

BEAM LEVEL 8 COMPOSITION

L8 ACRO not up to competitive level ↑0.2

Includes acro mount & elements on the beam (not Dmt)

	Flight Series	Additional Acro	Additional Acro
0.0	B B <i>2 flight</i>	B	A
0.05	B B <i>2 flight</i>	A	A
	B B <i>2 flight</i>	B	
0.10	B B <i>2 flight</i>	A	
	A B <i>B flight</i>	B	
0.15	A B <i>B flight</i>	A	
	B B <i>2 flight</i>	<i>No other Acros</i>	
0.20	A B <i>or NO series</i>	<i>No other Acros</i>	

L8 DANCE not up to competitive level ↑0.20

Expected 0.0	B B A
0.05	B B
0.10	B A A
0.15	B A
0.20	Only A elements

L8 DISMOUNT not up to competitive level ↑0.1

	Dismount	Acro Connect
Expected 0.0	B	B A <i>Acro connect</i>
0.05		A A <i>Acro connect</i>
0.10	A <i>Isolated</i>	<i>Any non VP Dismount</i>
A non-VP acro used for 3rd time may be considered for dismount connection in composition.		

0.10	Failure to perform Acros in 2 different directions: Backward & Forward/Sideward
0.05	Dismount is the only Fwd/ Swd or Bwd
0.10	Overuse of Dance elements with same shape <i>More than 2 ea: Wolf / Tuck or Straddle</i>
0.10	More than 1 pivot turn (<i>2-feet & straight legs</i>)
0.20	Lack of a Dance Series (<i>Min of 2 dance elements</i>)
↑0.10	Insufficient level changes throughout exercise
↑0.10	Spatial use: Entire length of beam
0.05 ea	Must show 2 of 3 Directions: Fwd/Bwd/Swd Movements in Non-VP/Choreo