BARS, BEAM, FLOOR REQUIREMENTS AND COMPOSITION DEDUCTIONS – LEVELS 8,9,10

Lee Bjella 2010

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.**
____Comp.
____Exec. _____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.**
____Comp.
____Exec. _____Score

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.**
____Comp.
____Exec. _____Score

Level 8-10 Comp for Bars
__Dynamics .2
__Distribution .1
__Variety .1
__Vertical skills .2 (L8)
__Direction .1 (L9/10)
__Balance .1 (L9/10)
__l fwd/bkwd circles /releases 05 (L9/10)
__2 bar changes .2 (L10)
__Release choice .2 (L10)
__>1squat .1 ea (L10)

Level 8 Beam
4 A's 4 B's
____Acro Series (1 flight)
____360° Turn
____180° Split Leap/Jump
____ A Dsmt.
10.0
____ **S.V.**
____Comp
____Exec.
_____**Score**

Level 9 Beam 3A 4 B 1C
____Acro Series
____360° Turn
____180° Leap/Jump
____ B Dsmt.
9.7 ____BONUS
____ **S.V.**
____Comp

____Exec
_____Score

Level 10 Beam 3A 3 B 2C
____Acro Series (1 C)
____360° Turn
____180° Leap/Jump
____ C Dsmt.(or B in conn.)
9.5 ____BONUS
____ **S.V.**
____Comp

____Exec
_____Score

Level 8-10 Comp for Beam
__Gym Series .2
__ Fr/Sdw .1(dsmt .05)
__ Level of acro >.2
__ 2 pivot turns .1
__ Balance acro/dance >.1
__ Distribution >.1
__ Level changes >.1
__ Space/direction ea >.1
__>2 same shape dance .1
__>1 leap/jump prone .1

Level 8 Floor
4 A's 4 B's
____2 Salto Series
____3 dif. Saltos
____ Dance Pass (180° leap)
____ A Salto Dsmt.
10.0
____ **S.V.**
____Comp.
____Exec.

_____**Score**

Level 9 Floor
3 A's 4 B's 1 C
____2 Salto Series
____3 dif. Saltos
____ Dance Pass (180° leap)
____ B Salto Dsmt
9.7
_____BONUS
_____S.V.
_____Comp.
_____Exec.
_____**Score**

Level 10 Floor
3 A's 3 B's 2 C"s
____2 Salto Series
____3 dif. Saltos
____Dance Pass (180° Leap)
____C Salto Dsmt.
9.5
____BONUS
____ **S.V.**
____Comp.
____Exec.
_____**Score**

Level 8-10 Comp for Floor
__ B Turn .2
__ B (C for L. 10) Salto .3
__Acro Choice .2
__Balance .2
__Distribution .1
__>2 dance shapes .1
__Space & Dir .1 ea
__>1 leap/jump to prone .1ea
__Fr/Sdw or Bk Salto .1
__Synch of Music >.3