



**A, BARS CR = 2.50**  
 Short Exercise less 5 els.  
 Deduct 1.00 each missing el.  
**FIG Coded element may be repeated for DV**

Only CR required is dismount CR 2.50

**Dismount – FIG A only allowed**  
**Or No DV / CR**  
Incorrect Dismount CR 2.00

**BONUS + 0.50**  
 Bwd giant without fall  
 (given once only)

**UN-CODED ELEMENTS 0.10 each**  
 Cast above 45°  
 ¾ Giant from LB to HB  
 Squat onto Low Bar jump to catch HB  
 Jump from LB to HB no penalty  
**DISMOUNTS**  
 Straddle/Pike on undershoot\*  
 ¾ sole circle \*(Will fulfil dismount CR)  
**BARRED**  
 Cast to hstd with legs straddled (2.101)  
 Cast to hstd straddle legs & ½ turn (2.201)  
 Back hip circle (2.105)  
**DISMOUNTS**  
 Salto bwd tucked or piked (6.104)  
 Salto fwd tucked or piked (6.108)  
 DV higher than salto bwd straight



**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
  2. Any coded 1/1 fwd Spin on 1 foot
  3. 1 x Acro series with 2 elements  
 1 x with flight (not salto) (not connected into dismount)
  4. Acro els in different directions  
 (fwd / side & bwd)
- 5. Dismount – FIG A only allowed or No DV / CR**

**UN-CODED ELS 0.10 each**

Forward Roll  
 Cat leap  
 Tuck jump

**BARRED**  
 Any saltos (other than dismount)  
 Free cartwheel, side salto, free walkovers

Hops/jumps/leaps with LA turn  
 Hops/jumps/leaps to front support



**FLOOR CR = 2.50**

1. Dance passage to include min x 2 different  
 Leaps or hops (To include 1 x 180° split  
 (cross or side) or straddle position
  2. Any coded 1/1 fwd Spin on 1 foot  
**(D panel deduction)**
  3. 2 x Saltos in different directions  
 (fwd / side & bwd)
  4. 1 x Acro line with 2 different saltos
- 5. Dismount – FIG A or B salto only allowed or No DV / CR**

**UN-CODED ELS 0.10 each**

Cartwheel  
 Backward walkover  
 Forward walkover  
 Valdez  
 Bwd roll to handstand  
 Handstand forward roll  
 Headspring  
 Cat leap  
 Tuck jump

**BARRED**  
 All elements above B in DV  
 Hops/jumps/leaps to front support

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

