

BARS	Time	ADDITIONAL 'A' SKILLS				RESTRICTED	VP
XS	0:45 warm-up	Pullover LB/HB	Long Hang Pullover	Tapswing-counter	DMT: Tapswing fwd ½ turn	No 'B' skills	5 A 0.1
		Jump Squat-on	Stride Circle - fwd / bwd	Underswing-counter	DMT: Bwd ¾ Seat circle LB	No Giants LB or HB	
		Glide swing-stand	Basket swing - bent leg OK	Cast -45° below horizontal	DMT: Stretch Jump off	No Salto Dismount	
		Run-out Kip	Leg Cut - fwd / bwd	Cast shoot-thru* (1 VP)	other casts before a skill = 2 VP	No VP credit & 0.5 off SV	
		1-leg Jam Kip	Leg Swing - fwd / bwd	Cast squat-on* (1 VP)			

No extra swing deductions

Maximum execution deductions: 4.0

Courtesy Score: 4.0

X SILVER SR 0.5 ea

Mount

Cast - 45° below horiz
- Not Mt/Dmt

360° Circle -No Mt/Dmt

Dismount LB/HB No salto

10.0 SV

.1 ea -A VP

.5 ea -SR

.5 ea -'RE'

0.3 No Dmt

Dynamics ↑.2

X SILVER SR 0.5 ea

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		Jump Squat-on	Stride Circle - <i>fwd / bwd</i>	Underswing-counter	DMT: Bwd ¾ Seat circle LB		
		Glide swing - <i>stand</i>	Basket swing - <i>bent leg OK</i>	Cast -45° below horizontal	DMT: Stretch Jump off		
		Run-out Kip	Leg Cut - <i>fwd / bwd</i>	Cast shoot-thru* (1 VP)			
		1-leg Jam Kip	Leg Swing - <i>fwd / bwd</i>	Cast squat-on* (1 VP)	<i>other casts before a skill = 2 VP</i>		

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