

5. Level 6 Restrictions

- a. Only "A" and "B" elements and ONE "C" - choice of Clear hip circle to handstand, back staldler circle to HS or Pike sole circle backward to HS - are allowed at Level 6.
 - If one of these three circles to handstand is performed, it would receive "B" Value-Part credit.
- b. Any other "C" (or any "D" or "E") elements performed (or attempted, even if the attempt is incomplete - for example, there is no contact of the hands on the bar in a release element, or the dismount does not land on the bottoms of the feet first):
 - 1) Will NOT receive Value-Part credit.
 - 2) CANNOT be used to fulfill Special Requirements.
 - 3) Will receive a 0.50 deduction which is reflected in the Start Value.
- c. *Flight (release) elements that transfer from HB to LB or LB to HB are NOT allowed at Level 6, regardless of value.*
- d. All appropriate execution and amplitude deductions would be applied to all elements performed, regardless of whether or not they receive Value-Part credit.

I. REQUIRED TECHNIQUE FOR THE RECOGNITION OF VALUE PARTS

When evaluating the angle of the body when there is a shoulder angle, look at the line from the shoulders through the mid-point of the lowest body part. When there is no shoulder angle (such as the ending of a clear hip circle nearing handstand phase, look at the line from the hands through the mid-point of the lowest body part.

In the case of casts and back uprisers with straddled legs, the angle of completion is determined when the hips are extended and/or legs are joined. If hips are extended but the legs are not fully together at the peak of the cast or uprise, a deduction for leg separation is applied.

1. CAST TO HANDSTANDS (legs straddled or together) - For Levels 6 - 10

Casts may be performed in either regular or reverse grip.

- a. 0 - 10° from vertical
 - "B" Value Part is awarded
 - NO deduction for amplitude of cast
- b. 11° - 20° from vertical
 - "B" Value Part is awarded
 - 0.05 deduction
- c. 21° - 30° from vertical
 - No Value Part is awarded
 - 0.10 deduction
- d. 31° - 45° from vertical
 - No Value Part is awarded
 - 0.15 - 0.20 deduction
- e. 46° from vertical and below
 - No Value Part is awarded
 - 0.25 - 0.30 deduction (maximum deduction = horizontal & below)
- f. All casts are expected to achieve handstand phase (within 20° of vertical), including casts prior to #7.310 Underswing (sole circle) on LB, release and counter movement forward in flight to hang on HB (toe-on-shoot to HB).
 - *Also applies to casts into all "Underswing-type" dismounts (straddle, pike and clear)*
- g. The insufficient amplitude of cast deduction is NOT applied to casts prior to a squat/stoop/straddle onto the low bar (**with or without a backward sole circle**), jump to grasp HB. However, there must be a backward swing of the legs before placing the feet on the bar.
 - If the squat-on is accomplished by merely lifting the hips up, an insufficient amplitude deduction of 0.05 will be taken each time.

