

BARS	Time	ADDITIONAL 'A' SKILLS				RESTRICTED	VP
<b>XB</b>	<b>0:30</b> warm-up	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	4 A 0.1
		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 No HB skills	
		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>fwd / 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**

Mount - Low Bar

Cast - *Hips leave bars*  
- *Not Mt/Dmt*

360° Circle *Not Mt/Dmt*

LB Dismount *No Salto*

**10.0 SV**

.1 ea -A VP

.5 ea -SR

.5 ea -'RE'

Dynamics ↑.2

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