

XB	BARS	Time	ADDITIONAL 'A' SKILLS				RESTRICTED 'RE'	
		0:30	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
		warm-up	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

XB	BARS	Time	ADDITIONAL 'A' SKILLS				RESTRICTED 'RE'	
			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	
		0:30 warm-up	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

<u>BARS</u>	<u>Time</u>	<u>ADDITIONAL 'A' SKILLS</u>				<u>RESTRICTED 'RE'</u>
XS	0:45 warm-up	Pullover LB/HB	Long Hang Pullover	Tapswing-counter	DMT: Tapswing fwd ½ turn	No 'B' skills
		Glide swing -stand	Stride Circle - fwd / bwd	Underswing-counter	DMT: Bwd ¾ Seat circle LB	No Giants LB or HB
		Run-out Kip	Basket swing - bent leg OK	Cast -45° below horizontal	DMT: Stretch Jump off	No Salto Dismount
		1-leg Jam Kip	Leg Cut - fwd / bwd	Cast shoot-thru* (1 VP)		No VP credit & 0.5 off SV
		Run-out OK	Leg Swing - bwd	Cast squat-on* (1 VP)	other casts before a skill = 2 VP	

No extra swing deductions

Maximum execution deductions: 4.0

Courtesy Score: 4.0

X SILVER SR 0.5 ea

5 'A' VP

Cast - 45° below horiz
- Not Mt/Dmt

360° Circle No Mt/Dmt

Dismount LB/HB No salto

10.0 SV

.5 ea -SR

.5 ea 'RE'

.3 No Dmt

Thru-out

Dynamics ↑.2

X SILVER SR 0.5 ea

5 'A' VP

Cast - 45° below horiz
- Not Mt/Dmt

360° Circle No Mt/Dmt

Dismount LB/HB No salto

10.0 SV

.5 ea -SR

.5 ea 'RE'

.3 No Dmt

Thru-out

Dynamics ↑.2

X SILVER SR 0.5 ea

5 'A' VP

Cast - 45° below horiz
- Not Mt/Dmt

360° Circle No Mt/Dmt

Dismount LB/HB No salto

10.0 SV

.5 ea -SR

.5 ea 'RE'

.3 No Dmt

Thru-out

Dynamics ↑.2

X SILVER SR 0.5 ea

5 'A' VP

Cast - 45° below horiz
- Not Mt/Dmt

360° Circle No Mt/Dmt

Dismount LB/HB No salto

10.0 SV

.5 ea -SR

.5 ea 'RE'

.3 No Dmt

Thru-out

Dynamics ↑.2

BARS	Time	ADDITIONAL 'A' SKILLS				RESTRICTED 'RE'
XS	0:45 warm-up	Pullover LB/HB	Long Hang Pullover	Tapswing-counter	DMT: Tapswing fwd ½ turn	No 'B' skills
		Glide swing -stand	Stride Circle - fwd / bwd	Underswing-counter	DMT: Bwd ¾ Seat circle LB	No Giants <i>LB or HB</i>
		Run-out Kip	Basket swing - bent leg OK	Cast -45° below horizontal	DMT: Stretch Jump off	No Salto Dismount
		1-leg Jam Kip	Leg Cut - fwd / bwd	Cast shoot-thru* (1 VP)		No VP credit & 0.5 off SV
		Run-out OK	Leg Swing - bwd	Cast squat-on* (1 VP)	other casts before a skill = 2 VP	

No extra swing deductions

Maximum execution deductions: 4.0

Courtesy Score: 4.0

X SILVER SR 0.5 ea

5 'A' VP

Cast - 45° below horiz

- Not Mt/Dmt

360° Circle No Mt/Dmt

Dismount LB/HB No salto

10.0 SV

.5 ea -SR

.5 ea 'RE'

.3 No Dmt

Thru-out

Dynamics ↑.2

X SILVER SR 0.5 ea

5 'A' VP

Cast - 45° below horiz

- Not Mt/Dmt

360° Circle No Mt/Dmt

Dismount LB/HB No salto

10.0 SV

.5 ea -SR

.5 ea 'RE'

.3 No Dmt

Thru-out

Dynamics ↑.2

X SILVER SR 0.5 ea

5 'A' VP

Cast - 45° below horiz

- Not Mt/Dmt

360° Circle No Mt/Dmt

Dismount LB/HB No salto

10.0 SV

.5 ea -SR

.5 ea 'RE'

.3 No Dmt

Thru-out

Dynamics ↑.2

X SILVER SR 0.5 ea

5 'A' VP

Cast - 45° below horiz

- Not Mt/Dmt

360° Circle No Mt/Dmt

Dismount LB/HB No salto

10.0 SV

.5 ea -SR

.5 ea 'RE'

.3 No Dmt

Thru-out

Dynamics ↑.2

BARS	Time	ADDITIONAL 'A' SKILLS				RESTRICTED 'RE'
		Pullover LB/HB	Long Hang Pullover	Tapswing-counter	DMT: Tapswing fwd ½ turn	No 'C' or higher skills
XG	1:00 warm-up	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 clear 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 clear 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 clear 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 clear 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	Time	ADDITIONAL 'A' SKILLS				RESTRICTED 'RE'
		Pullover LB/HB	Long Hang Pullover	Tapswing-counter	DMT: Tapswing fwd ½ turn	No 'C' or higher skills
XG	1:00 warm-up	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 clear 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 clear 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 clear 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 clear 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

XP

		RESTRICTED 'RE'	VP
Long Hang Pullover from cast = 360° circle	May perform 1 Tap/Underswing - Counterswing	No C or higher VP*	A (6) 0.1
Clear Hip Handstand = Allowable C	without deduction <i>Additional = extra swing - 0.3</i>	except Clear hip HS	B (1) 0.3
Cast 89° - 21° from vertical = A	Cast squat-on = 1 VP	No VP & 0.5 off SV	

Maximum execution deductions: 4.0

Courtesy Score: 4.0

6A

1B

X PLATINUM SR 0.5 ea

Kip

Skill to clear support ↑horizontal
- Not Mt/Dmt

360° Circle -Not Mt/Dmt

Dismount HB

10.0 SV

Missing

_____ .3 ea -B VP
 _____ .1 ea -A VP
 _____ .5 ea -SR
 _____ .5 ea -'RE'
 _____ 0.3 No Dmt

Thru-out

Dynamics ↑.2

6A

1B

X PLATINUM SR 0.5 ea

Kip

Skill to clear support ↑horizontal
- Not Mt/Dmt

360° Circle -Not Mt/Dmt

Dismount HB

10.0 SV

Missing

_____ .3 ea -B VP
 _____ .1 ea -A VP
 _____ .5 ea -SR
 _____ .5 ea -'RE'
 _____ 0.3 No Dmt

Thru-out

Dynamics ↑.2

6A

1B

X PLATINUM SR 0.5 ea

Kip

Skill to clear support ↑horizontal
- Not Mt/Dmt

360° Circle -Not Mt/Dmt

Dismount HB

10.0 SV

Missing

_____ .3 ea -B VP
 _____ .1 ea -A VP
 _____ .5 ea -SR
 _____ .5 ea -'RE'
 _____ 0.3 No Dmt

Thru-out

Dynamics ↑.2

BARS

XP

		RESTRICTED 'RE'	VP
Long Hang Pullover from cast = 360° circle	May perform 1 Tap/Underswing - Counterswing	No C or higher VP*	A (6) 0.1
Clear Hip Handstand = Allowable C	without deduction <i>Additional = extra swing - 0.3</i>	except Clear hip HS	B (1) 0.3
Cast 89° - 21° from vertical = A	Cast squat-on = 1 VP	No VP & 0.5 off SV	

Maximum execution deductions: 4.0

Courtesy Score: 4.0

6A

1B

X PLATINUM SR 0.5 ea

Kip

Skill to clear support ↑horizontal
- Not Mt/Dmt

360° Circle -Not Mt/Dmt

Dismount HB

10.0 SV

Missing

_____ .3 ea -B VP
 _____ .1 ea -A VP
 _____ .5 ea -SR
 _____ .5 ea -'RE'
 _____ 0.3 No Dmt

Thru-out

Dynamics ↑.2

6A

1B

X PLATINUM SR 0.5 ea

Kip

Skill to clear support ↑horizontal
- Not Mt/Dmt

360° Circle -Not Mt/Dmt

Dismount HB

10.0 SV

Missing

_____ .3 ea -B VP
 _____ .1 ea -A VP
 _____ .5 ea -SR
 _____ .5 ea -'RE'
 _____ 0.3 No Dmt

Thru-out

Dynamics ↑.2

6A

1B

X PLATINUM SR 0.5 ea

Kip

Skill to clear support ↑horizontal
- Not Mt/Dmt

360° Circle -Not Mt/Dmt

Dismount HB

10.0 SV

Missing

_____ .3 ea -B VP
 _____ .1 ea -A VP
 _____ .5 ea -SR
 _____ .5 ea -'RE'
 _____ 0.3 No Dmt

Thru-out

Dynamics ↑.2

BARS

XD

		RESTRICTED 'RE'	VP
Long Hang Pullover from cast = 360° circle	Tap/Underswing-Counterswing = -0.3 extra swing	One 'D' VP allowed	A (5) 0.1
Cast 45° - 21° from vertical = A		No 'E' VP	B (2) 0.3
Cast squat-on = 1 VP		No VP & 0.5 off SV	2:00 warm-up

Maximum execution deductions: 4.0

Courtesy Score: 4.0

5A

2B

X DIAMOND SR 0.5 ea

Skill to clear support

-45° of Vertical, not Mt/Dmt'B' 360° Circle, *Not Mt/Dmt*

'B' Skill:

*2nd 360° circle / or Pirouette / or Release*Dismount HB *salto / hecht***10.0 SV****Missing**

.3 ea -B VP

.1 ea -A VP

.5 ea -SR

.5 ea -'RE'

0.3 No Dmt

Thru-out

Dynamics ↑.2

5A

2B

X DIAMOND SR 0.5 ea

Skill to clear support

-45° of Vertical, not Mt/Dmt'B' 360° Circle, *Not Mt/Dmt*

'B' Skill:

*2nd 360° circle / or Pirouette / or Release*Dismount HB *salto / hecht***10.0 SV****Missing**

.3 ea -B VP

.1 ea -A VP

.5 ea -SR

.5 ea -'RE'

0.3 No Dmt

Thru-out

Dynamics ↑.2

5A

2B

X DIAMOND SR 0.5 ea

Skill to clear support

-45° of Vertical, not Mt/Dmt'B' 360° Circle, *Not Mt/Dmt*

'B' Skill:

*2nd 360° circle / or Pirouette / or Release*Dismount HB *salto / hecht***10.0 SV****Missing**

.3 ea -B VP

.1 ea -A VP

.5 ea -SR

.5 ea -'RE'

0.3 No Dmt

Thru-out

Dynamics ↑.2

BARS

XD

		RESTRICTED 'RE'	VP
Long Hang Pullover from cast = 360° circle	Tap/Underswing-Counterswing = -0.3 extra swing	One 'D' VP allowed	A (5) 0.1
Cast 45° - 21° from vertical = A		No 'E' VP	B (2) 0.3
Cast squat-on = 1 VP		No VP & 0.5 off SV	

Maximum execution deductions: 4.0

Courtesy Score: 4.0

5A

2B

X DIAMOND SR 0.5 ea

Skill to clear support

-45° of Vertical, not Mt/Dmt'B' 360° Circle, *Not Mt/Dmt*

'B' Skill:

*2nd 360° circle / or Pirouette / or Release*Dismount HB *salto / hecht***10.0 SV****Missing**

____ .3 ea -B VP

____ .1 ea -A VP

____ .5 ea -SR

____ .5 ea -'RE'

____ 0.3 No Dmt

Thru-out

Dynamics ↑.2

5A

2B

X DIAMOND SR 0.5 ea

Skill to clear support

-45° of Vertical, not Mt/Dmt'B' 360° Circle, *Not Mt/Dmt*

'B' Skill:

*2nd 360° circle / or Pirouette / or Release*Dismount HB *salto / hecht***10.0 SV****Missing**

____ .3 ea -B VP

____ .1 ea -A VP

____ .5 ea -SR

____ .5 ea -'RE'

____ 0.3 No Dmt

Thru-out

Dynamics ↑.2

5A

2B

X DIAMOND SR 0.5 ea

Skill to clear support

-45° of Vertical, not Mt/Dmt'B' 360° Circle, *Not Mt/Dmt*

'B' Skill:

*2nd 360° circle / or Pirouette / or Release*Dismount HB *salto / hecht***10.0 SV****Missing**

____ .3 ea -B VP

____ .1 ea -A VP

____ .5 ea -SR

____ .5 ea -'RE'

____ 0.3 No Dmt

Thru-out

Dynamics ↑.2

8/6/19 D.Hanford

BEAM	Time	ADDITIONAL 'A' SKILLS				RESTRICTED 'RE'
		Stag/Stride leap	Pivot ½Turn	Partial HS -1 Leg 45°	Vertical HS any leg pos -no hold	No 'B' skills allowed
XB	0:30 warm-up	Cross Split jump	Squat ½Turn	Lever to touch BB	DMT- Any Jump ↑360° turn	No Walkovers
	0:45 compete	Cross Straddle	1-foot ½Turn	Bridge from Lying	DMT- Cartwheel Partial HS 45°	No Salto/Aerial Dismount
		any split angle	Heel Snap ½Turn	Swing Turn fwd or bwd	DMT- Cartwheel HS ¼ turn - mark	No VP credit & 0.5 off SV
		Any Mount = A		Maximum execution deductions: 4.0		Courtesy Score: 4.0

X Bronze SR 0.5 ea

1 Acro Skill *non-flight*

Leap or Jump *on BB*

½ Turn *on 1-2 feet*

Dismount *No Salto/Aer*

10.0 SV

.5 ea -SR

.5 ea -'RE'

Thru-out Art ↑.3 Foot ↑.2 Dyn ↑.2
Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2

X Bronze SR 0.5 ea

1 Acro Skill *non-flight*

Leap or Jump *on BB*

½ Turn *on 1-2 feet*

Dismount *No Salto/Aer*

10.0 SV

.5 ea -SR

.5 ea -'RE'

Thru-out Art ↑.3 Foot ↑.2 Dyn ↑.2
Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2

X Bronze SR 0.5 ea

1 Acro Skill *non-flight*

Leap or Jump *on BB*

½ Turn *on 1-2 feet*

Dismount *No Salto/Aer*

10.0 SV

.5 ea -SR

.5 ea -'RE'

Thru-out Art ↑.3 Foot ↑.2 Dyn ↑.2
Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2

X Bronze SR 0.5 ea

1 Acro Skill *non-flight*

Leap or Jump *on BB*

½ Turn *on 1-2 feet*

Dismount *No Salto/Aer*

10.0 SV

.5 ea -SR

.5 ea -'RE'

Thru-out Art ↑.3 Foot ↑.2 Dyn ↑.2
Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2

BEAM	Time	ADDITIONAL 'A' SKILLS				RESTRICTED 'RE'
		Stag/Stride leap	Pivot ½Turn	Partial HS -1 Leg 45°	Vertical HS any leg pos -no hold	No 'B' skills allowed
XB	0:30 warm-up	Cross Split jump	Squat ½Turn	Lever to touch BB	DMT- Any Jump ↑360° turn	No Walkovers
	0:45 compete	Cross Straddle	1-foot ½Turn	Bridge from Lying	DMT- Cartwheel Partial HS 45°	No Salto/Aerial Dismount
		any split angle	Heel Snap ½Turn	Swing Turn fwd or bwd	DMT- Cartwheel HS ¼ turn - mark	No VP credit & 0.5 off SV
		Any Mount = A		Maximum execution deductions: 4.0		Courtesy Score: 4.0

X Bronze SR 0.5 ea

1 Acro Skill *non-flight*

Leap or Jump *on BB*

½ Turn *on 1-2 feet*

Dismount *No Salto/Aer*

10.0 SV

.5 ea -SR

.5 ea -'RE'

Thru-out Art ↑.3 Foot ↑.2 Dyn ↑.2
Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2

X Bronze SR 0.5 ea

1 Acro Skill *non-flight*

Leap or Jump *on BB*

½ Turn *on 1-2 feet*

Dismount *No Salto/Aer*

10.0 SV

.5 ea -SR

.5 ea -'RE'

Thru-out Art ↑.3 Foot ↑.2 Dyn ↑.2
Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2

X Bronze SR 0.5 ea

1 Acro Skill *non-flight*

Leap or Jump *on BB*

½ Turn *on 1-2 feet*

Dismount *No Salto/Aer*

10.0 SV

.5 ea -SR

.5 ea -'RE'

Thru-out Art ↑.3 Foot ↑.2 Dyn ↑.2
Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2

X Bronze SR 0.5 ea

1 Acro Skill *non-flight*

Leap or Jump *on BB*

½ Turn *on 1-2 feet*

Dismount *No Salto/Aer*

10.0 SV

.5 ea -SR

.5 ea -'RE'

Thru-out Art ↑.3 Foot ↑.2 Dyn ↑.2
Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2

BEAM	Time	ADDITIONAL 'A' SKILLS	RESTRICTED 'RE'
XS	0:45 warm-up	Stag/Stride leap 1-foot ½Turn Vertical HS <i>any leg pos -no hold</i>	No 'B' Acro Skills
	0:50 compete	Cross Split jump Heel Snap ½Turn Partial HS <i>Join Legs 45°</i> DMT- Any Jump ↑360° turn	No 'C' or higher skills
		Cross Straddle Swing Turn fwd/bwd DMT- Cartwheel Partial HS 45°	
		90° angle Bridge from Lying Any Mount DMT- Cartwheel HS ¼ turn - mark	No VP credit & 0.5 off SV

Maximum execution deductions: 4.0

Courtesy Score: 4.0

X SILVER SR 0.5 ea

1 Acro Skill, *non-flight*

Leap or Jump 90°

½ Turn on 1 foot

Dismount

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

_____ .3 No Dmt

Thru-out Art ↑.3 Foot ↑.2 Dyn ↑.2
Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2

X SILVER SR 0.5 ea

1 Acro Skill, *non-flight*

Leap or Jump 90°

½ Turn on 1 foot

Dismount

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

_____ .3 No Dmt

Thru-out Art ↑.3 Foot ↑.2 Dyn ↑.2
Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2

X SILVER SR 0.5 ea

1 Acro Skill, *non-flight*

Leap or Jump 90°

½ Turn on 1 foot

Dismount

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

_____ .3 No Dmt

Thru-out Art ↑.3 Foot ↑.2 Dyn ↑.2
Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2

X SILVER SR 0.5 ea

1 Acro Skill, *non-flight*

Leap or Jump 90°

½ Turn on 1 foot

Dismount

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

_____ .3 No Dmt

Thru-out Art ↑.3 Foot ↑.2 Dyn ↑.2
Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2

BEAM	Time	ADDITIONAL 'A' SKILLS	RESTRICTED 'RE'
XS	0:45 warm-up	Stag/Stride leap 1-foot ½Turn Vertical HS <i>any leg pos -no hold</i>	No 'B' Acro Skills
	0:50 compete	Cross Split jump Heel Snap ½Turn Partial HS <i>Join Legs 45°</i> DMT- Any Jump ↑360° turn	No 'C' or higher skills
		Cross Straddle Swing Turn fwd/bwd DMT- Cartweel Partial HS 45°	
		90° angle Bridge from Lying Any Mount DMT- Cartweel HS ¼ turn - mark	No VP credit & 0.5 off SV

Maximum execution deductions: 4.0

Courtesy Score: 4.0

X SILVER SR 0.5 ea

1 Acro Skill, *non-flight*

Leap or Jump 90°

½ Turn on 1 foot

Dismount

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

_____ .3 No Dmt

Thru-out

Art ↑.3

Foot ↑.2

Dyn ↑.2

Pos/Flx ↑.3

Rhy ↑.2

Sure↑.2

X SILVER SR 0.5 ea

1 Acro Skill, *non-flight*

Leap or Jump 90°

½ Turn on 1 foot

Dismount

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

_____ .3 No Dmt

Thru-out

Art ↑.3

Foot ↑.2

Dyn ↑.2

Pos/Flx ↑.3

Rhy ↑.2

Sure↑.2

X SILVER SR 0.5 ea

1 Acro Skill, *non-flight*

Leap or Jump 90°

½ Turn on 1 foot

Dismount

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

_____ .3 No Dmt

Thru-out

Art ↑.3

Foot ↑.2

Dyn ↑.2

Pos/Flx ↑.3

Rhy ↑.2

Sure↑.2

X SILVER SR 0.5 ea

1 Acro Skill, *non-flight*

Leap or Jump 90°

½ Turn on 1 foot

Dismount

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

_____ .3 No Dmt

Thru-out

Art ↑.3

Foot ↑.2

Dyn ↑.2

Pos/Flx ↑.3

Rhy ↑.2

Sure↑.2

BEAM	Time	ADDITIONAL 'A' SKILLS		RESTRICTED 'RE'
XG	1:00 warm-up	Vertical HS <i>any leg pos -no hold</i>	Acro must start and end on BB	No 'C' or higher skills
	1:00 compete	Partial HS <i>-join Legs 45°</i> DMT- Cartwheel HS ¼ turn Leaps/Jumps 120° Any Mount	All handstands regardless of angle are the same skill	No VP credit & 0.5 off SV
		Maximum execution deductions: 4.0	Courtesy Score: 4.0	
				X GOLD SR 0.5 ea
				2 Acro Skills -isolated or in series w/wo flight, 1 must achieve vertical
				2 Leaps/ Jumps -one 120° split -2 Different isolate or connect
				1/1 Turn on 1 foot
				Dismount
				10.0 SV
				_____ .5 ea -SR
				_____ .5 ea -'RE'
				_____ .3 No Dmt
			<i>Thru-out</i>	Art ↑.3 Foot ↑.2 Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2
				X GOLD SR 0.5 ea
				2 Acro Skills -isolated or in series w/wo flight, 1 must achieve vertical
				2 Leaps/ Jumps -one 120° split -2 Different isolate or connect
				1/1 Turn on 1 foot
				Dismount
				10.0 SV
				_____ .5 ea -SR
				_____ .5 ea -'RE'
				_____ .3 No Dmt
			<i>Thru-out</i>	Art ↑.3 Foot ↑.2 Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2
				X GOLD SR 0.5 ea
				2 Acro Skills -isolated or in series w/wo flight, 1 must achieve vertical
				2 Leaps/ Jumps -one 120° split -2 Different isolate or connect
				1/1 Turn on 1 foot
				Dismount
				10.0 SV
				_____ .5 ea -SR
				_____ .5 ea -'RE'
				_____ .3 No Dmt
			<i>Thru-out</i>	Art ↑.3 Foot ↑.2 Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2
				X GOLD SR 0.5 ea
				2 Acro Skills -isolated or in series w/wo flight, 1 must achieve vertical
				2 Leaps/ Jumps -one 120° split -2 Different isolate or connect
				1/1 Turn on 1 foot
				Dismount
				10.0 SV
				_____ .5 ea -SR
				_____ .5 ea -'RE'
				_____ .3 No Dmt
			<i>Thru-out</i>	Art ↑.3 Foot ↑.2 Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2

BEAM	Time	ADDITIONAL 'A' SKILLS		RESTRICTED 'RE'
XG	1:00 warm-up	Vertical HS <i>any leg pos -no hold</i>	Acro must start and end on BB	No 'C' or higher skills
	1:00 compete	Partial HS <i>-join Legs 45°</i>	All handstands regardless of angle are the same skill	No VP credit & 0.5 off SV
		Leaps/Jumps 120°		
		DMT- Cartwheel HS ¼ turn Any Mount		
		Maximum execution deductions: 4.0	Courtesy Score: 4.0	
				X GOLD SR 0.5 ea
				2 Acro Skills -isolated or in series w/wo flight, 1 must achieve vertical
				2 Leaps/ Jumps -one 120° split <i>-2 Different isolate or connect</i>
				1/1 Turn on 1 foot
				Dismount
				10.0 SV
				_____ .5 ea -SR
				_____ .5 ea -'RE'
				_____ .3 No Dmt
				<i>Thru-out</i> Art ↑.3 Foot ↑.2 Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2
				X GOLD SR 0.5 ea
				2 Acro Skills -isolated or in series w/wo flight, 1 must achieve vertical
				2 Leaps/ Jumps -one 120° split <i>-2 Different isolate or connect</i>
				1/1 Turn on 1 foot
				Dismount
				10.0 SV
				_____ .5 ea -SR
				_____ .5 ea -'RE'
				_____ .3 No Dmt
				<i>Thru-out</i> Art ↑.3 Foot ↑.2 Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2
				X GOLD SR 0.5 ea
				2 Acro Skills -isolated or in series w/wo flight, 1 must achieve vertical
				2 Leaps/ Jumps -one 120° split <i>-2 Different isolate or connect</i>
				1/1 Turn on 1 foot
				Dismount
				10.0 SV
				_____ .5 ea -SR
				_____ .5 ea -'RE'
				_____ .3 No Dmt
				<i>Thru-out</i> Art ↑.3 Foot ↑.2 Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2
				X GOLD SR 0.5 ea
				2 Acro Skills -isolated or in series w/wo flight, 1 must achieve vertical
				2 Leaps/ Jumps -one 120° split <i>-2 Different isolate or connect</i>
				1/1 Turn on 1 foot
				Dismount
				10.0 SV
				_____ .5 ea -SR
				_____ .5 ea -'RE'
				_____ .3 No Dmt
				<i>Thru-out</i> Art ↑.3 Foot ↑.2 Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2

BEAM	Time				RESTRICTED 'RE'	VP
XP	1:30 warm-up 1:15 compete	Leaps / Jumps 120° = A Any unlisted mount = A	Dance Series Grp 1,2,3 -Same or different	Acro must start & end on Beam	No C Acro allowed No D or higher VP No VP & 0.5 off SV	A (6) 0.1 B (1) 0.3
Maximum execution deductions: 4.0		Courtesy Score: 4.0		6A	1B	
				X PLATINUM SR 0.5 ea		
				1 Acro Series, w/wo flight		
				OR 1 Acro Flight Skill, Iso or series		
				Dance Series, 2 VP		
				AND 120° Leap/Jump		
				Full Turn on 1 foot		
				Dismount		
				10.0 SV		
				.3 ea -B VP		
				.1 ea -A VP		
				.5 ea -SR		
				.5 ea -'RE'		
				0.3 No Dmt		
				Thru-out		
				Art ↑.3 Foot ↑.2 Dyn ↑.2		
				Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2		
				6A	1B	
				X PLATINUM SR 0.5 ea		
				1 Acro Series, w/wo flight		
				OR 1 Acro Flight Skill, Iso or series		
				Dance Series, 2 VP		
				AND 120° Leap/Jump		
				Full Turn on 1 foot		
				Dismount		
				10.0 SV		
				.3 ea -B VP		
				.1 ea -A VP		
				.5 ea -SR		
				.5 ea -'RE'		
				0.3 No Dmt		
				Thru-out		
				Art ↑.3 Foot ↑.2 Dyn ↑.2		
				Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2		
				6A	1B	
				X PLATINUM SR 0.5 ea		
				1 Acro Series, w/wo flight		
				OR 1 Acro Flight Skill, Iso or series		
				Dance Series, 2 VP		
				AND 120° Leap/Jump		
				Full Turn on 1 foot		
				Dismount		
				10.0 SV		
				.3 ea -B VP		
				.1 ea -A VP		
				.5 ea -SR		
				.5 ea -'RE'		
				0.3 No Dmt		
				Thru-out		
				Art ↑.3 Foot ↑.2 Dyn ↑.2		
				Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2		

BEAM	Time				RESTRICTED 'RE'	VP
XP	1:30 warm-up 1:15 compete	Leaps / Jumps 120° = A Any unlisted mount = A	Dance Series Grp 1,2,3 -Same or different	Acro must start & end on Beam	No C Acro allowed No D or higher VP No VP & 0.5 off SV	A (6) 0.1 B (1) 0.3
Maximum execution deductions: 4.0		Courtesy Score: 4.0		6A	1B	
				X PLATINUM SR 0.5 ea 1 Acro Series, w/wo flight OR 1 Acro Flight Skill, Iso or series Dance Series, 2 VP AND 120° Leap/Jump Full Turn on 1 foot Dismount 10.0 SV .3 ea -B VP .1 ea -A VP .5 ea -SR .5 ea 'RE' 0.3 No Dmt		
				Thru-out Art ↑.3 Foot ↑.2 Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2		
				6A	1B	
				X PLATINUM SR 0.5 ea 1 Acro Series, w/wo flight OR 1 Acro Flight Skill, Iso or series Dance Series, 2 VP AND 120° Leap/Jump Full Turn on 1 foot Dismount 10.0 SV .3 ea -B VP .1 ea -A VP .5 ea -SR .5 ea 'RE' 0.3 No Dmt		
				Thru-out Art ↑.3 Foot ↑.2 Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2		
				6A	1B	
				X PLATINUM SR 0.5 ea 1 Acro Series, w/wo flight OR 1 Acro Flight Skill, Iso or series Dance Series, 2 VP AND 120° Leap/Jump Full Turn on 1 foot Dismount 10.0 SV .3 ea -B VP .1 ea -A VP .5 ea -SR .5 ea 'RE' 0.3 No Dmt		
				Thru-out Art ↑.3 Foot ↑.2 Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 Sure↑.2		

s

s

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BEAM

XD

Time				RESTRICTED 'RE'	VP
2:00 warm-up 1:15 compete	Sissonne 150° = A Stag open Leap 150° = A Any unlisted mount = A	Dance Series Grp 1,2,3 -Same or different	Acro must start & end on BB <i>Acro flight - iso or in series</i>	One 'D' VP allowed No 'E' VP No VP & 0.5 off SV	A (5) 0.1 B (2) 0.3

Maximum execution deductions: 4.0

Courtesy Score: 4.0

5A

2B

X DIAMOND SR 0.5 ea1 Acro Series - *w/wo flight***AND** 1 Acro Flight Skill

Dance Series - 2 VP

AND **150°** Leap/Jump

Full Turn on 1 foot

Dismount - *Salto or Aerial*

10.0 SV _____ .3 ea -B VP
 _____ .1 ea -A VP
 _____ .5 ea -SR
 _____ .5 ea -'RE'
 _____ 0.3 No Dmt

Thru-out Art ↑.3 Foot ↑.2 Dyn ↑.2
 Pos/Flx ↑.3 Rhy ↑.2 Sure ↑.2

5A

2B

X DIAMOND SR 0.5 ea1 Acro Series - *w/wo flight***AND** 1 Acro Flight Skill

Dance Series - 2 VP

AND **150°** Leap/Jump

Full Turn on 1 foot

Dismount - *Salto or Aerial*

10.0 SV _____ .3 ea -B VP
 _____ .1 ea -A VP
 _____ .5 ea -SR
 _____ .5 ea -'RE'
 _____ 0.3 No Dmt

Thru-out Art ↑.3 Foot ↑.2 Dyn ↑.2
 Pos/Flx ↑.3 Rhy ↑.2 Sure ↑.2

5A

2B

X DIAMOND SR 0.5 ea1 Acro Series - *w/wo flight***AND** 1 Acro Flight Skill

Dance Series - 2 VP

AND **150°** Leap/Jump

Full Turn on 1 foot

Dismount - *Salto or Aerial*

10.0 SV _____ .3 ea -B VP
 _____ .1 ea -A VP
 _____ .5 ea -SR
 _____ .5 ea -'RE'
 _____ 0.3 No Dmt

Thru-out Art ↑.3 Foot ↑.2 Dyn ↑.2
 Pos/Flx ↑.3 Rhy ↑.2 Sure ↑.2

BEAM

XD

Time				RESTRICTED 'RE'	VP
2:00 warm-up 1:15 compete	Sissonne 150° = A Stag open Leap 150° = A Any unlisted mount = A	Dance Series Grp 1,2,3 -Same or different	Acro must start & end on BB <i>Acro flight - iso or in series</i>	One 'D' VP allowed No 'E' VP No VP & 0.5 off SV	A (5) 0.1 B (2) 0.3

Maximum execution deductions: 4.0

Courtesy Score: 4.0

5A

2B

X DIAMOND SR 0.5 ea1 Acro Series - *w/wo flight***AND** 1 Acro Flight Skill

Dance Series - 2 VP

AND **150°** Leap/Jump

Full Turn on 1 foot

Dismount - *Salto or Aerial*

10.0 SV _____ .3 ea -B VP
 _____ .1 ea -A VP
 _____ .5 ea -SR
 _____ .5 ea -'RE'
 _____ 0.3 No Dmt

Thru-out Art ↑.3 Foot ↑.2 Dyn ↑.2
 Pos/Flx ↑.3 Rhy ↑.2 Sure ↑.2

5A

2B

X DIAMOND SR 0.5 ea1 Acro Series - *w/wo flight***AND** 1 Acro Flight Skill

Dance Series - 2 VP

AND **150°** Leap/Jump

Full Turn on 1 foot

Dismount - *Salto or Aerial*

10.0 SV _____ .3 ea -B VP
 _____ .1 ea -A VP
 _____ .5 ea -SR
 _____ .5 ea -'RE'
 _____ 0.3 No Dmt

Thru-out Art ↑.3 Foot ↑.2 Dyn ↑.2
 Pos/Flx ↑.3 Rhy ↑.2 Sure ↑.2

5A

2B

X DIAMOND SR 0.5 ea1 Acro Series - *w/wo flight***AND** 1 Acro Flight Skill

Dance Series - 2 VP

AND **150°** Leap/Jump

Full Turn on 1 foot

Dismount - *Salto or Aerial*

10.0 SV _____ .3 ea -B VP
 _____ .1 ea -A VP
 _____ .5 ea -SR
 _____ .5 ea -'RE'
 _____ 0.3 No Dmt

Thru-out Art ↑.3 Foot ↑.2 Dyn ↑.2
 Pos/Flx ↑.3 Rhy ↑.2 Sure ↑.2

FLOOR	Time	ADDITIONAL 'A' SKILLS				RESTRICTED 'RE'
XB	0:30 warm-up	Split jump 60°	Leg swing hop <i>horizontal</i>	Headstand	Bridge Kickover	No 'B' skills allowed
		Stride leap 60°		Vertical HS <i>any leg position</i>	Bwd Roll <i>to push-up</i>	No Saltos / Aerials
	0:45 compete	Side leap ≥ 60°	1-foot ½Turn	Partial HS <i>-Legs together 45°</i>		Max 2 Flight Skills
		Straddle ≥ 60°	Swing Turn <i>fwd or bwd</i>	RO-Rebound-Bwd Roll = <i>Acro series (only combo)</i>		No VP credit & 0.5 off SV
		'B' Side/Straddle = A	Maximum execution deductions: 4.0		Courtesy Score: 4.0	

X Bronze SR 0.5 ea

Acro Series, 2 VP w/wo flight

2nd Acro Pass, 1 VP min

Dance Passage, 60° leap

½ Turn on 1 foot

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

<i>Thru-out</i>	Art ↑.3	Foot ↑.2	MM≠Sync ↑.3
Dyn ↑.2	Pos/Flx ↑.3	Rhy ↑.2	MM≠Relate ↑.2

X Bronze SR 0.5 ea

Acro Series, 2 VP w/wo flight

2nd Acro Pass, 1 VP min

Dance Passage, 60° leap

½ Turn on 1 foot

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

<i>Thru-out</i>	Art ↑.3	Foot ↑.2	MM≠Sync ↑.3
Dyn ↑.2	Pos/Flx ↑.3	Rhy ↑.2	MM≠Relate ↑.2

X Bronze SR 0.5 ea

Acro Series, 2 VP w/wo flight

2nd Acro Pass, 1 VP min

Dance Passage, 60° leap

½ Turn on 1 foot

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

<i>Thru-out</i>	Art ↑.3	Foot ↑.2	MM≠Sync ↑.3
Dyn ↑.2	Pos/Flx ↑.3	Rhy ↑.2	MM≠Relate ↑.2

X Bronze SR 0.5 ea

Acro Series, 2 VP w/wo flight

2nd Acro Pass, 1 VP min

Dance Passage, 60° leap

½ Turn on 1 foot

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

<i>Thru-out</i>	Art ↑.3	Foot ↑.2	MM≠Sync ↑.3
Dyn ↑.2	Pos/Flx ↑.3	Rhy ↑.2	MM≠Relate ↑.2

FLOOR	Time	ADDITIONAL 'A' SKILLS				RESTRICTED 'RE'
XB	0:30 warm-up	Split jump 60°	Leg swing hop <i>horizontal</i>	Headstand	Bridge Kickover	No 'B' skills allowed
	0:45 compete	Stride leap 60°		Vertical HS <i>any leg position</i>	Bwd Roll <i>to push-up</i>	No Saltos / Aerials
		Side leap ≥ 60°	1-foot ½Turn	Partial HS <i>-Legs together 45°</i>		Max 2 Flight Skills
		Straddle ≥ 60°	Swing Turn <i>fwd or bwd</i>	RO-Rebound-Bwd Roll = <i>Acro series (only combo)</i>		No VP credit & 0.5 off SV
		'B' Side/Straddle = A		Maximum execution deductions: 4.0	Courtesy Score: 4.0	

X Bronze SR 0.5 ea

Acro Series, 2 VP w/wo flight

2nd Acro Pass, 1 VP min

Dance Passage, 60° leap

½ Turn on 1 foot

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

Thru-out Art ↑.3 Foot ↑.2 MM≠Sync ↑.3
 Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2

X Bronze SR 0.5 ea

Acro Series, 2 VP w/wo flight

2nd Acro Pass, 1 VP min

Dance Passage, 60° leap

½ Turn on 1 foot

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

Thru-out Art ↑.3 Foot ↑.2 MM≠Sync ↑.3
 Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2

X Bronze SR 0.5 ea

Acro Series, 2 VP w/wo flight

2nd Acro Pass, 1 VP min

Dance Passage, 60° leap

½ Turn on 1 foot

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

Thru-out Art ↑.3 Foot ↑.2 MM≠Sync ↑.3
 Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2

X Bronze SR 0.5 ea

Acro Series, 2 VP w/wo flight

2nd Acro Pass, 1 VP min

Dance Passage, 60° leap

½ Turn on 1 foot

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

Thru-out Art ↑.3 Foot ↑.2 MM≠Sync ↑.3
 Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2

FLOOR	Time	ADDITIONAL 'A' SKILLS				RESTRICTED 'RE'
XS	0:45 warm-up	Split jump 90°	Leg swing hop <i>horizontal</i>	Bridge Kickover	* Dive Roll	No 'B' Acro Skills
	1:00 compete	Stride leap 90°	Headstand	Bwd Roll <i>to push-up</i>	does NOT fulfill	No 'C' or higher skills
		Side leap 90°	Vertical Handstand - <i>mark HS</i>		Acro Flight	MAX 1 Salto or Aerial
		Straddle 90°	RO-Rebound-Bwd Roll = <i>Acro series (only combo)</i>			Requirement

Maximum execution deductions: 4.0

Courtesy Score: 4.0

X SILVER SR 0.5 ea

Acro Series, 2 VP, 1 flight

2nd Acro Pass, 2 VP w/wo flight

OR 1 Acro flight skill

Dance Passage, 90° leap

1/1 Turn on 1 foot

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

Thru-out

Art ↑.3

Foot ↑.2

MM≠Sync ↑.3

Dyn ↑.2

Pos/Flx ↑.3

Rhy ↑.2

MM≠Relate ↑.2

X SILVER SR 0.5 ea

Acro Series, 2 VP, 1 flight

2nd Acro Pass, 2 VP w/wo flight

OR 1 Acro flight skill

Dance Passage, 90° leap

1/1 Turn on 1 foot

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

Thru-out

Art ↑.3

Foot ↑.2

MM≠Sync ↑.3

Dyn ↑.2

Pos/Flx ↑.3

Rhy ↑.2

MM≠Relate ↑.2

X SILVER SR 0.5 ea

Acro Series, 2 VP, 1 flight

2nd Acro Pass, 2 VP w/wo flight

OR 1 Acro flight skill

Dance Passage, 90° leap

1/1 Turn on 1 foot

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

Thru-out

Art ↑.3

Foot ↑.2

MM≠Sync ↑.3

Dyn ↑.2

Pos/Flx ↑.3

Rhy ↑.2

MM≠Relate ↑.2

X SILVER SR 0.5 ea

Acro Series, 2 VP, 1 flight

2nd Acro Pass, 2 VP w/wo flight

OR 1 Acro flight skill

Dance Passage, 90° leap

1/1 Turn on 1 foot

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

Thru-out

Art ↑.3

Foot ↑.2

MM≠Sync ↑.3

Dyn ↑.2

Pos/Flx ↑.3

Rhy ↑.2

MM≠Relate ↑.2

FLOOR	Time	ADDITIONAL 'A' SKILLS			RESTRICTED 'RE'
XS	0:45 warm-up	Split jump 90°	Leg swing hop <i>horizontal</i>	Bridge Kickover	* Dive Roll
	1:00 compete	Stride leap 90°	Headstand	Bwd Roll <i>to push-up</i>	does NOT fulfill
		Side leap 90°	Vertical Handstand - <i>mark HS</i>	Acro Flight	Requirement
		Straddle 90°	RO-Rebound-Bwd Roll = <i>Acro series (only combo)</i>		No VP credit & 0.5 off SV

Maximum execution deductions: 4.0

Courtesy Score: 4.0

X SILVER SR 0.5 ea

Acro Series, 2 VP, 1 flight

2nd Acro Pass, 2 VP w/wo flight

OR 1 Acro flight skill

Dance Passage, 90° leap

1/1 Turn on 1 foot

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

Thru-out

Art ↑.3

Foot ↑.2

MM≠Sync ↑.3

Dyn ↑.2

Pos/Flex ↑.3

Rhy ↑.2

MM≠Relate ↑.2

X SILVER SR 0.5 ea

Acro Series, 2 VP, 1 flight

2nd Acro Pass, 2 VP w/wo flight

OR 1 Acro flight skill

Dance Passage, 90° leap

1/1 Turn on 1 foot

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

Thru-out

Art ↑.3

Foot ↑.2

MM≠Sync ↑.3

Dyn ↑.2

Pos/Flex ↑.3

Rhy ↑.2

MM≠Relate ↑.2

X SILVER SR 0.5 ea

Acro Series, 2 VP, 1 flight

2nd Acro Pass, 2 VP w/wo flight

OR 1 Acro flight skill

Dance Passage, 90° leap

1/1 Turn on 1 foot

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

Thru-out

Art ↑.3

Foot ↑.2

MM≠Sync ↑.3

Dyn ↑.2

Pos/Flex ↑.3

Rhy ↑.2

MM≠Relate ↑.2

X SILVER SR 0.5 ea

Acro Series, 2 VP, 1 flight

2nd Acro Pass, 2 VP w/wo flight

OR 1 Acro flight skill

Dance Passage, 90° leap

1/1 Turn on 1 foot

10.0 SV

_____ .5 ea -SR

_____ .5 ea -'RE'

Thru-out

Art ↑.3

Foot ↑.2

MM≠Sync ↑.3

Dyn ↑.2

Pos/Flex ↑.3

Rhy ↑.2

MM≠Relate ↑.2

FLOOR	Time	ADDITIONAL 'A' SKILLS				RESTRICTED 'RE'
XG		Split jump 120°	Straddle jump 120°	Bridge Kickover	* Dive Roll	No 'B' Saltos
	1:00 warm-up	Stride leap 120°	Leg swing hop <i>horizontal</i>	Bwd Roll <i>to push-up</i>	does NOT fulfill	No 'C' or higher skills
	1:00 compete	Side leap 120°	Vertical Handstand - <i>mark</i>	Headstand	Acro Flight Req.	No VP credit & 0.5 off SV
Maximum execution deductions: 4.0 Courtesy Score: 4.0						
						X GOLD SR 0.5 ea
						Acro Series, 2 flight
						2 nd Acro Series, 2 flight
						OR a Salto / Aerial
						Dance Passage 120⁰ leap
						1/1 Turn on 1 foot
						10.0 SV
						_____ .5 ea -SR
						_____ .5 ea -'RE'
						<u>Thru-out</u> Art ↑.3 Foot ↑.2 MM≠Sync ↑.3
						Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2
						X GOLD SR 0.5 ea
						Acro Series, 2 flight
						2 nd Acro Series, 2 flight
						OR a Salto / Aerial
						Dance Passage 120⁰ leap
						1/1 Turn on 1 foot
						10.0 SV
						_____ .5 ea -SR
						_____ .5 ea -'RE'
						<u>Thru-out</u> Art ↑.3 Foot ↑.2 MM≠Sync ↑.3
						Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2
						X GOLD SR 0.5 ea
						Acro Series, 2 flight
						2 nd Acro Series, 2 flight
						OR a Salto / Aerial
						Dance Passage 120⁰ leap
						1/1 Turn on 1 foot
						10.0 SV
						_____ .5 ea -SR
						_____ .5 ea -'RE'
						<u>Thru-out</u> Art ↑.3 Foot ↑.2 MM≠Sync ↑.3
						Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2
						X GOLD SR 0.5 ea
						Acro Series, 2 flight
						2 nd Acro Series, 2 flight
						OR a Salto / Aerial
						Dance Passage 120⁰ leap
						1/1 Turn on 1 foot
						10.0 SV
						_____ .5 ea -SR
						_____ .5 ea -'RE'
						<u>Thru-out</u> Art ↑.3 Foot ↑.2 MM≠Sync ↑.3
						Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2

FLOOR	Time	ADDITIONAL 'A' SKILLS				RESTRICTED 'RE'
XG		Split jump 120°	Straddle jump 120°	Bridge Kickover	* Dive Roll	No 'B' Saltos
	1:00 warm-up	Stride leap 120°	Leg swing hop <i>horizontal</i>	Bwd Roll <i>to push-up</i>	does NOT fulfill	No 'C' or higher skills
	1:00 compete	Side leap 120°	Vertical Handstand - <i>mark</i>	Headstand	Acro Flight Req.	No VP credit & 0.5 off SV
Maximum execution deductions: 4.0 Courtesy Score: 4.0						
						X GOLD SR 0.5 ea
						Acro Series, 2 flight
						2 nd Acro Series, 2 flight
						OR a Salto / Aerial
						Dance Passage 120° leap
						1/1 Turn on 1 foot
						10.0 SV
						_____ .5 ea -SR
						_____ .5 ea -'RE'
						<u>Thru-out</u> Art ↑.3 Foot ↑.2 MM≠Sync ↑.3
						Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2
						X GOLD SR 0.5 ea
						Acro Series, 2 flight
						2 nd Acro Series, 2 flight
						OR a Salto / Aerial
						Dance Passage 120° leap
						1/1 Turn on 1 foot
						10.0 SV
						_____ .5 ea -SR
						_____ .5 ea -'RE'
						<u>Thru-out</u> Art ↑.3 Foot ↑.2 MM≠Sync ↑.3
						Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2
						X GOLD SR 0.5 ea
						Acro Series, 2 flight
						2 nd Acro Series, 2 flight
						OR a Salto / Aerial
						Dance Passage 120° leap
						1/1 Turn on 1 foot
						10.0 SV
						_____ .5 ea -SR
						_____ .5 ea -'RE'
						<u>Thru-out</u> Art ↑.3 Foot ↑.2 MM≠Sync ↑.3
						Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2
						X GOLD SR 0.5 ea
						Acro Series, 2 flight
						2 nd Acro Series, 2 flight
						OR a Salto / Aerial
						Dance Passage 120° leap
						1/1 Turn on 1 foot
						10.0 SV
						_____ .5 ea -SR
						_____ .5 ea -'RE'
						<u>Thru-out</u> Art ↑.3 Foot ↑.2 MM≠Sync ↑.3
						Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate ↑.2

XP

1B

.5 ea -'RE

MM≠Relate↑.2

.5 ea -'RE

MM≠Relate↑.2

.5 ea -'RE

MM≠Relate↑.2

FLOOR XP	TIME	Dance Passage		RESTRICTED 'RE'	VP
	1:30 Warm-up 1:30 compete	Must be 2 different Group 1 VP one must be a Leap with 150° split in cross or side	Leaps / jumps / hops within 20° of a 150° split = A	No C Acro skills No D or higher VP No VP & 0.5 off SV	A (6) 0.1 B (1) 0.3
Maximum execution deductions: 4.0 Courtesy Score: 4.0 6A 1B					
X PLATINUM SR 0.5 ea Acro Series, 2 flight w Salto 2nd Acro Series, 2 flight OR a 'B' Salto Dance Passage, 150° leap 1/1 Turn on 1 foot 10.0 SV Missing .3 ea -B VP .1 ea -A VP .5 ea -SR .5 ea -'RE' Thru-out Art ↑.3 Foot ↑.2 MM≠Sync ↑.3 Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate↑.2					
6A 1B					
X PLATINUM SR 0.5 ea Acro Series, 2 flight w Salto 2nd Acro Series, 2 flight OR a 'B' Salto Dance Passage, 150° leap 1/1 Turn on 1 foot 10.0 SV Missing .3 ea -B VP .1 ea -A VP .5 ea -SR .5 ea -'RE' Thru-out Art ↑.3 Foot ↑.2 MM≠Sync ↑.3 Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate↑.2					
6A 1B					
X PLATINUM SR 0.5 ea Acro Series, 2 flight w Salto 2nd Acro Series, 2 flight OR a 'B' Salto Dance Passage, 150° leap 1/1 Turn on 1 foot 10.0 SV Missing .3 ea -B VP .1 ea -A VP .5 ea -SR .5 ea -'RE' Thru-out Art ↑.3 Foot ↑.2 MM≠Sync ↑.3 Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate↑.2					

FLOOR	TIME	Dance Passage		RESTRICTED 'RE'	VP
XD	2:00 Warm-up	Must be 2 different Group 1 VP one must be a Leap with 150° split in cross or side		One 'D' VP allowed	A (5) 0.1
	No 'E' VP			B (2) 0.3	
	No VP & 0.5 off SV				
Maximum execution deductions: 4.0			Courtesy Score: 4.0	5A	2B
			X DIAMOND SR 0.5 ea		
			2 Acro Flight Series		
			2 Different Saltos		
			- One B Salto, <i>may be in SR1</i>		
			Dance Passage, 150° leap		
			B Turn <i>on 1 foot</i>		
			10.0 SV <u>Missing</u>		
			_____ .3 ea -B VP		
			_____ .1 ea -A VP		
			_____ .5 ea -SR		
			_____ .5 ea -'RE'		
			<i>Thru-out</i> Art ↑.3 Foot ↑.2 MM≠Sync ↑.3		
			Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate↑.2		
			5A 2B		
			X DIAMOND SR 0.5 ea		
			2 Acro Flight Series		
			2 Different Saltos		
			- One B Salto, <i>may be in SR1</i>		
			Dance Passage, 150° leap		
			B Turn <i>on 1 foot</i>		
			10.0 SV <u>Missing</u>		
			_____ .3 ea -B VP		
			_____ .1 ea -A VP		
			_____ .5 ea -SR		
			_____ .5 ea -'RE'		
			<i>Thru-out</i> Art ↑.3 Foot ↑.2 MM≠Sync ↑.3		
			Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate↑.2		
			5A 2B		
			X DIAMOND SR 0.5 ea		
			2 Acro Flight Series		
			2 Different Saltos		
			- One B Salto, <i>may be in SR1</i>		
			Dance Passage, 150° leap		
			B Turn <i>on 1 foot</i>		
			10.0 SV <u>Missing</u>		
			_____ .3 ea -B VP		
			_____ .1 ea -A VP		
			_____ .5 ea -SR		
			_____ .5 ea -'RE'		
			<i>Thru-out</i> Art ↑.3 Foot ↑.2 MM≠Sync ↑.3		
			Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate↑.2		

FLOOR	TIME	Dance Passage	RESTRICTED 'RE'		VP	
XD	2:00 Warm-up	Must be 2 different Group 1 VP one must be a Leap with 150° split in cross or side	Leaps / jumps / hops within 20° of a 150° split = A		One 'D' VP allowed	A (5) 0.1
			No 'E' VP	B (2) 0.3		
			No VP & 0.5 off SV			
Maximum execution deductions: 4.0 Courtesy Score: 4.0 5A 2B						
			X DIAMOND SR 0.5 ea			
			2 Acro Flight Series			
			2 Different Saltos			
			- One B Salto, may be in SR1			
			Dance Passage, 150° leap			
			B Turn on 1 foot			
			10.0 SV Missing			
			.3 ea -B VP			
			.1 ea -A VP			
			.5 ea -SR			
			.5 ea -'RE'			
			Thru-out Art ↑.3 Foot ↑.2 MM≠Sync ↑.3			
			Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate↑.2			
5A 2B						
			X DIAMOND SR 0.5 ea			
			2 Acro Flight Series			
			2 Different Saltos			
			- One B Salto, may be in SR1			
			Dance Passage, 150° leap			
			B Turn on 1 foot			
			10.0 SV Missing			
			.3 ea -B VP			
			.1 ea -A VP			
			.5 ea -SR			
			.5 ea -'RE'			
			Thru-out Art ↑.3 Foot ↑.2 MM≠Sync ↑.3			
			Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate↑.2			
5A 2B						
			X DIAMOND SR 0.5 ea			
			2 Acro Flight Series			
			2 Different Saltos			
			- One B Salto, may be in SR1			
			Dance Passage, 150° leap			
			B Turn on 1 foot			
			10.0 SV Missing			
			.3 ea -B VP			
			.1 ea -A VP			
			.5 ea -SR			
			.5 ea -'RE'			
			Thru-out Art ↑.3 Foot ↑.2 MM≠Sync ↑.3			
			Dyn ↑.2 Pos/Flx ↑.3 Rhy ↑.2 MM≠Relate↑.2			