

BARS	Time	ADDITIONAL 'A' SKILLS				RESTRICTED	VP
XG	1:00 warm-up	Pullover LB/HB	Long Hang Pullover	Tapswing-counter	DMT: Tapswing fwd ½ turn	No 'C' or higher skills	6 A 0.1
		Jump Squat-on	Stride Circle - fwd / bwd	Underswing-counter	Cast shoot-thru* (1 VP)	No Giants LB or HB	
		Glide swing -stand	Basket swing -bent leg OK	Cast ≥ horizontal (10°)	Cast squat-on* (1 VP)	No Release with bar change	
		Run-out Kip	1-leg Jam Kip	Leg Cut - fwd / bwd	other casts before a skill = 2 VP	No VP credit & 0.5 off SV	

No extra swing deductions

Maximum execution deductions: 4.0

Courtesy Score: 4.0

X GOLD SR 0.5 ea

Skill to clear support horizontal
- Not Mt/Dmt (within 10° OK)

360° Circle Not Mt/Dmt

2nd 360° Circle Not Mt/Dmt

Different can be isolated or connected
Same must be connected or 1LB / 1HB

Dismount HB

10.0 SV

.1 ea -A VP

.5 ea -SR

.5 ea -'RE'

0.3 No Dmt

Dynamics ↑.2

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