

BARS	CAST*	RESTRICTED ELEMENTS 'RE'	Allowable "Cs" = B	Value Parts
7	*Credit given if cast is at or above 45°	No other C/D/E skills allowed	Cast HS ½ Stalder 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 Turns to regular grip only	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	

5A 2B

Cast to Handstand*
B Clear Circle 360°
B Clear 3/6/7 circle 360°
Dismount "A" Salto
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 HS Precision ↑.1

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