
H. S. Bars (3A 4B 1C) 10.0 SV	
___ 2 bar changes	
___ 'B' flight/turn	
___ 'B' 3,6,7	
___ 'B' salto/hecht Dsmt	
___ ABC	___ Balance
	___ Variety
	___ Dir. change
___ S.V.	___ Distrib
___ -Exec.	___ Fr/Bk cir/release
___ -Comp.	___ Rhythm/Dyn
_____ Score	

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_____ Score	

H.S. Beam (3 A 4 B 1 C) 10.0 SV
 ____ Acro Series (1 flight)
 ____ 360° Turn
 ____ 180° Leap/Jump
 ____ A aerial/salto Dsmt.

____ - ABC | ____ dance series
 ____ - S.R. | ____ acro element
 ____ **S.V.** | ____ acro series 2 fl
 | ____ pivot turns
 ____ - Exec. | ____ frwd/side/bk
 ____ - Comp. | ____ acro level
 | ____ balance
 | ____ Art/R/Dyn

_____ **Score**

H.S. Beam (3 A 4 B 1 C) 10.0 SV
 ____ Acro Series (1 flight)
 ____ 360° Turn
 ____ 180° Leap/Jump
 ____ A aerial/salto Dsmt.

____ - ABC | ____ dance series
 ____ - S.R. | ____ acro element
 ____ **S.V.** | ____ acro series 2 fl
 | ____ pivot turns
 ____ - Exec. | ____ frwd/side/bk
 ____ - Comp. | ____ acro level
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_____ **Score**

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 ____ Acro Series (1 flight)
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____ - ABC | ____ dance series
 ____ - S.R. | ____ acro element
 ____ **S.V.** | ____ acro series 2 fl
 | ____ pivot turns
 ____ - Exec. | ____ frwd/side/bk
 ____ - Comp. | ____ acro level
 | ____ balance
 | ____ Art/R/Dyn

_____ **Score**

H.S. Floor (3 A 4 B 1 C) 10.0 SV

____ 2 Salto Series (or 2 saltos directly connected)

____ Acro flight series

____ 3 Dif. Saltos (.2 ea)

____ Dance Pass w/ 180° leap

____ -ABC		__ B salto
____ - S.R.		__ B turn
____ S.V.		__ Acro Level
____ Exec.		__ Fr/Bk saltos
____ Comp.		__ Dist
		__ Balance
		__ Art/R/Dyn

_____ **Score**

H.S. Floor (3 A 4 B 1 C) 10.0 SV

____ 2 Salto Series (or 2 saltos directly connected)

____ Acro flight series

____ 3 Dif. Saltos (.2 ea)

____ Dance Pass w/ 180° leap

____ -ABC		__ B salto
____ - S.R.		__ B turn
____ S.V.		__ Acro Level
____ Exec.		__ Fr/Bk saltos
____ Comp.		__ Dist
		__ Balance
		__ Art/R/Dyn

_____ **Score**

H.S. Floor (3 A 4 B 1 C) 10.0 SV

____ 2 Salto Series (or 2 saltos directly connected)

____ Acro flight series

____ 3 Dif. Saltos (.2 ea)

____ Dance Pass w/ 180° leap

____ -ABC		__ B salto
____ - S.R.		__ B turn
____ S.V.		__ Acro Level
____ Exec.		__ Fr/Bk saltos
____ Comp.		__ Dist
		__ Balance
		__ Art/R/Dyn

_____ **Score**