

BEAM LEVEL 8 COMPOSITION

L8 ACRO not up to competitive level $\uparrow 0.2$

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 $\uparrow 0.20$

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 $\uparrow 0.1$

	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

More than 2 ea: Wolf / Tuck or Straddle

0.10 More than 1 pivot turn (*2-feet & straight legs*)

0.20 Lack of a Dance Series (*Min of 2 dance elements*)

$\uparrow 0.10$ Insufficient level changes throughout exercise

$\uparrow 0.10$ Spatial use: Entire length of beam

0.05 ea Must show 2 of 3 Directions: Fwd/Bwd/Swd Movements in Non-VP/Choreo