1. Insuff. amplitude of “B” Clear hip circles
2. Min. of One (1) Bar Change
3. One 360° Clear Circling element from Grp. 3, 6 or 7
4. Salto Dismount, min. of A

Level 7

1. Insuff. Extension (open) of tuck/pike body pos.
2. & 3. Two (2) 360° Clear Circling elements, same or different (no hips on bar)
   - One must be a B
   - One from Grp. 3, 6 or 7
4. Salto Dmt – Min. of A

1. Non-Flight Acro Series OR One Acro Flight element (Isolated/in Series)

2. One Leap/Jump requiring 180° Cross or Side Split (Isolated / in Series)

3. Min. of 360° Turn on One Foot (Isolated / in Series) (Group 3)

4. Aerial/Salto Dmt - Min. of A

Level 8

Same as Level 7 except #1.
1. Acro Series – min. of 2 elements w/ Flight. (Excludes mnt/dmt)

2. & 3. 360° Group of 3, Uneven Bars

4. Min. of 360° Turn on One (1) Foot (Isolated / in Series)

Level 7

1. One (1) Acro series-min.3 directly connected flight elem.-one a Back Laydown

2. Two (2) or more directly connected Forward Acro Flight elem.-one Salto/Aerial

3. Dance Passage w/ min. of 2 diff. Grp. 1 elements (direct/indirect connection) -one a Leap

4. Min. of 360° Turn on One (1) Foot (Isolated / in Series)

Level 8

1. One Acro Series w/ Two (2) Salto(s) OR

2. 2 connected Salto(s) and/or

3. Diff. Salto(s) (not Aerials) within exercise

4. Dance Passage of 2 diff. Grp. 1 elements (direct/indirect connection)
   - One a Leap requiring 180° Cross/Side Split

5. Min. of A Salto-last Isolated in Last Pass

Score Range: 9.5-10: 0.2  9.0-9.475: 0.5  8.0-8.975: 0.7  Below 8.0: 1.00

Courtesty Score = Minimum of 1.00