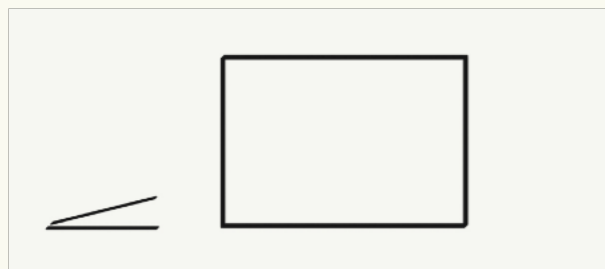


Execution_____

Execution_____

Score_____

Score_____



Bars

Restrictions: No HB, No Salto Dismount, No B's

___Min 4 A Skills

___Cast - Hips leave bar

___360° Circle

___Dismount - LB only

Dynamics _____

Execution _____

SV_____Score_____

Balance Beam

Restrictions: No Walkovers, No Salto/Aerial Dismount, No B's

___1/2 Turn - 1 or 2 ft

___Jump/Leap

___Non-flight Acro

___Dismount

Artistry _____

Rhythm_____

Footwork_____

Posture_____

Dynamics_____

Sureness_____

Execution _____

SV_____

Score_____

Floor

Restrictions: MAX 2 flight skills, No Saltos/Aerials, No B's

___Min 2 Skill Acro conn,
w/wo/flight

___1 Acro Skill, w/wo/flight

___Dance Pass w/ 60° Leap

___1/2 Turn - 1 foot

Artistry _____

Rhythm_____

Footwork_____

Posture_____

Dynamics_____

Music/movement_____

Execution _____

SV_____

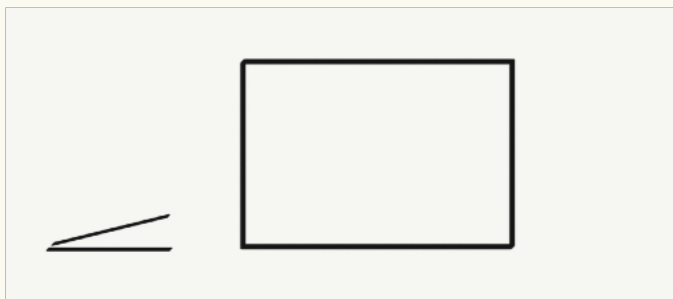
Score_____

Execution _____

Execution _____

Score _____

Score _____



Score _____



Score _____

Bars **Restrictions: No Salto Dismount, No Bs, No Giants**

- ___ Min 5 A
- ___ Cast - 45° below Horizontal
- ___ 360° Circle
- ___ Dismount -HB or LB

Dynamics _____

Execution _____

SV _____

Score _____

Balance Beam **Restrictions: No B Acro, No C**

- ___ 1/2 Turn - 1 foot
- ___ Jump/Leap 90°
- ___ Non-flight Acro
- ___ Dismount

- Artistry _____
- Rhythm _____
- Footwork _____
- Posture _____
- Dynamics _____
- Sureness _____

Execution _____

SV _____

Score _____

Floor Restriction: No B Acro, No C

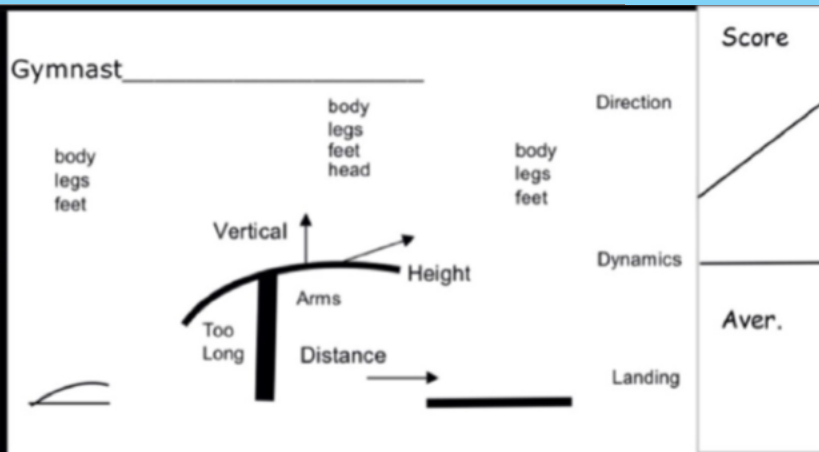
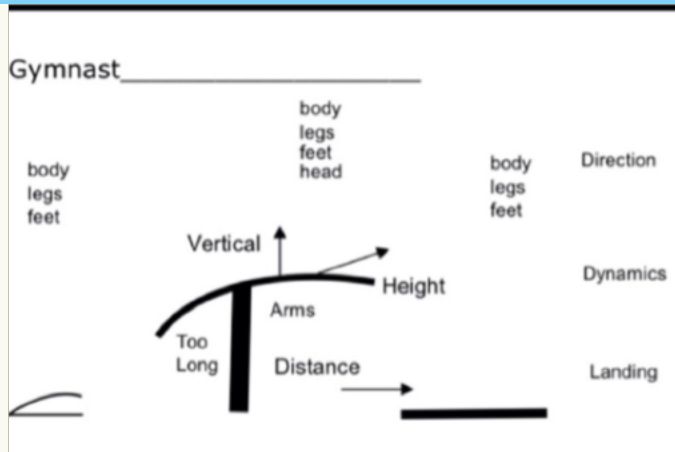
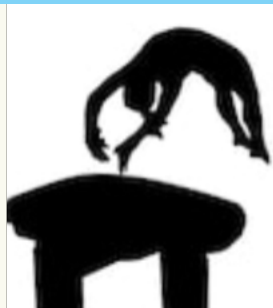
- ___ Min 2 Skill Acro conn, 1 w/flight
- ___ 2nd Acro conn OR 1 flight Skill
- ___ Dance Pass w/ 90° Leap
- ___ 1/1 Turn - 1 foot

- Artistry _____
- Rhythm _____
- Footwork _____
- Posture _____
- Dynamics _____
- Music/movement _____

Execution _____

SV _____

Score _____



Bars. Restrictions: No C, No release w/Bar Change, No Giants

___ Min 6 A Skills

___ Skill finishing in clear support

___ At Horizontal

___ 360° Circle

___ Dismount HB

Dynamics _____ Execution _____ SV _____ Score _____

Beam. Restrictions: D dance + 1 D Acro

___ 1/1 Turn

___ 2 diff Jump/Leap.

___ 1 Min 120°

___ 2 Acro -

___ 1 thru vertical

___ Dismount

Artistry _____

Rhythm _____

Footwork _____

Posture _____

Dynamics _____

Sureness _____

Execution _____ SV _____ Score _____

Floor. Restrictions: No B Saltos, No C

___ 2 Skill Acro Conn w/flight

___ 2nd Acro conn w/flight OR

___ Salto/Aerial

___ Dance Pass w/120° Leap

___ 1/1 Turn

Artistry _____

Rhythm _____

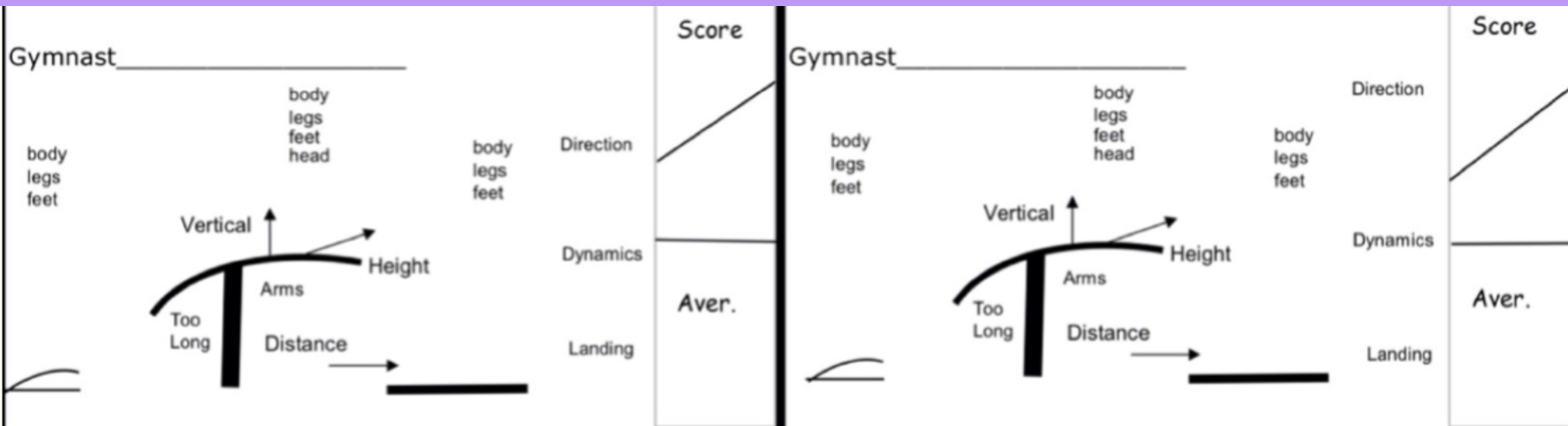
Footwork _____

Posture _____

Dynamics _____

Music/movement _____

Execution _____ SV _____ Score _____



Bars.

Restrictions: No C's except Clear Hip HS

___ 6 A, ___ 1 B
 ___ Skill finish in clear support
 above Horizontal
 ___ 360° Circle
 ___ Kip
 ___ Dismount - HB

Dynamics _____ Execution _____ SV _____ Score _____

Beam

Restrictions: No C Acro, No D

___ 6 A, ___ 1 B
 ___ 1/1 Turn
 ___ Jump/Leap 120° AND
 Dance Series
 ___ 1 Acro flight OR
 Acro series
 ___ Dismount

Artistry _____
 Rhythm _____
 Footwork _____
 Posture _____
 Dynamics _____
 Sureness _____

Execution _____ SV _____ Score _____

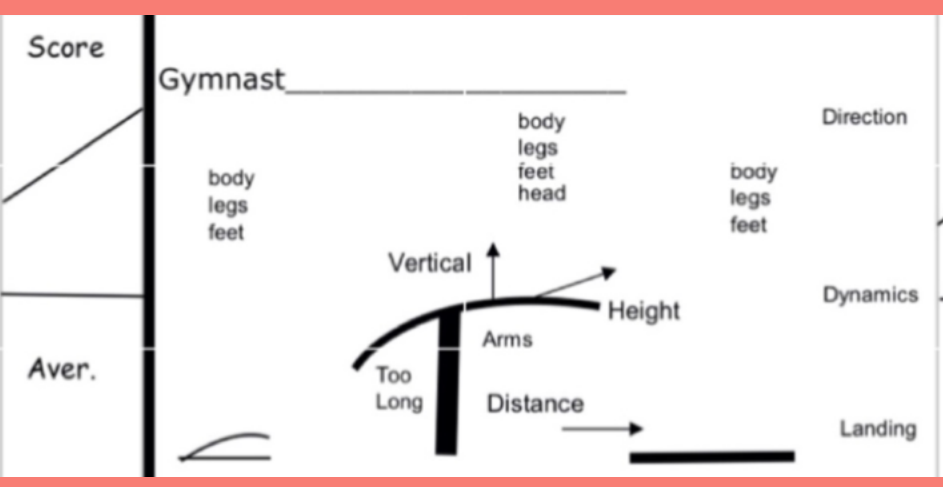
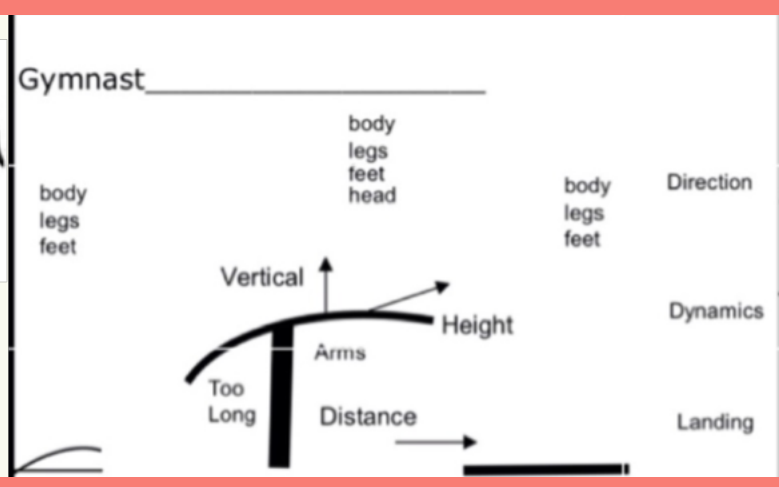
Floor

Restrictions: No C Acro, No D

___ 6A, ___ 1 B
 ___ 2 Skill Acro conn
 W/flight - A/B Salto
 ___ 2nd Acro conn w/flight
 OR B Salto
 ___ Dance Pass - w/150° Leap
 ___ 1/1 Turn

Artistry _____
 Rhythm _____
 Footwork _____
 Posture _____
 Dynamics _____
 Music/movement _____

Execution _____ SV _____ Score _____



Bars. 1 D ok, No E

- ___ 5 A, ___ 2 B
 - ___ Skill finishing in clear support - 45°
 - ___ Min. B 360° Circle
 - ___ Min. B -Release/Pirouette/2nd B Circle
 - ___ Salto/Hecht Dismount - HB
- Dynamics _____ Execution _____ SV _____ Score _____

Beam. 1 D Ok, No E

- ___ 5 A, ___ 2B
 - ___ 1/1 Turn
 - ___ Jump/Leap 150° & Dance Series
 - ___ 1 Acro Flight & Acro Series
 - ___ Aerial/Salto Dismount
- Artistry _____
- Rhythm _____
- Footwork _____
- Posture _____
- Dynamics _____
- Sureness _____
- Execution _____ SV _____ Score _____

Floor 1 D Ok, No E

- ___ 5 A, 2 B
 - ___ 2 Acro conn. Each W/2 flight
 - ___ 2 diff Saltos, 1 a B
 - ___ DancePassge w/150° Leap
 - ___ Min. B turn
- Artistry _____
- Rhythm _____
- Footwork _____
- Posture _____
- Dynamics _____
- Music/movement _____
- Execution _____ SV _____ Score _____