

AMPLITUDE OF CASTS/SWINGS

LEVEL 7 - 10

Award Value Part

No Value Part

45° .15-.20

30° .10

20° .05

10° no ded.

.25-.30

LEVEL 6

Award "B" Value

no value part

45° .05-.30

20° no ded.

Special Requirement NOT awarded if all Casts are at Horizontal or below

ANGLE OF ARRIVAL ON FLIGHTS TO HANDSTAND ON LB

Award higher Value Part

20° .05

10° no ded.

Award lower Value Part

ANGLE OF BODY AT TURN COMPLETION

For TURNS IN HANDSTAND

180° pirouettes-all techniques
360° or more pirouettes turning on both arms in handstand phase.

45° .15-.20

30° .05-.10

20° no ded.

.25-.30

ANGLE OF BODY AT TURN COMPLETION

For TURNS IN & AFTER HANDSTAND

540° & more pirouettes-all techniques
360° pirouettes turning on one arm after handstand (Healy technique)

45° .05-.15

30° no ded.

.20-.30

45° .05-.15

30° no ded.

.20-.30

AMPLITUDE/ANGLE OF COMPLETION OF CIRCLING ELEMENTS

All circle elements except Clear hip circle

Award lower Value Part

Award higher Value Part

45° .05-.20

20° .05

10° no ded.

Clear hip circle only

Award "B" Value Part

45° .05-.25

20° .05

10° no ded.

Clear hip circle below horizontal .35-.40

INSUFFICIENT SPLIT

45° .15-.20

20° .05-.10

1° - 20° missing deduct 0.05 - 0.10
21° - 45° missing deduct 0.15 - 0.20
46° or more missing award lesser Value Part

INCOMPLETE TURNS

Required end position of turn/twist

45° .05-.10

90° .15-.30