

BEAM

6

Time	ACRO Series (2 VP)	RESTRICTED ELEMENTS 'RE'	VP
1:30 warmup / 1:15 compete	Non-flight series Gps 5/6/7, 1 must achieve HS	1 C Dance element allowed	A (5) 0.1
If >30 seconds & 10.0 SV	Not in Mount or Dismount / Rolls OK	No VP credit & 0.5 off SV	B (1) 0.3
the CJ takes -0.5 off average	Handstand without turn must be held 2 seconds.	If 'RE' Dismount, then -0.3 off SV	

Acro Flight may be in series or isolated

5A

1B

LEVEL 6 SR 0.5 ea

Non-flight Acro Series

OR 1 Acro Flight Element

Leap or Jump 180° Split

Full Turn on 1 foot

Dismount "A" Salto/Aerial

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

Dyn ↑.2 Footwork ↑.3 Artistry C-P-E ↑.3

Rhy ↑.2 Posture ↑.3 Sureness ↑.2

5A

1B

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