



SR	SR	SR		SR	SR	Content
<p>Level 6</p> <p>1. 1 Cast – min. of horizontal</p> <p>2. Min. of 1 bar change</p> <p>3. One 360° Clear Circling element from Grp. 3, 6 or 7</p> <p>4. Dismount, min. of “A”</p> <p>Level 7</p> <p>1. 1 Cast–min. of 45° from vertical</p> <p>2. & 3.</p> <p>Two 360° clear circling elements, same or different (nohips on bar)</p> <p>- One must be a “B”</p> <p>- One from Grp. 3, 6 or 7</p> <p>4. Salto/Hecht Dmt–Min. of “A”</p>	<p>Level 8</p> <p>1. Min. of 1 bar change</p> <p>2. & 3.</p> <p>Two “B” elements, same or different</p> <p>- One with flight (Not in dmt.); OR one with turn (Not in mt. or dmt.)</p> <p>-One 360° circle elem.from Grp. 3, 6 or 7 (not in dmt)</p> <p>4. Salto or Hecht Dmt.</p> <p>- Min. of “A”</p>	<p>Level 6</p> <p>1. One acro element from Group 5, 6 or 7 (Must start & finish on beam)</p> <p>2. One leap/jump requiring 180° cross or side split (Isolated or in a series)</p> <p>3. Min. of 360° turn on one foot (Isolated or in a series)</p> <p>4. Min. of “A” dismount, with or w/out hand support</p>	<p>Level 7</p> <p>1a. Acro Series with a min. of 2 “A’s” or “B’s” with or without flight, AND</p> <p>1.b One acro flight element (may be included in series or isolated) (Must start & finish on beam)</p> <p>2. One leap/jump requiring 180° cross or side split (Isolated or in a series)</p> <p>3. Min. of 360° turn on one foot (Isolated or in a series)</p> <p>4. Aerial or salto dmt.- Min. of “A”</p> <p>Level 8</p> <p>Same as Level 7 except #1.</p> <p>1. Series – min. of 2 elements, 1 with flight. (Both must start & finish on beam)</p>	<p>Level 6</p> <p>1. One Acro series (min.3 directly connected flight or non-flight elements, with or without hand support)</p> <p>2. One salto or aerial acro element (bwd, fwd or swd) (Isolated or in 2nd series)</p> <p>3. Dance passage w/ min. of 2 different Group 1 elements (direct or indirect connection) - one a LEAP w/ 180° cross or side split</p> <p>4. Min. of 360° turn on one foot (Isolated or in a series)</p>	<p>Level 7</p> <p>1. One Acro series (min.3 directly connected flight elem -one a back layout to 2 feet</p> <p>2. A direct connection of 2 or more forward acro elements with flight – one must be a salto or aerial</p> <p>3. Dance Passage w/ min. of 2 diff. Grp. 1 elements (direct or indirect connection) - one a LEAP w/ 180° cross or side split</p> <p>4. Min. of 360° turn on one foot (Isolated or in a series)</p> <p>Level 8</p> <p>1. One Acro seriesw/ 2 saltos OR 2 directly connected saltos (same or diff.)</p> <p>2. 3 Diff. Saltos (not aerials) within exercise</p> <p>3. Dance Passage w/ min. of 2 diff. Grp. 1 elements (direct or indirect connection) - one a LEAP w/ 180° cross or side split</p> <p>4. Dmt. – Min. of “A” salto</p>	<p>8 7 6</p> <p>A 4 5 5</p> <p>B 4 2 1</p> <p>C 0 0 0</p> <p>SV 10 10 10</p> <p>Level 8: Allowed C's = B</p> <p>All levels: Restricted elements = no Value-Part credit + 0.50 deduction from SV</p> <p>Missing Spec. Req. = 0.50</p>
					A	VP
					B	SR
						SV
						FIN
					A	VP
					B	SR
						SV
						FIN
					A	VP
					B	SR
						SV
						FIN