

# BARS COMPOSITION

## LEVEL 8

- .2 lack of elements thru vertical
- .1 ea ¾ giant fwd w/wo grip chg  
· (+ → .1 amp)
- .1 ea uncharacteristic element

### DISMOUNT (up to .1)

no ded	any B <i>or</i> B + A
.1	A + A or less

## LEVEL 9

- .1 facing same direction thru-out
- .1 ea fail to perform 2 of 3, min B  
· fwd circle or fwd release  
· 3,6,7 element  
· C w/180° LA turn (w/wo flight)
- .1 ea ¾ giant fwd w/wo grip chg  
· (+ → .1 amp)
- .1 ea uncharacteristic element

### DISMOUNT (up to .1)

no ded	any C
.05	C + B
.1	B (or less) + B (or less)

## LEVEL 10

- .1 facing same direction thru-out
- .1 ea fail to perform 2 of 3, min B  
· fwd circle or fwd release  
· 3,6,7 element  
· C w/180° LA turn (w/wo flight)
- .2 lack of 2 bar changes
- .1 ea > 1 squat
- .1 ea ¾ giant fwd w/wo grip chg  
· (+ → .1 amp)
- .1 ea uncharacteristic element

### RELEASES (up to .2)

no ded	2 D/E
.05	C + D connected
.1	C and D (isolated)
.15	C + C connected <i>or</i> B and D (isolated)
.2	C and C (isolated) <i>or</i> B and C (or less)

### DISMOUNT (up to .1)

no ded	D/E + C <i>or</i> D/E
.05	C + C + C <i>or</i> D + C + C
.1	C (or less) + C (or less)

# BEAM COMPOSITION

## LEVEL 8

- .2 no dance series
- .1 no fwd/swd or no bwd  
- .05 if only dismount
- .1 > 2 same shape dance
- .1 > 2 pivots (straight legs)
- .1 level changes
- .1 space - entire beam
- .1 direction - fwd/bwd/swd

### ACRO (up to .2)

.0	series w/ 2 B flights + 2 add'l acro, one a B
.05	series w/ 2 B flights + 2 A's <i>or</i> 1 B
.1	series w/ 2 B flights + 1 A <i>or</i> series w/ 1 B flight + 1 B
.15	series w/ 1 B flight + 1 A <i>or</i> series w/ 2 B flights
.2	no series <i>or</i> series w/ 1 B flight + no other acro

### DANCE (up to .2)

.0	B B A
.05	B B
.1	B A A
.15	B A
.2	only A's

### DISMOUNT (up to .1)

.0	B <i>or</i> B + A
.05	A + A
.1	non-VP <i>or</i> isolated A

## LEVEL 9

- .2 no dance series
- .1 no fwd/swd or no bwd  
- .05 if only dismount
- .1 > 2 same shape dance
- .1 > 2 pivots (straight legs)
- .1 level changes
- .1 space - entire beam
- .1 direction - fwd/bwd/swd

### ACRO (up to .2)

.0	series w/ 2 flights, one a C + 1 salto/aerial <i>or</i> D/E flight (if series w/salto, add'l flight can be C)
.05	series w/ 2 flights, one a C + C flight w/hands
.1	series w/ 2 flights, one a C + 1 or more B flights
.15	series w/ 1 or 2 B flights + C salto/aerial
.2	no series <i>or</i> series w/ 1 or 2 B flights + no other B or more acro

### DANCE (up to .2)

.0	C C (min)
.05	C B
.1	C
.15	B B
.2	B

### DISMOUNT (up to .1)

.0	C <i>or</i> B flight/C dance + B
.05	A + B <i>or</i> B dance + B
.1	A <i>or</i> isolated B

## LEVEL 10

- .2 no dance series
- .1 no fwd/swd or no bwd  
- .05 if only dismount
- .1 > 2 same shape dance
- .1 > 2 pivots (straight legs)
- .1 level changes
- .1 space - entire beam
- .1 direction - fwd/bwd/swd

### ACRO (up to .2)

#### If C in series --

.0	2 elem w/C salto <i>or</i> 3 w/C w/wo hands + D/E acro + add'l C salto <i>or</i> D/E acro
.05	2 element w/ C salto + D/E acro
.1	2 element w/ C salto + add'l C salto <i>or</i> series w/o C salto + C salto + D/E acro
.15	2 element w/ C salto <i>or</i> series w/o C salto + D/E acro
.2	no series <i>or</i> series w/o salto + no add'l C salto <i>or</i> no series <i>or</i> series w/o salto + isolated C salto

#### If D/E in series --

.0	series w/ D/E + add'l D/E acro
.05	series w/ D/E + add'l C salto
.1	series w/ D/E + add'l B or C flight
.15	series w/ D/E + no add'l acro flight <i>or</i> no series + D/E acro
.2	no series <i>or</i> w/o salto + no add'l C salto <i>or</i> no series <i>or</i> w/o salto + isolated C salto

### DISMOUNT (up to .1)

### DANCE (up to .2)

.0	C C C <i>or</i> D/E D/E
.05	C C B <i>or</i> C D/E
.1	C C <i>or</i> B D/E
.15	C B <i>or</i> D/E
.2	C <i>or</i> B B

.0	B acro + C <i>or</i> C dance + C <i>or</i> D/E
.05	A acro + C <i>or</i> B dance + C <i>or</i> series w/ C + B <i>or</i> D/E acro + B
.1	isolated C <i>or</i> C (acro flight or dance) + B

# FLOOR COMPOSITION

## LEVEL 8

- .2 no "B" turn on one foot
- .3 not 3 saltos
- .1 no fwd/swd or no bwd (salto or aerial)
- .1 use of floor area
- .1 > 2 same shape dance

### ACRO (up to .2)

#### If 2 passes --

.0	both 2 saltos w/ B (dir)
.05	both 2 saltos w/ B (1 dir, 1 ind)
.1	both 2 saltos w/ B (ind) <i>or</i> B+B (ind) - A+A (dir)
.15	B - A+A (ind/less)
.2	no B saltos

#### If 3 passes--

.0	B - B - B <i>or</i> B - B - A+A (dir)
.05	B - B - A+A (ind)
.1	B - A+A (dir) - A <i>or</i> B - B - A
.15	B - A - A
.2	no B saltos

### DANCE (up to .2)

.0	B B A
.05	B B
.1	B A A
.15	B A
.2	only A's

### DISMOUNT (up to .1)

.0	B
.05	A+A (ind/dir)
.1	isolated A <i>or</i> acro flight (non-salto)

## LEVEL 9

- .2 no "B" turn on one foot
- .3 no "B" salto
- .1 no fwd/swd or no bwd (salto or aerial)
- .1 use of floor area
- .1 > 2 same shape dance

### ACRO (up to .2)

#### If 2 passes --

.0	both w/ C (w/CV)
.05	C - C (w/CV)
.1	C - C+B (ind)
.15	C - C+A (ind)
.2	no C saltos

#### If 3 passes--

.0	C - C - C <i>or</i> C - C - B+B (w/CV)
.05	C - C - B+A (dir)
.1	C - B+B (dir) - B+B (dir) <i>or</i> C - C - B (or B+A ind)
.15	C - B+B (dir) - B
.2	no C saltos

### DANCE (up to .2)

.0	C C (min)
.05	C B
.1	C
.15	B B
.2	B

### DISMOUNT (up to .1)

.0	C <i>or</i> B+B (dir)
.05	B+B (ind) <i>or</i> B+A (dir)
.1	B+A (ind or less) <i>or</i> isolated B or less

## LEVEL 10

- .2 no "B" turn on one foot
- .3 no "C" salto
- .1 no fwd/swd or no bwd (salto or aerial)
- .1 use of floor area
- .1 > 2 same shape dance

### ACRO (up to .2)

#### If 2 passes --

.0	E - E <i>or</i> E - D + salto (direct)
.05	2 salto w/D - 2 salto w/ D <i>or</i> E - D + salto (indirect)
.1	D - 2 salto w/ D <i>or</i> E - 2 salto w/ C (w/CV)
.15	D - C+B/C (w/CV) <i>or</i> 2 salto w/ D - C <i>or</i> E - 1 or 2 saltos, B+B (or less)
.2	D - 2 saltos w/o CV

#### If 3 passes--

.0	D/E - D/E - D/E <i>or</i> D/E - D/E - B+C
.05	D - D - C+A
.1	D - D - C (or less) <i>or</i> D - C+A/B - C+B
.15	D - C+A/B - C+B (ind) <i>or</i> D - C+B - C (or less)
.2	no D/E Saltos

### DANCE (up to .2)

.0	C C C <i>or</i> D/E D/E
.05	C C B <i>or</i> C D/E
.1	C C <i>or</i> B D/E
.15	C B <i>or</i> D/E
.2	C <i>or</i> B B

### DISMOUNT (up to .1)

.0	D/E <i>or</i> C+B
.05	C+B indirect <i>or</i> C+A direct
.1	C+A indirect or less <i>or</i> isolated C or less