

**SINGLE BAR – HIGH BAR 2.50M
CR = 2.50**Short Exercise less 5 els.
Deduct 1.00 each missing el.**Routine to begin from static hang with hands in overgrasp**

1. NOT REQUIRED – AWARD 0.50
2. NOT REQUIRED – AWARD 0.50
3. Close bar circle el. (non flight)
(Back/fwd hip circle **not allowed**)
4. 180° (min) non flight el. (not mount)
5. **Dismount – FIG A only allowed or No DV / CR**

BONUS: + 0.502 Different Grips
(given once only)
Not within flight or dismount

Bwd Giant can receive DV twice

BARREDCast to hstd with legs straddled (2.101)
Cast to hstd straddled legs & ½ turn (2.201)
Back hip circle (2.105)
Flight on same bar (release)**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 (min) 2 x flight elements (salto not required and not connected into dismount)
4. Acro els in different directions
(fwd / side & bwd)

**5. Dismount – FIG A or B only allowed
Or No DV / CR****BONUS + 0.30**Connection 1/1 spin & jump/leap with
(min) 180° split –
No tolerance allowed
(Can be performed in any order)**BARRED**Salto fws from 2 feet (mount or content)
Salto sideward (5.412)
Hops/jumps/leaps with LA turn
Hops/jumps/leaps to front support**FLOOR CR = 2.50**

1. Dance passage to include min 2 different
Leaps or hops 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 min 360° LA turn
(fwd or bwd)
5. **Dismount – FIG A or B only allowed
Or No DV / CR**

BARRED
Connections from
salto bwd with
540° double saltoHops/jumps/leaps
to front supportSato bwd with LA
turn > 720°

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