



SR	SR	SR	SR	SR	SR	Content
<p>Level 6</p> <p>1. 1 Cast – min. of horizontal 2. Min. of 1 bar change 3. One 360° Clear Circling element from Grp. 3, 6 or 7 4. Dismount, min. of A</p> <p>Level 7</p> <p>1. 1 Cast – min. of 45° from vertical & 3. Two 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/Hecht Dmt – Min. of A</p>	<p>Level 8</p> <p>1. Min. of 1 bar change 2. & 3. Two B elements, same or different - One with flight (Not in dmt); OR one with turn (Not in mt or dmt) - One 360° circle Elem. from Grp. 3, 6 or 7 (not in dmt) 4. Salto or Hecht Dmt - Min. of A</p>	<p>Level 6</p> <p>1. One acro element from Group 5, 6 or 7 (Must start & finish on beam) 2. One leap/jump requiring 180° cross or side split (Isolated or in a series) 3. Min. of 360° turn on one foot (Isolated or in a series) 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 1.b One acro flight element (may be included in series or isolated) (Must start & finish on beam) 2. One leap/jump requiring 180° cross or side split (Isolated or in a series) 3. Min. of 360° turn on one foot (Isolated or in a series) 4. Aerial or salto dmt - Min. of A</p> <p>Level 8</p> <p>Same as Level 7 except #1. 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) 2. One salto or aerial acro element (bwd, fwd or swd) (Isolated or in 2nd series) 3. Dance passage w/ min. of 2 different Group 1 elements (direct or indirect connection) - one a LEAP w/ 180° cross or side split 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) 2. A direct connection of 2 or more forward acro elements with flight – one must be a salto or aerial 3. Dance Passage w/ min. of 2 diff. Grp. 1 elements (direct or indirect connection) - one a LEAP w/ 180° cross or side split 4. Min. of 360° turn on one foot (Isolated or in a series)</p> <p>Level 8</p> <p>1. One Acro series w/ 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 elements (direct or indirect connection) - one a LEAP w/ 180° cross or side split 4. Dmt – Min. of A salto</p>	<p>8 7 6</p> <p>A 4 5 5 B 4 2 1 C 0 0 0 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
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					A	VP
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					A	VP
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