

BARS	CAST*	RESTRICTED ELEMENTS	Allowable "Cs" = B	Value Parts
7	*Credit given if cast is at or above 45° Normal cast amplitude deductions apply Below 45° = No SR & deduct 0.25-0.3 amplitude	No other C/D/E skills allowed No VP credit & 0.5 off SV	Cast HS ½ Stalder HS ± ½ Toe-on HS ± ½	A (5) 0.1
			Clear Hip HS ± ½ Turns to regular grip only	B (2) 0.3
			SR of 2 B clear circles same or different	

5A

2B

LEVEL 7 SR 0.5 ea

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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