - *Hips leave bars* \_\_\_\_\_  
- *Not Mt/Dmt*360° Circle - *No Mt/Dmt* \_\_\_\_\_LB Dismount - *No Salto* \_\_\_\_\_**10.0 SV**

\_\_\_\_\_ .5 ea -SR

\_\_\_\_\_ .5 ea -'RE'

Thru-out Dynamics ↑.2**X Bronze SR 0.5 ea**

4 'A' VP \_\_\_\_\_

Cast - *Hips leave bars* \_\_\_\_\_  
- *Not Mt/Dmt*360° Circle - *No Mt/Dmt* \_\_\_\_\_LB Dismount - *No Salto* \_\_\_\_\_**10.0 SV**

\_\_\_\_\_ .5 ea -SR

\_\_\_\_\_ .5 ea -'RE'

Thru-out Dynamics ↑.2**X Bronze SR 0.5 ea**

4 'A' VP \_\_\_\_\_

Cast - *Hips leave bars* \_\_\_\_\_  
- *Not Mt/Dmt*360° Circle - *No Mt/Dmt* \_\_\_\_\_LB Dismount - *No Salto* \_\_\_\_\_**10.0 SV**

\_\_\_\_\_ .5 ea -SR

\_\_\_\_\_ .5 ea -'RE'

Thru-out Dynamics ↑.2**X Bronze SR 0.5 ea**

4 'A' VP \_\_\_\_\_

Cast - *Hips leave bars* \_\_\_\_\_  
- *Not Mt/Dmt*360° Circle - *No Mt/Dmt* \_\_\_\_\_LB Dismount - *No Salto* \_\_\_\_\_**10.0 SV**

\_\_\_\_\_ .5 ea -SR

\_\_\_\_\_ .5 ea -'RE'

Thru-out Dynamics ↑.2

**BARS****XB**

Time	ADDITIONAL 'A' SKILLS				RESTRICTED 'RE'
<b>0:30</b> warm-up	Pullover LB - <i>run OK</i>	1-leg Jam Kip - <i>run-out OK</i>	Cast - <i>Hips off bars</i>	DMT: Cast-off to stand* (1 VP)	No 'B' skills No HB skills
	Jump on - <i>Front supt</i>	Stride Circle - <i>fwd / bwd</i>	Cast shoot-thru* (1 VP)	DMT: Fwd ¾ Circle to stand	No LB Giants
	Glide swing to stand	Basket Swing - <i>bent leg OK</i>	Cast squat-on* (1 VP)	DMT: Stretch Jump off	No Salto Dismount
	Run-out Kip	Leg Swing - <i>bwd</i>	Leg Cut - <i>fwd / bwd</i>	<i>other casts before a skill = 2 VP</i>	No VP credit & 0.5 off SV

*No extra swing deductions**Maximum execution deductions: 4.0**Courtesy Score: 4.0***X Bronze SR 0.5 ea**

4 'A' VP \_\_\_\_\_

Cast - *Hips leave bars* \_\_\_\_\_  
- *Not Mt/Dmt*360° Circle - *No Mt/Dmt* \_\_\_\_\_LB Dismount - *No Salto* \_\_\_\_\_**10.0 SV**

\_\_\_\_\_ .5 ea -SR

\_\_\_\_\_ .5 ea -'RE'

Thru-out Dynamics ↑.2**X Bronze SR 0.5 ea**

4 'A' VP \_\_\_\_\_

Cast - *Hips leave bars* \_\_\_\_\_  
- *Not Mt/Dmt*360° Circle - *No Mt/Dmt* \_\_\_\_\_LB Dismount - *No Salto* \_\_\_\_\_**10.0 SV**

\_\_\_\_\_ .5 ea -SR

\_\_\_\_\_ .5 ea -'RE'

Thru-out Dynamics ↑.2**X Bronze SR 0.5 ea**

4 'A' VP \_\_\_\_\_

Cast - *Hips leave bars* \_\_\_\_\_  
- *Not Mt/Dmt*360° Circle - *No Mt/Dmt* \_\_\_\_\_LB Dismount - *No Salto* \_\_\_\_\_**10.0 SV**

\_\_\_\_\_ .5 ea -SR

\_\_\_\_\_ .5 ea -'RE'

Thru-out Dynamics ↑.2**X Bronze SR 0.5 ea**

4 'A' VP \_\_\_\_\_

Cast - *Hips leave bars* \_\_\_\_\_  
- *Not Mt/Dmt*360° Circle - *No Mt/Dmt* \_\_\_\_\_LB Dismount - *No Salto* \_\_\_\_\_**10.0 SV**

\_\_\_\_\_ .5 ea -SR

\_\_\_\_\_ .5 ea -'RE'

Thru-out Dynamics ↑.2