SR ⼁⼂	SR ⼁⼂	SR ⊼⊺	SR ⊼⊺	SR ▢	SR ▢	Content

Level 6
1. One (1) Cast – min. 45° above horiz. (Above Horiz. = SR)
2. Min. of One (1) bar change
3. One 360° Clear Circling element from Grp. 3, 6 or 7
4. Salto dismount, min. of A
 	
Level 7
1. One (1) Cast to handstand (min. 45° fulfills SR)
2. & 3. Two (2) 360° clear circling elements, same or different (no hips on bar)
  - One must be a B
  - One from Grp. 3, 6 or 7
4. Salto Dmt – Min. of A
	Level 8
	1. Min. of One (1) bar change
	2. & 3.
	  Two B elements, same or different
	  - One with flight (Not in dmt); **OR** One (1) with LA turn (Not in mt or dmt)
	  - One "B" 360° Clear Circle ele. from Grp. 3, 6 or 7 (not in dmt)
	4. Salto Dmt - Min. A
		Level 6
		1. Non-Flight Acro Series **OR** One (1) Acro Flight ele. (Isolated /in Series) (excludes mnt/dmt)
		2. One Leap/Jump requiring 180° cross or side split (Isolated / in series)
		3. Min. of 360° turn on one foot (Isolated / in series)(Group 3)
		4. Aerial/Salto Dmt. – Min. of A
			Level 7
			1a. Acro Series (with or without flight) **AND**
			1.b One (1) Acro Flight ele. (Isolated /in Series) (Both Acro SRs exclude mnt/dmt)
			2. One (1) Leap/Jump requiring 180° cross or side split (Isolated / in series)
			3. Min. of 360° Group 3 Turn on One (1) foot (Isolated / in series)
			4. Aerial or Salto Dmt - Min. of A
			Level 8
			Same as Level 7 except #1.
			1. Acro Series – min. of 2 elements, 1 with flight. (excludes mnt/dmt)
				Level 6
				1. One (1) Acro series (min.3 directly connected Ele., two (2) with flight) Rolla do not fulfill req.
				2. One salto or Aerial (bwd, fwd or swd) (Isolated / in 2ⁿᵈ series)
				3. Dance passage w/ min. of 2 different Group 1 ele. (direct or indirect connection)
				  - one a LEAP requiring 180° cross or side split
				4. Min. of 360° Turn on One (1) foot (Isolated / in series)
					Level 7
					1. One (1) Acro series - min.3 directly connected Flight ele. - one a Back Layout to Two (2) feet
					2. Two (2) or more directly connect Forward Acro Flight ele. – one a Salto or Aerial
					3. Dance Passage w/ min. of 2 diff. Grp. 1 ele. (direct or indirect connection) - one a LEAP requiring 180° cross or side split
					4. Min. of 360° Turn on One (1) foot (Isolated or in a series)
					Level 8
					1. One Acro series w/ Two (2) saltos **OR** 2 directly connected saltos (same or diff.)
					2. 3 Diff. Saltos (not Aerials) within exercise
					3. Dance Passage w/ min. of 2 diff. Grp. 1 ele. (direct or indirect connection) - one a LEAP requiring 180° cross/side split
					4. Min. of A Salto-Last Isolated/in Last Pass
						8 7 6
						A 4 5 5
						B 4 2 1
						C 0 0 0
						SV **10 10 10**
						
						Level 8:
						  Allowed C's = B
						All levels:
						Restricted elements = no VP credit
						-0.50 off SV
						
						Missing SR –
						-0.50 off SV

			A	VP
			B	SR
				SV
				FIN

			A	VP
			B	SR
				SV
				FIN

			A	VP
			B	SR
				SV
				FIN