

BARS

XG

Time	ADDITIONAL 'A' SKILLS				RESTRICTED 'RE'
1:00 warm-up	Pullover LB/HB	Long Hang Pullover	Tapswing-counter	DMT: Tapswing fwd ½ turn	No 'C' or higher skills
	Glide swing -stand	Stride Circle - fwd / bwd	Underswing-counter	Cast shoot-thru* (1 VP)	No Giants LB or HB
	Run-out Kip	Basket swing - Straight leg!	Cast ≥ horizontal	Cast squat-on* (1 VP)	No Release w bar change
	1-leg Jam Kip	Leg Cut - fwd / bwd		other casts before a skill = 2 VP	No VP credit & 0.5 off SV

No extra swing deductions

Maximum execution deductions: 4.0

Courtesy Score: 4.0

X GOLD SR 0.5 ea

6 'A' VP _____

Skill to front support horizontal
- Not Mt/Dmt _____

360° Circle -Not Mt/Dmt _____

Dismount HB _____

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

_____ .3 No Dmt

Thru-out Dynamics ↑ .2

X GOLD SR 0.5 ea

6 'A' VP _____

Skill to front support horizontal
- Not Mt/Dmt _____

360° Circle -Not Mt/Dmt _____

Dismount HB _____

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

_____ .3 No Dmt

Thru-out Dynamics ↑ .2

X GOLD SR 0.5 ea

6 'A' VP _____

Skill to front support horizontal
- Not Mt/Dmt _____

360° Circle -Not Mt/Dmt _____

Dismount HB _____

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

_____ .3 No Dmt

Thru-out Dynamics ↑ .2

X GOLD SR 0.5 ea

6 'A' VP _____

Skill to front support horizontal
- Not Mt/Dmt _____

360° Circle -Not Mt/Dmt _____

Dismount HB _____

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

_____ .3 No Dmt

Thru-out Dynamics ↑ .2

BARS

XG

Time	ADDITIONAL 'A' SKILLS			RESTRICTED 'RE'
1:00 warm-up	Pullover LB/HB	Long Hang Pullover	Tapswing-counter	DMT: Tapswing fwd ½ turn
	Glide swing -stand	Stride Circle - fwd / bwd	Underswing-counter	Cast shoot-thru* (1 VP)
	Run-out Kip	Basket swing - Straight leg!	Cast ≥ horizontal	Cast squat-on* (1 VP)
	1-leg Jam Kip	Leg Cut - fwd / bwd		other casts before a skill = 2 VP

No extra swing deductions

Maximum execution deductions: 4.0

Courtesy Score: 4.0

X GOLD SR 0.5 ea

6 'A' VP _____

Skill to front support horizontal
- Not Mt/Dmt _____

360° Circle -Not Mt/Dmt _____

Dismount HB _____

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

_____ .3 No Dmt

Thru-out Dynamics ↑ .2

X GOLD SR 0.5 ea

6 'A' VP _____

Skill to front support horizontal
- Not Mt/Dmt _____

360° Circle -Not Mt/Dmt _____

Dismount HB _____

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

_____ .3 No Dmt

Thru-out Dynamics ↑ .2

X GOLD SR 0.5 ea

6 'A' VP _____

Skill to front support horizontal
- Not Mt/Dmt _____

360° Circle -Not Mt/Dmt _____

Dismount HB _____

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

_____ .3 No Dmt

Thru-out Dynamics ↑ .2

X GOLD SR 0.5 ea

6 'A' VP _____

Skill to front support horizontal
- Not Mt/Dmt _____

360° Circle -Not Mt/Dmt _____

Dismount HB _____

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

_____ .3 No Dmt

Thru-out Dynamics ↑ .2