

<b>BARS</b>	<b>CAST*</b>	<b>RESTRICTED ELEMENTS 'RE':</b>	<b>Allowable "Cs" = B</b>	<b>VP</b>
<b>7</b>	Credit given if cast is at or above 45°	No other C/D/E skills allowed	Cast HS ½      Toe-on HS ± ½	A (5) 0.1
	Normal cast amplitude deductions apply	No VP credit & 0.5 off SV	Clear Hip HS ± ½      Stalder HS ± ½	B (2) 0.3
	Below 45° = No SR & deduct 0.25-0.3 amplitude	If 'RE' is Dismount, also -0.3 off SV	SR of 2 B clear circles same or different	

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A	B	
		<b>LEVEL 7 SR 0.5 ea</b>
		Cast to Handstand* _____
		B Clear Circle 360o _____
		B Clear 3/6/7 circle 360o _____
		Dismount "A" Salto _____
		<b>10.0 SV</b> <u>Missing</u>
		_____ .3 ea -B VP
		_____ .1 ea -A VP
		_____ .5 ea -SR
		_____ .5 ea -'RE'
		_____ 0.3 No Dmt
		<u>Thru-out</u> Dynamics ↑.2    HS Precision ↑.1

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