

BARS	CAST*	RESTRICTED ELEMENTS	Allowable "Cs" = B	VP
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 Clear Hip HS ± ½ <i>Turns to regular grip only</i>	A (5) 0.1 B (2) 0.3
			SR of 2 B clear circles same or different	

**LEVEL 7 SR 0.5 ea**

5A

2B

Cast to Handstand\*

B Clear Circle 360°

B Clear 3/6/7 circle 360°

Dismount "A" Salto

Missing **10.0 SV**

-B VP .3 ea \_\_\_\_\_

-A VP .1 ea \_\_\_\_\_

-SR .5 ea \_\_\_\_\_

-'RE' .5 ea \_\_\_\_\_

No Dmt 0.3 \_\_\_\_\_

HS Precision ↑.1 Dyn ↑.2

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