

**A.BARS CR = 2.50**

Short Exercise less 5 els.  
Deduct 1.00 each missing el.

Gymnast may start on LB or HB (coded Mount)

1. Flight el. **NOT REQUIRED AWARD 0.50**
2. 2 x Different grips (no cast, mount or dismount)
3. Close bar circle element (non flight) (back/fwd hip circle **not allowed**)
4. Non flight el. 360° LA turn (*not mount*)
5. **Dismount – FIG B or C Salto only allowed or No DV / CR**  
(*'A' value dismount can be performed but will not receive CR*)

**UNCODED PERMITTED****ELEMENTS DV = 0.10****Squat on LB to catch HB**

(Jump from LB to HB no penalty)

**BONUS: + 0.50**

**Bwd double Tuck salto or Frontaway with 540° LA turn**

**BARRED**

Back hip circle (2.105)

Flight el. on same bar

Flight el. from HB to LB & LB to HB

**DISMOUNTS**

Salto bwd with 180°/540°/900° turn

Salto fwd with 360°/720° turn

**BEAM CR = 2.50**

1. Connection of min 2 diff. Dance els  
1 x leap/jump/hop with 180° split (cross or side) or straddle position  
**To include 1 x C leap/jump/hop**
2. Min. 1/1 Spin
3. 1 x Bwd Acro series with 2 flight els.  
Min. 1 x salto
4. Acro els. in different directions (fwd or side & bwd)
5. **Dismount – FIG B or C salto only allowed or No DV / CR**  
(*'A' value dismount can be performed but will not receive CR*)

**BONUSES: + 0.30****Connection 1/1 spin & Jump/leap with (min) 180° split (no tolerance allowed)**

Can be performed in any order

**Free walkover/free cartwheel/side salto in series with dance element**

Can be performed in any order

**BARRED**

Salto fwd from 2 feet (mount or content)

**FLOOR CR = 2.50**

1. Dance passage of min 2 different leaps or hops to include 1 x 180° split (cross or side) or straddle position
2. 1 x Acro line with 2 different saltos
3. 2 x saltos in different directions fwd / side & bwd
4. Straight salto with 360° LA turn (fwd or bwd)
5. **Dismount – FIG B or C salto only Allowed or No DV or CR**  
(*'A' value dismount can be performed but will not receive CR*)

**BONUSES:****INDIRECT CONNECTION**

3 x saltos **+0.10**

2 x saltos (1 x straight 360° LA turn) **+ 0.10**

**DIRECT CONNECTION**

2 x Saltos fwd (1 x straight 360° LA turn) **+ 0.20**

Double back salto **+ 0.50**

**BARRED**

Salto bwd >720° turn

Hops/jumps/leaps to front support

Double front (4.501 4.601)

Double Arabian(4.505 4.605 4.705)

>1 dble BA salto in routine NO DV

CR		Acro	Dance	Total	DV
FGH 0.50					CR
1	.5 E				CV
2	.4 D				D - Score
3	.3 C				
4	.2 B				E - Score
5	.1 A				
Execution			Artistry		FINAL
CR		Acro	Dance	Total	DV
FGH 0.50					CR
1	.5 E				CV
2	.4 D				D - Score
3	.3 C				
4	.2 B				E - Score
5	.1 A				
Execution			Artistry		FINAL
CR		Acro	Dance	Total	DV
FGH 0.50					CR
1	.5 E				CV
2	.4 D				D - Score
3	.3 C				
4	.2 B				E - Score
5	.1 A				
Execution			Artistry		FINAL