

Floor Bronze

Warm up 30 Seconds

Special Requirement

1. Minimum 2 directly connected acro skills with or without flight (Round-off, Rebound, Backward Roll OK)
2. A second pass with a minimum of one Acro skill with or without flight

**SR 1 & 2 cannot be combined

3. Dance Passage with a minimum of 2 Different Group 1 skills, one of which is a LEAP with a 60° cross or side split, directly or indirectly connected
4. Minimum ½ Turn on 1 foot

Difficulty Restrictions

- No "B" or higher VP's (Regardless of Amplitude)
- No Saltos or Aerials
- Maximum of 2 acro flight skills per Routine

Other Rules

- Acro Flight with hand support can be done for credit an unlimited number of times
- Leaps can be 20° short and still get VP credit (up to 0.20 deduction applies)
- Dive Forward Roll is not an Acro Flight element
- Chasse, Stretch jump and Assemble are not VP elements

Floor Silver

Warm up 45 Seconds

Special Requirement

1. Minimum 2 directly connected acro skills, one must have flight (R/O, Rebound, Backwd Roll OK, Max once per routine)
2. A 2nd pass with either a 2nd Acro connection with a minimum of two directly connected skills with or without flight, OR an Acro skill with Flight

**SR 1 & 2 cannot be combined

3. Dance Passage with a minimum of 2 Different Group 1 skills, one of which is a LEAP with a 90° cross or side split, directly or indirectly connected
4. Minimum 1/1 Turn on 1 foot

Difficulty Restrictions

- No "B" Acro VP's (Regardless of Amplitude)
- No "C" or higher VP's (Regardless of Amplitude)
- Maximum of 1 Salto or Aerial per Routine

Additional "A" Value Parts

Leaps, Jumps, Hops

- Split Jump (Minimum 60°)
- Stride Leap (Minimum 60° to 180°)

- Side Leap (Minimum 60° to 180°)
- Straddle Jump (Minimum 60°)
- Straddle and Side leap 180° ok for "A"
- Leg Swing Hop with free leg horizontal or above (70° - 90° or more)

Turns

- ½ Turn on one foot (any leg position)
- Forward Swing Turn
- Backward Swing Turn

Acro Skills

- Partial Handstand, minimum 45°, legs together
- Handstand in vertical – legs together, stag or split
- Bridge, kick-over (either from stand or lying position)
- Headstand, any position (no hold required)
- Backward roll to push-up shape

Chris Bowles 11/7/2019

Other Rules

- Acro Flight with hand support can be done for credit an unlimited number of times
- Leaps can be 20° short and still get VP credit (up to 0.20 deduction applies)
- Dive Forward Roll is not an Acro Flight element
- Chasse, Stretch jump and Assemble are not VP elements
- 180 Leaps/Jumps must be 135 min for B or higher

Additional "A" Value Parts

Leaps, Jumps, Hops

- Split Jump (Minimum 90°)
- Stride Leap (Minimum 90°)
- Side Leap (Minimum 90°)
- Straddle Jump (Minimum 90°)
- Leg Swing Hop with free leg horizontal or above

Acro Skills

- Handstand (vertical – mark)
- Bridge, kick-over (either from stand or lying position)
- Headstand, any position (no hold required)
- Backward roll to push-up shape

Floor Gold

Warm up 1:00

Special Requirement

1. Minimum 2 directly connected flight skills
2. A 2nd pass with either a 2nd Acro connection with a minimum of two directly connected Flight skills, OR an Aerial or Salto

**SR 1 & 2 cannot be combined

- Dance Passage with a minimum of 2 Different Group 1 skills, one of which is a LEAP with a 120° cross or side split, directly or indirectly connected
- Minimum 1/1 Turn on 1 foot

Difficulty Restrictions

- No "B" Saltos (Regardless of Amplitude)
- No "C" or higher VP's (Regardless of Amplitude)

Other Rules

- Acro Flight with hand support can be done for credit an unlimited number of times
- Leaps can be 20° short and still get VP credit (up to 0.20 deduction applies)
- Dive Forward Roll is not an Acro Flight element
- Chasse, Stretch jump and Assemble are not VP elements
- 180 Leaps/Jumps must be 135 min for B or higher

Floor Platinum

Warm up 1:30

Special Requirement

Need 6 "A"s 1 "B"

- Minimum 2 directly connected flight skills with 1 "A" or "B" Salto
 - A 2nd pass with either a 2nd Acro connection with a minimum of two directly connected Flight skills, OR a "B" Salto
- **SR 1 & 2 cannot be combined
- Dance Passage with a minimum of 2 Different Group 1 skills, one of which is a LEAP with a 150° cross or side split, directly or indirectly connected
 - Minimum 1/1 Turn on 1 foot

Difficulty Restrictions

- No "C" Acro VP's (Regardless of Amplitude)
- No "D" or higher VP's (Regardless of Amplitude)

Other Rules

- Acro Flight with hand support can be done for credit an unlimited number of times
- Leaps can be 150°, but be 20° short and still get VP credit (up to 0.20 deduction applies)
- Dive Forward Roll is not an Acro Flight element
- Chasse, Stretch jump and Assemble are not VP elements
- 180 Leaps/Jumps must be 135 min for B or higher

Additional "A" Value Parts

Leaps, Jumps, Hops

- Split Jump (Minimum 120°)
- Stride Leap (Minimum 120°)
- Side Leap (Minimum 120°)
- Straddle Jump (Minimum 120°)
- Switch Leg Leap (Minimum 120°)

- Leg Swing Hop with free leg horizontal or above

Acro Skills

- Handstand (vertical – mark)
- Bridge, kick-over (either from stand or lying position)
- Headstand, any position (no hold required)
- Backward roll to push-up shape

Chris Bowles 11/7/1019

Floor Diamond

Warm up 2:00

Special Requirement

Need 5 "A"s 2 "B"s

- Two separate acro flight series, each with a minimum of 2 directly connected flight skills
- Two different Saltos within the routine (isolated or in a series), one must be a minimum of "B" (may be included in SR #1)
- Dance Passage with a minimum of 2 Different Group 1 skills, one of which is a LEAP with a 150° cross or side split, directly or indirectly connected
- Turn on 1 foot, minimum "B" Value Part

Difficulty Restrictions

- Maximum of 1 "D" Value Part
- No "E" VP's (Regardless of Amplitude)

Other Rules

- Acro Flight with hand support can be done for credit an unlimited number of times
- Leaps can be 150°, but be 20° short and still get VP credit (up to 0.20 deduction applies)
- Dive Forward Roll is not an Acro Flight element
- Chasse, Stretch jump and Assemble are not VP elements
- 180 Leaps/Jumps must be 135 min for B or higher