
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.
___ Rythm/Dyn
___ Exec. _____ Score

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___ S.V.
___ Rythm/Dyn
___ 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

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- ___ 1 Bar Change
- ___ 1 Flight "B" or 180° turn
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___ 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

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___ 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 10 Bars		
3	A's	3 B's 2 C's
___	Turn C	
___	Flight C	
___	Flight B (dif.)	
___	C Dsmt.	
9.5		
___	BONUS	___ Dynamics .2
___	S.V .	___ Distribution .1
___	Comp.	___ Variety .1
___	Exec.	___ Direction .1
		___ Balance .1
___	SCORE	___ Fw/bk circ/rel .05
		___ 2 bar changes .2
		___ Release Choice .2
		___ >1squat .1ea

Level 10 Bars		
3	A's	3 B's 2 C's
___	Turn C	
___	Flight C	
___	Flight B (dif.)	
___	C Dsmt.	
9.5		
___	BONUS	___ Dynamics .2
___	S.V .	___ Distribution .1
___	Comp.	___ Variety .1
___	Exec.	___ Direction .1
		___ Balance .1
___	SCORE	___ Fw/bk circ/rel .05
		___ 2 bar changes .2
		___ Release Choice .2
		___ >1squat .1ea

Level 10 Bars		
3	A's	3 B's 2 C's
___	Turn C	
___	Flight C	
___	Flight B (dif.)	
___	C Dsmt.	
9.5		
___	BONUS	___ Dynamics .2
___	S.V .	___ Distribution .1
___	Comp.	___ Variety .1
___	Exec.	___ Direction .1
		___ Balance .1
___	SCORE	___ Fw/bk circ/rel .05
		___ 2 bar changes .2
		___ Release Choice .2
		___ >1squat .1ea