

\_\_\_\_\_

**Level 7 Bars**  
5 A's 2 B's  
\_\_\_\_ Cast to 45°  
\_\_\_\_ 360° "B" element  
\_\_\_\_ 360° element 3,6,7  
\_\_\_\_ A Salto Dsmt.  
**10**  
\_\_\_\_ S.V.  
\_\_\_\_ RD  
\_\_\_\_ Exec. \_\_\_\_\_ Score

\_\_\_\_\_

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**10**  
\_\_\_\_ S.V.  
\_\_\_\_ RD  
\_\_\_\_ Exec. \_\_\_\_\_ Score

\_\_\_\_\_

**Level 8 Bars**

4 A's 4 B's

- \_\_\_ 1 Bar Change
- \_\_\_ 1 Flight "B" or 180° turn
- \_\_\_ 1 "B" 3,6,7
- \_\_\_ "A" Salto/Hecht Dsmt.

**10**

___ S.V .		___ Dynamics .2
___ Comp.		___ Distribution .1
___ Exec.		___ Variety .1
		___ Vert. Skills .2
_____ Score		

\_\_\_\_\_

**Level 8 Bars**

4 A's 4 B's

- \_\_\_ 1 Bar Change
- \_\_\_ 1 Flight "B" or 180° turn
- \_\_\_ 1 "B" 3,6,7
- \_\_\_ "A" Salto/Hecht Dsmt.

**10**

___ S.V .		___ Dynamics .2
___ Comp.		___ Distribution .1
___ Exec.		___ Variety .1
		___ Vert. Skills .2
_____ Score		

\_\_\_\_\_

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- \_\_\_ 1 "B" 3,6,7
- \_\_\_ "A" Salto/Hecht Dsmt.

**10**

___ S.V .		___ Dynamics .2
___ Comp.		___ Distribution .1
___ Exec.		___ Variety .1
		___ Vert. Skills .2
_____ Score		

\_\_\_\_\_

**Level 8 Bars**

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- \_\_\_ 1 Flight "B" or 180° turn
- \_\_\_ 1 "B" 3,6,7
- \_\_\_ "A" Salto/Hecht Dsmt.

**10**

___ S.V .		___ Dynamics .2
___ Comp.		___ Distribution .1
___ Exec.		___ Variety .1
		___ Vert. Skills .2
_____ Score		

**Level 9 Bars**

3 A's 4 B's 1 C's

\_\_\_ 2 bar changes

\_\_\_ Flight B

\_\_\_ Flight C (dif.) or C turn

\_\_\_ B Dsmt.

**9.7 BONUS**

\_\_\_ S.V . \_\_\_ Dynamics .2

\_\_\_ Comp. \_\_\_ Distribution .1

\_\_\_ Exec. \_\_\_ Direction .1

\_\_\_ Variety .1

\_\_\_ Balance .1

\_\_\_ Score \_\_\_ Fw/bk circ/rel .05

**Level 9 Bars**

3 A's 4 B's 1 C's

\_\_\_ 2 bar changes

\_\_\_ Flight B

\_\_\_ Flight C (dif.) or C turn

\_\_\_ B Dsmt.

**9.7 BONUS**

\_\_\_ S.V . \_\_\_ Dynamics .2

\_\_\_ Comp. \_\_\_ Distribution .1

\_\_\_ Exec. \_\_\_ Direction .1

\_\_\_ Variety .1

\_\_\_ Balance .1

\_\_\_ Score \_\_\_ Fw/bk circ/rel .05

**Level 9 Bars**

3 A's 4 B's 1 C's

\_\_\_ 2 bar changes

\_\_\_ Flight B

\_\_\_ Flight C (dif.) or C turn

\_\_\_ B Dsmt.

**9.7 BONUS**

\_\_\_ S.V . \_\_\_ Dynamics .2

\_\_\_ Comp. \_\_\_ Distribution .1

\_\_\_ Exec. \_\_\_ Direction .1

\_\_\_ Variety .1

\_\_\_ Balance .1

\_\_\_ Score \_\_\_ Fw/bk circ/rel .05

**Level 9 Bars**

3 A's 4 B's 1 C's

\_\_\_ 2 bar changes

\_\_\_ Flight B

\_\_\_ Flight C (dif.) or C turn

\_\_\_ B Dsmt.

**9.7 BONUS**

\_\_\_ S.V . \_\_\_ Dynamics .2

\_\_\_ Comp. \_\_\_ Distribution .1

\_\_\_ Exec. \_\_\_ Direction .1

\_\_\_ Variety .1

\_\_\_ Balance .1

\_\_\_ Score \_\_\_ Fw/bk circ/rel .05

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**Level 10 Bars**

3 A's 3 B's 2 C's

\_\_\_ Turn C

\_\_\_ Flight C

\_\_\_ Flight B (dif.)

\_\_\_ C Dsmt.

**9.5 BONUS**

___ S.V .	___ Dynamics	.2
___ Comp.	___ Distribution	.1
___ Exec.	___ Variety	.1
	___ Direction	.1
___ Score	___ Balance	.1
	___ Fw/bk circ/rel	.05
	___ 2 bar changes	.2
	___ Release Choice	.2
	___ >1squat	.1 ea

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**Level 10 Bars**

3 A's 3 B's 2 C's

\_\_\_ Turn C

\_\_\_ Flight C

\_\_\_ Flight B (dif.)

\_\_\_ C Dsmt.

**9.5 BONUS**

___ S.V .	___ Dynamics	.2
___ Comp.	___ Distribution	.1
___ Exec.	___ Variety	.1
	___ Direction	.1
___ Score	___ Balance	.1
	___ Fw/bk circ/rel	.05
	___ 2 bar changes	.2
	___ Release Choice	.2
	___ >1squat	.1 ea

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**Level 10 Bars**

3 A's 3 B's 2 C's

\_\_\_ Turn C

\_\_\_ Flight C

\_\_\_ Flight B (dif.)

\_\_\_ C Dsmt.

**9.5 BONUS**

___ S.V .	___ Dynamics	.2
___ Comp.	___ Distribution	.1
___ Exec.	___ Variety	.1
	___ Direction	.1
___ Score	___ Balance	.1
	___ Fw/bk circ/rel	.05
	___ 2 bar changes	.2
	___ Release Choice	.2
	___ >1squat	.1 ea