

<b>LEVEL 7 BARS</b>	<b>START VALUE 14.00</b>	<b>LEVEL 7 BEAM</b>	<b>START VALUE 13.00</b>	<b>LEVEL 7 FLOOR</b>	<b>START VALUE 13.00</b>
Upstart Cast, backward hip circle Cast to within 30* of handstand backward hip circle Cast to pike/straddle on to catch highbar 2 x swings On third swing wrapover the bar Immediate cast above horizontal into tuck flyaway dismount <b>Bonus (add bonus to the start value)</b> <b>0.20 Long upstart instead of 2 swings wrap over</b> <b>0.20 Cast within 10* of handstand</b> <b>0.20 Straight flyaway</b>		Mount of choice (code or not) 1/1 spin Split leap/jump (180*) connected with a 'J' or coded dance element Cartwheel Backward walkover A close beam move (doesn't have to be an element) Any coded dismount – Salto recommended <b>Bonus(add bonus to the start value)</b> <b>0.20 Salto dismount</b>		1 ½ spin Jump 1 ½ turn Split Leap x 2 either directly or indirectly connected – As per FIG Code of Points - (Min - 180*) Any other 'J' or coded gymnastic element Handspring to 2 feet, immediate stretch jump Roundoff flip Front salto Backward roll to handstand ½ turn roll out <b>Bonus (add the bonus to the start value)</b> <b>0.20 Excellent split leaps</b>	

Element/Requirement **attempted but not achieved 0.50** for gymnastic elements or connections **1.00** for acrobatic elements + fall deductions if applicable (**'B' jury deduction**)  
Element/Requirement **not attempted 0.50** for connections/steps **1.50** for gymnastic elements or connection **2.50** for an acrobatic element

<p>_____</p> <p style="text-align: right;"><b>Bonus _____ Missing elements/Requirements _____ Exec deductions _____</b></p>	<p><b>SV 1 __. __ 0</b> -missing elements/req</p> <hr/> <p>+ Bon =</p> <hr/> <p>-- E-DEDUCTIONS</p> <hr/> <p><b>FINAL SCORE</b> =</p>
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<p>_____</p> <p style="text-align: right;"><b>Bonus _____ Missing elements/Requirements _____ Exec deductions _____</b></p>	<p><b>SV 1 __. __ 0</b> -missing elements/req</p> <hr/> <p>+ Bon =</p> <hr/> <p>-- E-DEDUCTIONS</p> <hr/> <p><b>FINAL SCORE</b> =</p>
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<p>_____</p> <p style="text-align: right;"><b>Bonus _____ Missing elements/Requirements _____ Exec deductions _____</b></p>	<p><b>SV 1 __. __ 0</b> -missing elements/req</p> <hr/> <p>+ Bon =</p> <hr/> <p>-- E-DEDUCTIONS</p> <hr/> <p><b>FINAL SCORE</b> =</p>
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<b>LEVEL 8 BARS</b>	<b>START VALUE 14.00</b>	<b>LEVEL 8 BEAM</b>	<b>START VALUE 13.00</b>	<b>LEVEL 8 FLOOR</b>	<b>START VALUE 13.00</b>
Upstart Cast above horizontal Float upstart Cast to pike.straddle on Long upstart Cast backward hip Cast to within 30* handstand ¾ giant circle Immediate under swing Swing back Long Upstart Cast into flyaway <b>Bonus (add bonus to the start value)</b> <b>0.20 Straight flyaway</b> <b>0.20 Sole Circle</b> <b>0.20 Cast to within 10* of handstand</b>		Mount from code 1/1 spin Split Leap or Jump (180*) connected with any Coded or “J” gymnastic element Cartwheel/Tic-Toc/Forward walkover A Backward Acro Element (ex rolls) A close beam element Any salto dismount from the code  <b>0.20 for a Backward Acro Flight Element</b>		1 ½ spin Jump 1 ½ Split leap (180*) in connection (either directly or indirectly – as per FIG Code of Points) with another Coded or “J” leap or hop (before or after). Any other ‘J’ or coded gymnastic element Handspring to 2 feet, immediate stretch jump Front salto Roundoff 2 flips Backward roll to handstand ½ turn roll out  <b>Bonus (add the bonus to the start value)</b> <b>0.20 Connecting handspring to front somersault</b>	

Element/Requirement **attempted but not achieved** **0.50** for gymnastic elements or connections **1.00** for acrobatic elements + fall deductions if applicable (**‘B’ jury deduction**)  
 Element/Requirement **not attempted** **0.50** for connections/steps **1.50** for gymnastic elements or connection **2.50** for an acrobatic element

<hr/> <p style="text-align: right;"><b>Bonus</b> _____ <b>Missing elements/Requirements</b> _____ <b>Exec deductions</b> _____</p>	<b>SV 1 __. __ 0</b> -missing elements/req <hr/> + Bon == <hr/> -- E-DEDUCTIONS <hr/> <b>FINAL SCORE</b> =
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<hr/> <p style="text-align: right;"><b>Bonus</b> _____ <b>Missing elements/Requirements</b> _____ <b>Exec deductions</b> _____</p>	<b>SV 1 __. __ 0</b> -missing elements/req <hr/> + Bon == <hr/> -- E-DEDUCTIONS <hr/> <b>FINAL SCORE</b> =
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<hr/> <p style="text-align: right;"><b>Bonus</b> _____ <b>Missing elements/Requirements</b> _____ <b>Exec deductions</b> _____</p>	<b>SV 1 __. __ 0</b> -missing elements/req <hr/> + Bon == <hr/> -- E-DEDUCTIONS <hr/> <b>FINAL SCORE</b> =
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LEVEL 9 BARS      START VALUE 14.00	LEVEL 9 BEAM      START VALUE 13.00	LEVEL 9 FLOOR      START VALUE 13.00
<p><b>Any 7 of the following elements</b></p> <p>Float upstart on low bar      Straddle cut &amp; catch from fwd.S.C  Pike/ straddle on get to HB      Undershoot ½ turn regrasp same bar  Upstart      Long Upstart  Cast to within 30° of Hndstd.      Pike/straddled Undershoot catch HB  Clear Circle      Cast 30°Hndstd.Giant wrapover,  Sole Circle      immediate underswing  Upstart 2 feet through      Any coded salto dismount  Fwd. or Bwd. Seat circle      Any other coded element  Straddle cut &amp; catch from Ups.</p> <p><b>Bonus (add bonus to the start value)</b>  <b>0..20 Cast within 10°Hndstd 0..20 if clear finish above horiz.</b>  <b>0.20 Straight legs in Sole C. 0.20 for Giant to Handstand</b>  <b>0.20 will be given if the turn in Ushoot ½ turn done above horiz.</b></p>	<p><b>Voluntary routine using set elements</b></p> <p>Mount from code  !1 Spin  Split Leap or Jump connected with any other “J” or Coded gymnastic element  Any forward/sideward Acro element from the code  A close beam move (does not have to be an element)  Any backward Acro element from the code (excluding rolls)  Any Salto dismount from the code</p> <p><b>Bonus (add bonus to the start value)</b>  <b>0.20 for a straight or ‘B’valued Salto dismount (fwds or bwds)</b>  <b>0.20 for a flighted acro element (fwds/bwds)</b></p>	<p><b>Voluntary routine to music using set elements</b></p> <p>1½ Spin or more  Jump 1½ turn or more  Double Split Leap either directly or indirectly connected with a split leap (180*) – As per the FIG Code of Points  Any other Jump or Leap from the code or list of ‘J’ elements.  Roundoff three Flips  Handspring to two feet, immediate .rebound stretch jump  Front Salto  Backward Roll to Handstand 1/1 turn  Roundoff Flip Salto ( tucked, piked or stretched)</p> <p><b>Bonus (add the bonus to the start value)</b>  <b>0.20 for straight Salto</b>  <b>0.20 for connecting the handspring &amp; front Sommi</b></p>
<p>Element/Requirement <b>attempted but not achieved</b> 0.50 for gymnastic elements or connections 1.00 for acrobatic elements + fall deductions if applicable (<b>‘B’ jury deduction</b>)  Element/Requirement <b>not attempted</b> 0.50 for connections/steps 1.50 for gymnastic elements or connection 2.50 for an acrobatic element</p>		
<p>_____</p> <p style="text-align: right;"><b>Bonus</b> _____ <b>Missing elements/Requirements</b> _____ <b>Exec deductions</b> _____</p>		<p><b>SV 1 __. __ 0</b>  -_____</p> <p>-missing elements/req</p> <hr/> <p>+ Bon =</p> <hr/> <p>-- E-DEDUCTIONS</p> <hr/> <p><b>FINAL SCORE</b>  =</p>
<p>_____</p> <p style="text-align: right;"><b>Bonus</b> _____ <b>Missing elements/Requirements</b> _____ <b>Exec deductions</b> _____</p>		<p><b>SV 1 __. __ 0</b>  -_____</p> <p>-missing elements/req</p> <hr/> <p>+ Bon =</p> <hr/> <p>-- E-DEDUCTIONS</p> <hr/> <p><b>FINAL SCORE</b>  =</p>
<p>_____</p> <p style="text-align: right;"><b>Bonus</b> _____ <b>Missing elements/Requirements</b> _____ <b>Exec deductions</b> _____</p>		<p><b>SV 1 __. __ 0</b>  -_____</p> <p>-missing elements/req</p> <hr/> <p>+ Bon =</p> <hr/> <p>-- E-DEDUCTIONS</p> <hr/> <p><b>FINAL SCORE</b>  =</p>