2018 – 2022 JUNIOR OLYMPIC LEVEL 6, 7 & 8

Effective August 1, 2018 – July 31, 2022 Revised May 2020

SR √	SR √	SR ⅄	SR ⅄	SR □	SR □	Content
Level 6 1. One (1) Cast – min. 45° above horiz. (Above Horiz. fulfills SR) 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. One (1) Cast to handstand (min. 45° fulfills SR) 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	**Level 8** 1. Min. of One (1) bar change 2. & 3. Two B elements, same or different - One with flight (Not in dmt); **OR** One (1) with LA turn (Not in mt or dmt) - One "B" 360° Clear Circle ele. from Grp. 3, 6 or 7 (not in dmt) 4. Salto Dmt - Min. A	**Level 6** 1. Non-Flight Acro Series **OR** One (1) Acro Flight ele. (Isolated /in Series) (excludes mnt/dmt) 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 7** 1a. Acro Series (with or without flight) **AND** 1.b One (1) Acro Flight ele. (Isolated /in Series) (Both Acro SRs exclude mnt/dmt) 2. One (1) Leap/Jump requiring 180° cross or side split (Isolated / in series) 3. Min. of 360° Group 3 Turn on One (1) foot (Isolated / in series) 4. Aerial or Salto Dmt - Min. of A **Level 8** Same as Level 7 except #1. 1. Acro Series – min. of 2 elements, 1 with flight. (excludes mnt/dmt)	**Level 6** 1. One (1) Acro series (min.3 directly connected Ele., two (2) with flight) Rolla do not fulfill req. 2. One salto or Aerial (bwd, fwd or swd) (Isolated / in 2nd series) 3. Dance passage w/ min. of 2 different Group 1 ele. (direct or indirect connection) - one a LEAP requiring 180° cross or side split 4. Min. of 360° Turn on One (1) foot (Isolated / in series)	**Level 7** 1. One (1) Acro series - min.3 directly connected Flight ele. - one a Back Layout to Two (2) feet 2. Two (2) or more directly connect Forward Acro Flight ele. – one Salto or Aerial 3. Dance Passage w/ min. of 2 diff. Grp. 1 ele. (direct or indirect connection) - one a LEAP requiring 180° cross or side split 4. Min. of 360° Turn on One (1) foot (Isolated or in a series) **Level 8** 1. One Acro series w/ Two (2) saltos **OR** 2 directly connected saltos (same or diff.) 2. 3 Diff. Saltos (not Aerials) within exercise 3. Dance Passage w/ min. of 2 diff. Grp. 1 ele. (direct or indirect connection) - one a LEAP requiring 180° cross/side split 4. Min. of A Salto-Last Isolated/in Last ***Acro Conn.***	**8 7 6** A 4 5 5 B 4 2 1 C 0 0 0 SV **10 10 10** Level 8: Allowed C's = B All levels: Restricted elements = no VP credit -0.50 off SV Missing SR – -0.50 off SV

		A	VP
		B	SR
			SV
			FIN
		A	VP
		B	SR
			SV
			FIN
		A	VP
		B	SR
			SV
			FIN