



**** Level Requirements***
**** X-Skills***

Women's Technical Handbook with

Table of Elements [**nationalgym.org**](http://nationalgym.org)

Effective July 1, 2022 — June 30, 2026

2022-2023 NGA Women's Level Requirements

- Each level is displayed in two separate sections
 1. Event Level Requirements—One event, all levels
 2. Level Requirements—All events per level

At this time, only the Level Requirements are being release. The remaining rules and guidelines for the Women's Technical handbook, including the Table of Elements will be published shortly.

The NEW and unique Table of Elements contains over 1,400 full color illustrated elements for Vault, Uneven Bars, Balance Beam, and Floor Exercise. A sample of what each element will look like is displayed in the X-skills. NGA is pushing for an August 1st publication date. We will keep you informed of this newest NGA tool!

Included also in this publication is:

3. X-Skills Chart for UB, BM, FX and the VT Level 1N to Level 7N

After listening to our membership, some Special Requirements have been modified or changed. This is shown in pink highlighted font.

We hope the newly expanded charts for each level show what is allowed, what is restricted—will be easier to decipher and understand!

As always, please let us know if you have any questions, or are unclear on a requirement...we are here to help!

VP Required

- Each Level is assigned a specific number of each VP to perform in their routine
- Silver example needs 5 'A' VP's performed successfully for full difficulty
- Silver allowed to use X-skills plus 'A' Elements to fulfill the requirement of (5)

VP Allowances

- Individually, by value, each type of VP is given assigned allowances

VP Allowed

Each Level is allowed to perform assigned VP difficulty

SILVER SN		
☒ X	5	1. Min 1/2 (180°) turn 1-foot
☒ A		2. Leap/Jump
☒ B*		• 'B'* Leaps/Jumps w split allowed
☐ C		3. Acro—Any 'A' Acro Non-Flight
☐ D		• No X-skill lever
☐ E		4. 'A' Dismount
		• No Jumps
		• Yes Max 'A' Salto/Aerial
		☒ Yes—X-skills
		☒ Yes—'A' Acro Non-Flight
		☒ No—'B' Acro Non-Flight
		☒ No—Acro Flight
		☒ Yes—'A' Salto Dismount
		☒ Yes—'A' Aerial Dismount
		☒ Yes—'B'* Leaps /Jumps w Split = A

Asterisk by VP

- Signifies VP has been given an exception

Special Requirements (SR)

- Each Level on UB, BM and FX are assigned (4) Special Requirements.
- Complete with special notes or directions for completion

VP Asterisked

- Signifies VP upgrade exception

Example:

- 'B' Leaps/Jumps w Split are allowed to be performed and will receive 'A' VP

Section 1

LEVEL REQUIREMENTS SUMMARY



	VAULT	UNVEEN BARS	BALANCE BEAM	FLOOR EXERCISE	
LEVEL 1N	5 years & up SV = 10.0 VP: 'A' = 4 X-Skill = 'A' VP No 'B' or higher WU = 30s each event Routine time BB = 30s Routine time FX = 45s	Run—Stretch Jump • Raised surface—Min 8' - Max 24' • Alternate Tramp board allowed <i>Accelerated run evaluated</i> <i>Speed thru out evaluated</i> <i>Board lean evaluated</i>	1. Mount 2. Cast • No angle required 3. 360° Circle skill 4. Dismount No HB	1. Pivot ^{OR} 1. Squat turn 2. Stretch Jump 3. 1-leg balance—2s hold • Free leg position optional 4. Dismount • No Saltos/Aerials No Acro flight No 'B' Dance	1. 1/2 (180°) turn 1-foot ^{OR} 1. Pivot turn 2. BWD roll—Any Entry/Exit position ^{OR} 2. Candlestick—Any Entry/Exit position • SR2—Isolated/Series 3. Dance Combo—Min (2) Leaps/Jumps • Direct/Indirect 4. Acro Skill—Min 3/4 HS—No hold req'd • Feet must contact at/above 45° Max (1) Acro 'A' Flight (Ø Saltos), No 'B' Dance
L2N / BRONZE BN	5 years & up SV = 10.0 VP: A = 5 X-Skill = 'A' VP Allowable 'B' = 'A' WU = 30s each event Routine time BB = 35s Routine time FX = 45s	Run—Jump HS—Fall flat back • Raised surface—Min 16' - Max 48' • Alternative Tramp board allowed <i>Accelerated run evaluated</i> <i>Speed thru out evaluated</i> <i>Board lean evaluated</i> <i>'Feet first' VOID does NOT apply</i>	1. Mount 2. Cast • No angle required 3. 360° Circle skill 4. Dismount—Cast-Underswing • Clear hip/Stalder/Sole No HB No 'B' or higher	1. 1/2 (180°) turn 1-foot 2. Leap/Jump • 'B' Leaps/Jumps w split allowed 3. Acro—Handstand • LEAD leg min. 45° from VER • 2nd leg height optional • Must leave BM for VP 4. Dismount • No Saltos/Aerials No Acro 'B' or higher Yes 'B' Split Leaps/Jumps	1. Min 1/2 (180°) turn 1-foot 2. Handstand—No hold required • Between 45°-VER • Mark feet together • Entry/Exit positions optional 3. Dance Combo—Min (2) Leaps/Jumps • (1) Min 60° split • Direct/Indirect 4. Acro Skill—Cartwheel • Isolated/Series Max (2) Acro 'A' Flight, Max (1) per pass or isolated Ø Salto/Aerial, No 'B'
SILVER SN	5 years & up SV = 10.0 VP: A = 5 X-Skill = 'A' VP Allowable 'B' = 'A' WU = 45s each event Routine time = 1:00m	Run—Jump HS—Fall flat back • Raised surface—Min 16' - Max 48' • Tramp board allowed <i>Accelerated run evaluated</i> <i>Speed thru out evaluated</i> <i>Board lean evaluated</i> <i>'Feet first' VOID does NOT apply</i>	1. Mount 2. Cast • No angle required 3. 360° Circle skill 4. Dismount • No saltos Yes-HB No 'B' or higher	1. Min 1/2 (180°) turn 1-foot 2. Leap/Jump • 'B' Leaps/Jumps w split allowed 3. Acro Skill—Any 'A' Acro Non-flight skill • No X-skill lever 4. 'A' Dismount • No Jumps • 'A' Salto/Aerial allowed No Acro 'B' or higher, Yes 'B' Split Leaps/Jumps	1. 1/1 (360°) turn 1-foot 2. Acro Pass—Min (2) 'A' Acro skills • Direct 3. Dance Combo—Min (2) Leaps/Jumps • Direct/Indirect 4. Acro Skill—'A' Acro Flight • Separate from #2 SR VP • Isolated/Combination Max (1) Acro Salto/Aerial, No 'B' or higher skill
LEVEL 3N	6 years & up SV = 10.0 VP: A = 5 X-Skill = 'A' VP Allowable 'B' = 'A' WU = 45s each event Routine time = 45s	Run—FHS Run—¼-½ on, Repulsion off • Over Resi—Min 24' - Max 48' • Alternative tramp board allowed <i>Accelerated run evaluated</i> <i>Speed thru out evaluated</i> <i>Board lean evaluated</i> <i>Landing evaluated</i>	1. Mount 2. Cast • No angle required 3. 360° Circle skill 4. Dismount • No saltos Yes-HB No 'B' or higher	1. Min 1/2 (180°) turn 1-foot 2. Leap / Jump—Min. 60° split • 'B' Leaps / Jumps w split allowed • Isolated / Series 3. Acro skill—Moves thru/achieves VER • HS—Ø hold req'd—Must mark VER w legs joined 4. 'A' Dismount • No Jumps • 'A' Salto/Aerial allowed No Acro 'B' or higher, Yes 'B' Leaps/Jumps w split	1. 1/1 (360°) turn 1-foot 2. Acro pass—Min (2) 'A' Acro skills • (1) a RO 3. Dance Combo—Min (2) Leaps/Jumps • (1) Min 90° split • Direct/Indirect 4. Acro Skill—Contain/pass thru Bridge ^{OR} 4. Acro Skill—BWD Ext. Roll HS thru VER • Entry/exit optional Max (1) Acro Salto/Aerial, No Acro 'B' or higher

LEVEL REQUIREMENTS SUMMARY



	VAULT	UNNEVEN BARS	BALANCE BEAM	FLOOR EXERCISE	
LEVEL 4N	6 years & up SV = 10.0 VP: A = 5 X-Skill = 'A' VP (UB only) Allowable 'B' = 'A' WU = 1:00m each event Routine time = 1:00m	Run—FHS Run—¼-½ on, Repulsion off Run—RO—BHS • Over Resi—Min 24' - Max 48' • No alternate tramp board allowed <i>Speed thru out evaluated</i> <i>Landing evaluated</i>	1. Glide Kip-LB OR 1. Long Hang-HB 2. Cast—BWD Hip Circle • Cast min 45° < HOR 3. Tap swing • Hips min 45° < HB-both sides 4. 'A' HB Dismount Yes-HB X-Skill List - 'A' VP Yes 'B' In bar 360° circle = 'A' VP	1. Min 1/1 (360°) turn 1-foot 2. Leap/Jump—Min. 90° split • Isolated/Series 3. Acro skill—Moves thru/achieves VER • If HS = 2s Hold • Excludes Mount/Dismount 4. 'A' Dismount • HS ¼ (90°) turn = 'A' VP • 'A' Salto/Aerial allowed No Acro Flight, Yes-'B' Dance	1. Min 1/1 (360°) turn 1-foot 2. Acro Pass—Min (2) 'A' Acro Flight skills • Direct 3. Dance Combo—Min (2) Leaps/Jumps • (1) Min 90° split • Direct/Indirect 4. Additional Acro Pass—Min (2) skills • Direct Acro-Flight OR • 3Isolated FWD salto No Acro 'B' or higher, Yes 'B' Dance
GOLD GN	6 years & up SV = 10.0 VP: A = 6 X-Skill = 'A' VP (UB only) Allowable 'B' = 'A' WU = 1:00m each event Routine time = 1:00m	FHS ½ on (¼—¼), Repulsion off • Over Table • Max 135 cm—Manufacturer setting • 9.5 SV - Using alternate Tramp board <i>Speed thru out evaluated</i> <i>Landing evaluated</i>	1. Bar change 2. Cast—OR— VP Min HOR 3. 360° Circle skill** 4. 'A' HB Dismount • 'A' Salto allowed, Ø twist Yes-HB X-Skill List = 'A' VP **'B' In-bar circle—Clear hip/ Stalder/Sole allowed = 'A' VP	1. Min 1/1 (360°) turn 1-foot 2. Leap/Jump—Min. 90° split • Isolated/Series 3. Acro—(2) Acro skills—(1) thru VER** • 'B' Non-Flight allowed • Isolated/Series 4. 'A' Dismount • 'A' Salto/Aerial allowed No Acro Flight, Yes 'B' Dance **HS achieves VER, does not go thru VER	1. Min 1/1 (360°) turn 2. Acro Pass—Min (2) 'A' Acro Flight • Direct 3. Dance Combo—Min (2) Leaps/Jumps • (1) Min 120° split • Direct/Indirect 4. Additional Acro Skill • Flight/Salto/Aerial • Isolated/Series No Acro 'B' or higher, Yes 'B' Dance
LEVEL 5N	6 years & up SV = 10.0 VP: A = 6 Allowable 'C' = 'B' WU = 1:00m each event Routine time = 1:00m	Run—FHS Run—½ on (¼—¼) Run—RO Entry-FF • Up to Resi—Min 24' - Max 56' • No table used <i>Speed thru out evaluated</i> <i>Evaluation stops w foot/back contact</i>	1. 360° In-bar Circle skill** • Clear/Stalder/Sole • Any angle 2. Cast HOR • HOR achieved = 'A' one time • All other casts not HOR = deduct 0.10 3. Long Hang kip 4. 'A' HB Salto Dismount (up to 1/2 twist) **Circle to HS = 'B' VP May perform (1) tap swing, no penalty, no VP	1. Min 1/1 (360°) turn 1-foot 2. Leap/Jump—Min 120° split • Isolated/Series 3. Acro—BWD Acro skill** OR 3. Acro—Any 'B' Acro skill** 4. Min 'A' Dismount **No rolls unless thru VER, shows open hip, w hand support Yes Acro 'B', Yes 'B' Dance	1. Min 1/1 (360°) turn 2. Acro Series—Min (3) Acro skills • Flight/Salto/Aerial • Direct connect 3. Dance Combo—Min (2) Leaps/Jumps • (1) Min 120° split • Direct/Indirect 4. Additional Acro Skill—Salto/Aerial • Isolated/Series #2 may not fulfill #4 unless isolated / different series No-Acro 'B' or higher, Yes 'B' Dance
LEVEL 6N	6 years & up SV = 10.0 VP: A = 5, B = 1 Allowable 'C' = 'B' WU = 1:30m each event Routine time = 1:15m	FHS ½ on (¼—¼) RO Entry-FF • Over table —Mat stack • Min 32" - Max 64" behind table • Max 135 cm—Manufacturer setting <i>Evaluation stops w foot/back contact</i> <i>Feet not req'd to touch prior to landing on back</i>	1. 360° In-bar Circle skill** • Clear/Stalder/Sole 2. Cast above HOR 3. 2nd Circle skill OR 2nd Cast ↑HOR • If same as #1, must be different bar or in different connection 4. Min 'A' HB Salto Dismount (up to 1/1 twist) Long hang pullover—U-swing + (1) tap swing—no extra swing penalty, no VP **'C' Circle HS = 'B' VP	1. Min 1/1 (360°) turn 1-foot 2. Leap/Jump—Min 150° split • Isolated/Series 3. Acro Series—(2) Acro Non-Flight—Direct OR 3. Acro—(1) Acro-Flight—Isolated/Series 4. Min 'A' Salto/Aerial Dismount (up to 1/1 twist) (1) Dance 'C' = 'B' No Acro 'C' or higher	1. Min. 1/1 (360°) turn 2. Acro Series (3VP)—Min (2) Acro-Flight + (1) Salto 3. Dance Combo—Min (2) Leaps/Jumps • (1) Min 150° split • Direct/Indirect 4. Additional Min 'A' Salto • Isolated/Series Max (1) Dance 'C' = 'B' No Acro 'C' or higher

LEVEL REQUIREMENTS SUMMARY



	VAULT	UNEVEN BARS	BALANCE BEAM	FLOOR EXERCISE	
PLATINUM PN	7 years & up SV = 10.0 VP: A = 6, B = 1 Allowable 'C' = 'B' WU = 1:30m each event Routine time = 1:30m	Platinum VT Chart - No drill-type vaults - Max 135 cm—Manufacturer setting	1. Bar change 2. Cast OR VP w Clear support above HOR* - Cast above HOR achieved, award 'A' VP 1x 3. 360° In-bar Circle skill - Clear/Stalder/Sole - Finish any angle 4. Min 'A' HB Dismount 'A', 'B' Salto allowed, not required *Any cast HOR or below = deduct 0.10 May perform (1) tap swing = no deduction, no VP	1. Min 1/1 (360°) turn 1-foot 2. Leap/Jump—Min 150° split - Isolated/Series 3. Acro Series—(2) Acro Non-Flight, (1) thru VER OR 3. Acro—(1) 'B' Acro skill - Isolated/Series 4. Min 'A' Dismount Max (1) Dance 'C' = 'B' No Acro 'C' or higher	1. Min 'B' Dance - Skill Set 1-2 (Leaps/Jumps), (Turns) - Isolated/Series 2. Acro Pass—Min (2) Acro Flight 3. Dance Combo—Min (2) Leaps/Jumps (1) Min 150° split - Direct/Indirect 4. Additional Min 'A' Salto - Isolated/Pass Max (1) Dance 'C' = 'B'; No Acro 'C' or higher
LEVEL 7N	7 years & up SV = 10.0 VP: 5 = A, 2 = B Allowable 'C' = 'B' WU = 1:30m each event Routine time = 1:30m	FHS ½ on (¼—¼) RO Entry—FF - Over table to Mat stack 64' behind table - Max 135 cm—Manufacturer setting <i>Evaluation stops w foot/back touch Feet no req'd to touch prior to landing on back</i>	1. 'B' 360° In-bar Circle skill** Clear/Stalder/Sole 2. Cast—Min 45° above HOR* 3. 2nd Circling skill—Min 'A' 4. Min 'A' HB Salto Dismount *All casts must be to HS for VP—receive SR if achieving required angle **'C' Circle HS; HS 1/2 = 'B' VP	1. Min 1/1 (360°) turn 1-foot 2. Leap/Jump—Min 180° split - Isolated/Series 3. Acro Series—Min (2) Acro Non-Flight direct + (1) 'B' Acro-FlightOR 3. Acro Series—Min (2) Acro, (1) a 'B' Flight - Direct 4. Min. 'A' Salto / Aerial Dismount Max (1) Dance 'C' = 'B' No Acro 'C' or higher	1. Min 'B' Dance - Skill Set 1-2 (Leaps/Jumps), (Turns) - Isolated/Series 2. Acro Series—Min. (3) Acro (1) a BWD LO—2-feet (no twist) 3. Dance Combo—Min (2) Leaps/Jumps (1) Min 180° split - Direct/Indirect 4. Additional Acro Pass—Min (2) Acro Flight/Salto (1) a FWD salto Max (1) Dance 'C' = 'B'; No Acro 'C' or higher
LEVEL 8N	7 years & up SV = 10.0 VP: 4 = A, 4 = B Allowable 'C' = 'B' WU = 2:00m each event Routine time = 1:30m	Level 8 VT Chart Max 135cm—Manufacturer setting	1. Min 'B' 360° In-bar Circle skill - Clear/Stalder/Sole 2. Min 'B' Turn/Flight 3. Circle to/pass thru HS - Separate from #1 4. Min 'A' HB Salto Dismount Max (2) 'C' = 'B' 'B' > 'C' based on performance = 'B' VP—Do not count as part of (2) allowed 'C'	1. Min 1/1 (360°) turn 1-foot 2. Leap/Jump—Min 180° split Isolated/Series 3. Acro Series—Min (2) Acro Flight—DirectOR 3. Acro Series—Min (1) Acro Non-Flight + (1) Acro-Flight—Direct 4. Min 'A' Salto/Aerial Dismount Allow BWD LO-Step Out 'D' = 'B' Yes 'C' Dance = 'B' (1) Acro 'C' = 'B' No 'D' (except BWD LO-SO = 'B')	1. Min 'B' Dance - Skill Set 1-2 (Leaps/Jumps), (Turns) - Isolated/Series 2. Acro Series—Min (3) Acro Flight/Salto - Min (1) 'A' Salto and (2) Min 'A' Flight/Salto 3. Dance Combo—Min (2) Leaps/Jumps (1) Min 180° split - Direct/Indirect 4. Additional Min 'B' salto - Isolated / Series Yes 'C' Dance = 'B' (1) Acro 'C' = 'B', No 'D'

LEVEL REQUIREMENTS SUMMARY



	VAULT	UNVEVEN BARS	BALANCE BEAM	FLOOR EXERCISE	
DIAMOND DN	8 years & up SV = 10.0 VP: 5 = A, 2 = B Allowable 'C/D' = 'B' WU = 2:00m each event Routine time = 1:30m	Diamond VT Chart • Max 135cm—Manufacturer setting	1. Bar change 2. Min 'B' 360° In-bar Circle skill • Clear/Stalder/Sole 3. Additional 'B' element 4. Min 'A' HB Salto Dismount Yes Unlimited 'C' = 'B' VP Yes Max (1) 'D/E' = 'B' VP Yes Circle 'C' HS; HS 1/2	1. Min 1/1 (360°) turn 1-turn 2. Leap/Jump series—Min (2) VP—Min (1) 180° split • Direct 3. Acro Series—(2) Acro-Non Flight—Direct + (1) 'B' Acro-Flight ^{OR} 3. Acro Series—Min (2) Acro, Min (1) 'B' Acro Flight—Direct 4. Min 'A' Salto/Aerial Dismount Acro 'C' = 'B' Yes 'D/E' Dance = 'B' Max (1) Acro 'D/E' = 'B'	1. Min 'B' Dance • Skill Set 1-2 (Leaps/Jumps), (Turns) • Not part of SR #3 • Isolated/Series 2. Acro Pass—Min (2) Acro 'A' Flight • (1) a Salto 3. Dance Combo—Min (2) Leaps/Jumps • (1) Min 180° split • Direct/Indirect 4. Additional Acro Pass—Min (2) Acro-Flight/Salto • (1) a 'B' salto Acro 'C' = 'B', (1) 'D/E' = 'B'
LEVEL 9N	9 years & UP SV = 9.7 + 0.3CV Bonus = 10.0 ^{OR} SV = 9.7 + 0.2CV + 0.1DV Bonus = 10.0 VP: 3 = A, 4 = B, 1 = C Max +0.1 DV Bonus 'D/E' Other 'D' = 'C' WU = 2:00m VT, BM, FX WU = 2:30m UB Routine time = 1:30m	Level 9 VT Chart • Max 135 cm—Manufacturer setting	1. Min 'B' LA turn 2. (2) bar changes 3. Min 'B' 360° In-bar Circle skill • Clear/Stalder/Sole 4. Min 'B' HB Salto Dismount Max (1) 'E' + (1) 'D' ^{OR} (2) 'D'	1. Min 1/1 (360°) turn 1-foot 2. Leap/Jump series—Min (2) VP, Min (1) 180° split Direct ^{OR} 2. Mixed series—Min (1) Leap/Jump, 180° split + (1) Min 'A' Acro 3. Acro series—Min (2) 'B' Acro Flight/Salto • Direct 4. Min 'B' Salto Dismount ^{OR} 4. Min 'C' Acro ➤ 'A' Salto Dismount (1) 'E' + (1) 'D' ^{OR} (2) 'D', unlimited 'D' Dance	1. Min 'C' Dance • Skill Set 1-2 (Leaps/Jumps), (Turns) • Not part of SR #3 • Isolated/Series 2. Acro Pass—Min (2) Saltos • Min (1) 'B' Salto • Direct/Indirect 3. Dance combo—Min (2) Leaps/Jumps • (1) Min 180° split • Direct/Indirect 4. Additional Acro Pass—Min (2) Acro Flight/Salto—(1) Min 'B' salto ^{OR} 4. (1) 'C' Salto—Isolated (1) 'E' + (1) 'D' OR (2) 'D' Unlimited 'D' Dance
LEVEL 10N	9 years & up SV: 9.4 + 0.7 Bonus = 10.1 VP: 3 = A, 3 = B, 2 = C No difficulty restrictions Max +0.5 DV Bonus Max +0.5 CV Bonus WU = 2:00m VT, BM, FX WU = 2:30m UB Routine time = 1:30m	Level 10 VT Chart • Max 135 cm—Manufacturer setting	1. Min (2) Bar changes 2. Min (2) 'C' Flight ^{OR} 2. (1) 'B' + (1) 'D' Flight 3. Min 'C' LA turn 4. Min 'C' HB Dismount May not use dismount to fulfill SR 2, 3 No difficulty restrictions	1. Min 1/1 (360°) turn 1-foot 2. Dance/Mixed series—Min (2) VP—Min (1) 180° split • Direct 3. Acro series—Min (2) Acro Flight/Saltos • (1) Min 'C' • May include Mount 4. Min 'C' Salto Dismount ^{OR} 4. Min 'D/E' Acro ➤ 'B' Salto Dismount No difficulty restrictions	1. Min 'C' Dance • Series/Mixed series/Isolated 2. Acro Series—Min (3) Acro Flight—Min (2) Saltos w • (1) Min 'B' Salto • Indirect 2. Dance Combo—Min (2) Leaps/Jumps • (1) Min 180° split • Direct/Indirect 3. Acro Pass—Min (2) Saltos • (1) Min 'B' • Direct 4. Additional Acro Series—Min (3) Acro Flight/Salto • (1) Min 'C' salto No difficulty restrictions

Section 2

UB LEVEL REQUIREMENTS SUMMARY



LEVEL 1N

☒ X	4	1. Mount	☒ No HB
☒ A		2. Cast	☒ Yes—X-skills
☐ B		• No required angle	☒ Yes—'A' VP
☐ C		3. 360° Circle skill	☒ No—'B' VP
☐ D		4. Dismount	
☐ E			

LEVEL 2N / BRONZE BN

☒ X	5	1. Mount	☒ No HB
☒ A		2. Cast	☒ Yes—X-skills
☐ B		• No required angle	☒ Yes—'A' VP
☐ C		3. 360° Circle skill	☒ No—'B' VP
☐ D		4. Dismount—Cast-Underswing	
☐ E		• Clear hip/Stalder/Sole	

SILVER SN

☒ X	5	1. Mount	☒ Yes HB
☒ A		2. Cast	☒ Yes—X-skills
☐ B		• No angle required	☒ Yes—'A' VP
☐ C		3. 360° Circle skill	☒ No—'B' VP
☐ D		4. Dismount	
☐ E		• No saltos	

LEVEL 3N

☒ X	5	1. Mount	☒ Yes HB
☒ A		2. Cast	☒ Yes—X-skills
☐ B		• No angle required	☒ Yes—'A' VP
☐ C		3. 360° Circle skill	☒ No—'B' VP
☐ D		4. Dismount	
☐ E		• No saltos	

LEVEL 4N

☒ X	5	1. Glide Kip-LB ^{QB}	☒ Yes HB
☒ A		1. Long Hang-HB	☒ Yes—X-skills
☒ B*		2. Cast—BWD Hip Circle	☒ Yes—'A' VP
☐ C		• Cast min 45° below HOR	☒ No—'B' VP
☐ D		3. Tap swing	☒ Yes—'B'* In bar Circles = 'A'
☐ E		• Hips min 45° below HB-both sides	☒ FROM Clear hip/Stalder/Sole
		4. 'A' HB Dismount	☒ Yes—'A' Salto Dis, Ø twist
		• 'A' Salto allowed, Ø twist	

GOLD GN

☒ X	6	1. Bar change	☒ Yes HB
☒ A		2. Cast or VP—Min HOR	☒ No—X-skills
☒ B*		3. 360° Circle skill**	☒ Yes—'A' VP
☐ C		4. 'A' HB Dismount	☒ No—'B' VP
☐ D		• 'A' Salto allowed, Ø twist	☒ Yes—'B'* In-bar Circles = 'A'
☐ E		**Any 'B' In-bar circle = 'A'	☒ Yes—'A' Salto Dis, Ø twist

LEVEL 5N

☐ X	1.	360° In bar circle**	☒ Yes HB
☒ A	6	FROM Clear hip/Stalder/Sole	☒ No—X-skills
☒ B		• Any angle	☒ Yes—'A' VP
☒ C*	2.	Cast—HOR	☒ No—'B' VP
☐ D		• HOR achieved = 'A' one time	☒ Yes—'C'* Circle HS = 'B'
☐ E		• All other casts < HOR = deduct 0.10	☒ Yes—'A' Salto Dis. ↑1/2 twist
	3.	Long Hang kip	Yes, 'B' In-bar circles = 'A' ???
	4.	'A' HB Salto Dismount	Yes, 'B' downgraded VP ???
		• Up to 1/2 twist allowed	
		**Any 'C' In-bar Circle to HS = 'B' VP	
		(1) tap swing allowed = no deduction, no VP	

LEVEL 6N

☐ X	1.	360° Circle In-bar skill**	☒ Yes HB
☒ A	5	FROM Clear hip/Stalder/Sole	☒ No—X-skills
☒ B	1	2. Cast—Above HOR	☒ Yes—'A' VP
☒ C*	3.	2nd Circle skill ^{QB} 2nd Cast above HOR	☒ Yes—'B' VP
☐ D		• Same as #1, must be different: bar ^{QB} connection	☒ Yes—'C'* Circle HS = 'B'**
☐ E	4.	Min 'A' HB Salto Dismount	☒ Yes—'A' Salto Dis. ↑1/1 twist
		• Up to 1/1 twist allowed	
		Long hang pullover U-swing + (1) tap swing = no extra swing penalty, no VP	

PLATINUM PN

☐ X	6	1. Bar change	☒ Yes HB
☒ A		2. Cast ^{QB} Clear support VP above HOR	☒ No—X-skills
☒ B	1	• Above HOR achieved = Award 'A' once	☒ Yes—'A' VP
☒ C*		• Any cast HOR or below = deduct 0.10	☒ Yes—'B' VP
☐ D	3.	360° In-bar Circle skill**	☒ Yes—'C'* Circle HS = 'B'***
☐ E		FROM Clear hip/Stalder/Sole	
	4.	Min 'A' HB Dismount	
		• 'A', 'B' Salto allowed, not required	
		(1) tap swing allowed = no deduction, no VP	

LEVEL 7N

☐ X	5	1. 'B' 360° In-bar Circle skill*	☒ Yes HB
☒ A		FROM Clear hip/Stalder/Sole	☒ Yes—'A' VP
☒ B		2. Cast—Min 45° above HOR**	☒ Yes—'B' VP
☒ C*	2	3. 2nd Circle skill* ^{QB} 2nd Cast above HOR**	☒ Yes—'C'* Circle HS = 'B'
☐ D		4. Min 'A' HB Salto Dismount	☒ Yes—'C'* HS 1/2 = 'B'
☐ E		**All casts to HS for VP	
		**SR if achieve required angle	

LEVEL 8N

☐ X	4	1. Min 'B' 360° In-bar Circle skill*	☒ Yes HB
☒ A		FROM Clear hip/Stalder/Sole	☒ Yes—'A' VP
☒ B	4	2. Min 'B' Turn/Flight	☒ Yes—'B' VP
☒ C*	3.	Circle to ^{QB} pass thru HS*	☒ Yes—'C'* Circle HS = 'B'
☐ D		• Separate from SR #1	☒ Yes—'C'* HS 1/2 = 'B'
☐ E	4.	Min 'A' HB Salto Dismount	☒ Yes—Max (2) 'C' = 'B'
		'B' > 'C' upgrade based on performance = 'B'	
		• Do not count as part of (2) allowed 'C'	

DIAMOND DN

☐ X	5	1. Bar change	☒ Yes HB
☒ A		2. Min 'B' 360° In-bar Circle skill	☒ Yes—'A' VP
☒ B		FROM Clear hip/Stalder/Sole	☒ Yes—'B' VP
☒ C*	2	3. Additional 'B' skill	☒ Yes—'C'* = 'B' (unlimited)
☒ D*	4.	Min 'A' HB Salto Dismount	☒ Yes—(1) 'D'/E* = 'B'
☐ E			

LEVEL 9N

☐ X	3	1. Min 'B' LA Turn	☒ Yes HB
☒ A		2. (2) Bar changes	☒ Yes—Max (1) 'E'* + (1) 'D'*
☒ B	4	3. Min 'B' 360° Circle In-bar skill	OR (2) 'D'* = 'C'
☒ C	1	FROM Clear hip/Stalder/Sole	
☒ D*	4.	Min 'B' HB Salto Dismount	
☒ E*			

LEVEL 10N

☐ X	3	1. Min (2) Bar changes	☒ No Restrictions
☒ A		2. Min (2) 'C' flight ^{QB}	
☒ B	3	2. (1) 'B' + (1) 'D' flight	
☒ C	2	3. Min 'C' LA Turn	
☒ D	4.	Min 'C' HB Salto Dismount	
☒ E		Dismount may not fulfill SR #2, SR #3	

Section 2

BM LEVEL REQUIREMENTS SUMMARY



LEVEL 1N

☒ X	4	1. Pivot ^{OR}	☒ Yes—X-skills
☒ A		1. Squat turn	☒ Yes—'A' Acro Non-Flight
☐ B		2. Stretch Jump	☒ No—'B' Acro Non-Flight
☐ C		3. 1-leg balance—2s hold	☒ No—Acro Flight
☐ D		• Free leg position optional	☒ No—Salto Dismount
☐ E		4. Dismount	☒ No—Aerial Dismount
		• No Saltos/Aerials	☒ No—'B' Dance

LEVEL 2N / BRONZE BN

☒ X	5	1. 1/2 (180°) turn—1-foot	☒ Yes—X-skills
☒ A		2. Leap/Jump	☒ Yes—'A' Acro Non-Flight
☒ B*		• 'B' Leaps/Jumps w split allowed	☒ No—'B' Acro Non-Flight
☐ C		3. Acro—Handstand	☒ No—Acro Flight
☐ D		• LEAD leg min. 45° from VER	☒ No—Salto Dismount
☐ E		• 2nd leg height optional	☒ No—Aerial Dismount
		• Must leave BM for VP	☒ Yes—'B' Leaps/Jumps w Split = A
		4. Dismount	
		• No Saltos/Aerials	

SILVER SN

☒ X	5	1. Min 1/2 (180°) turn 1-foot	☒ Yes—X-skills
☒ A		2. Leap/Jump	☒ Yes—'A' Acro Non-Flight
☒ B*		• 'B' Leaps/Jumps w split allowed	☒ No—'B' Acro Non-Flight
☐ C		3. Acro—Any 'A' Acro Non-Flight	☒ No—Acro Flight
☐ D		• No X-skill lever	☒ Yes—'A' Salto Dismount
☐ E		4. 'A' Dismount	☒ Yes—'A' Aerial Dismount
		• No Jumps	☒ Yes—'B' Leaps/Jumps w Split = A
		• 'A' Salto/Aerial allowed	

LEVEL 3N

☒ X	5	1. Min 1/2 (180°) turn 1-foot	☒ Yes—X-skills
☒ A		2. Leap/Jump—Min. 60° split	☒ Yes—'A' Acro Non-Flight
☒ B*		• Isolated/Series	☒ No—'B' Acro Non-Flight
☐ C		• 'B' Leaps/Jumps w split allowed	☒ No—Acro Flight
☐ D		3. Acro—Moves thru/Achieves VER	☒ Yes—'A' Salto Dismount
☐ E		• If HS—No hold required	☒ Yes—'A' Aerial Dismount
		• Mark VER w legs joined	☒ Yes—'B' Leaps/Jumps w Split = 'A'
		4. 'A' Dismount	
		• No Jumps	
		• 'A' Salto/Aerial allowed	

LEVEL 4N

☐ X	5	1. Min 1/1 (360°) turn 1-foot	☒ No—X-skills
☒ A		2. Leap/Jump—Min. 90° split	☒ Yes—'A' Acro Non-Flight
☒ B*		• Isolated/Series	☒ No—'B' Acro Non-Flight
☐ C		3. Acro—Moves thru/Achieves VER	☒ No—Acro Flight
☐ D		• If HS = 2s hold required	☒ Yes—'A' Salto Dismount
☐ E		• Start/finish on BB	☒ Yes—'A' Aerial Dismount
		• 'A' to fulfill SR	☒ Yes—'B' Dance
		4. 'A' Dismount	
		• HS ¼ (90°) turn = 'A' VP	
		• 'A' Salto/Aerial allowed	

GOLD GN

☐ X	6	1. Min 1/1 (360°) turn 1-foot	☒ Yes—'A' Acro Non-Flight
☒ A		2. Leap/Jump—Min 90° split	☒ Yes—'B' Acro Non-Flight-SR3
☒ B*		• Isolated/Series	☒ No—Acro Flight
☐ C		3. Acro—(2) Acro skills	☒ Yes—'A' Salto Dismount
☐ D		WITH (1) thru VER**	☒ Yes—'A' Aerial Dismount
☐ E		• 'B' Non-Flight allowed	☒ Yes—'B' Dance
		• Isolated/Series	
		4. 'A' Dismount	
		• 'A' Salto/Aerial allowed	
		** HS = Ø VER VP as it stops in VER	

LEVEL 5N

☐ X	1	1. Min 1/1 (360°) turn 1-foot	☒ Yes—Acro Non-Flight
☒ A	6	2. Leap/Jump—Min 120° split	☒ Yes—Acro Flight
☒ B*		• Isolated/Series	☒ Yes—Salto Dismount
☐ C		3. Acro—BWD Acro skill ^{OR}	☒ Yes—Aerial Dismount
☐ D		3. Acro—Any 'B' Acro skill	☒ Yes—'B' Dance
☐ E		• SR3 Rolls if thru VER w hand support	
		4. Min 'A' Dismount	

LEVEL 6N

☐ X	1	1. Min 1/1 (360°) turn 1-foot	☒ Yes—Acro Non-Flight
☒ A	5	2. Leap/Jump—Min 150° split	☒ Yes—Acro Flight
☒ B	1	• Isolated/Series	☒ Yes—Salto Dis ↑1/1 twist
☒ C*		3. Acro Series—(2) Acro Non-Flight—Direct ^{OR}	☒ Yes—Aerial Dis ↑1/1 twist
☐ D		3. Acro—(1) Acro Flight—Isolated/Series	☒ Yes—(1) 'C' Dance = 'B'
☐ E		4. Min 'A' Salto/Aerial Dismount	

PLATINUM PN

☐ X	6	1. Min 1/1 (360°) turn 1-foot	☒ Yes—Acro Non-Flight
☒ A		2. Leap/Jump—Min 150° split	☒ Yes—Acro Flight
☒ B	1	• Isolated/Series	☒ Yes—Salto Dismount
☒ C*		3. Acro Series—(2) Acro Non-Flight	☒ Yes—Aerial Dismount
☐ D		WITH (1) thru VER ^{OR}	☒ Yes—(1) 'C' Dance = 'B'
☐ E		3. Acro—(1) 'B' Acro Flight—Isolated/Series	
		4. Min 'A' Dismount	

LEVEL 7N

☐ X	5	1. Min 1/1 (360°) turn 1-foot	☒ Yes—Acro Non-Flight
☒ A		2. Leap/Jump—Min 180° split	☒ Yes—Acro Flight
☒ B	2	• Isolated/Series	☒ Yes—Salto Dismount
☒ C*		3. Acro Series—Min (2) Acro Non-Flight—Direct ^{AND}	☒ Yes—Aerial Dismount
☐ D		(1) 'B' Acro Flight—Isolated ^{OR}	☒ Yes—(1) 'C' Dance = 'B'
☐ E		3. Acro Series—Min (2) Acro	
		WITH (1) a 'B' Acro Flight—Direct	
		4. Min 'A' Salto/Aerial Dismount	

LEVEL 8N

☐ X	4	1. Min 1/1 (360°) turn 1-foot	☒ Yes—Acro Non-Flight
☒ A		2. Leap/Jump—Min 180° split	☒ Yes—Acro Flight
☒ B	4	• Isolated/Series	☒ Yes—Salto Dismount
☒ C*		3. Acro Series—Min (2) Acro Flight—Direct ^{OR}	☒ Yes—Aerial Dismount
☒ D*		3. Acro Series—Min (1) Acro Non-Flight	☒ Yes—'C' Dance = 'B'
☐ E		WITH (1) an Acro Flight—Direct	☒ Yes—(1) 'C' Acro = 'B'
		4. Min 'A' Salto/Aerial Dismount	☒ Yes—'D' Acro LO-SO = 'B'
		Allow BWD LO-SO 'D' = 'B'	

DIAMOND DN

☐ X	5	1. Min 1/1 (360°) turn 1-foot	☒ Yes—Acro Non-Flight
☒ A		2. Leap/Jump Series—Min (2) VP—Min (1) 180° split	☒ Yes—Acro Flight
☒ B	2	• Direct	☒ Yes—Salto Dismount
☒ C*		3. Acro Series—(2) Acro Non-Flight—Direct ^{AND}	☒ Yes—Aerial Dismount
☐ D		(1) 'B' Acro Flight—Isolated ^{OR}	☒ Yes—(1) 'C' Dance = 'B'
☐ E		3. Acro Series—Min (2) Acro	
		WITH (1) a 'B' Acro Flight—Direct	
		4. Min 'A' Salto/Aerial Dismount	

LEVEL 9N

☐ X	3	1. Min 1/1 (360°) turn 1-foot	☒ Yes—Acro Non-Flight
☒ A		2. Leap/Jump Series—Min (2) VP	☒ Yes—Acro Flight
☒ B		WITH (1) 180° split—Direct ^{OR}	☒ Yes—Salto on BM/Dismount
☒ C	4	2. Mixed Series—Min (1) Leap/Jump	☒ Yes—Aerial on BM/Dismount
☒ D*		WITH (1) 180° split ^{AND} (1) Min 'A' Acro—Direct	☒ Yes—'D' Dance = 'C'
☒ E*	1	3. Acro Series—Min (2) 'B' Acro Flight/Salto—Direct	☒ Yes—Max (1) 'E' + (1) 'D'*
		4. Min 'B' Salto Dismount ^{OR}	(2) 'D' = 'C'
		4. Min 'C' Acro ➤ 'A' Salto Dismount—Direct	

LEVEL 10N

☐ X	3	1. Min 1/1 (360°) turn 1-foot	☒ No Restrictions
☒ A		2. Leap/Jump Series—Min (2) VP—Min (1) 180° split	
☒ B	3	• Direct	
☒ C	2	3. Acro Series—Min (2) Acro Flight/Saltos	
☒ D		WITH (1) Min 'C'—Direct	
☒ E		• May include mount	
		4. Min 'C' Salto Dismount ^{OR}	
		4. Min 'D/E' Acro Flight ➤ 'B' Salto Dismount—Direct	

Section 2

FX LEVEL REQUIREMENTS SUMMARY



LEVEL 1N

☒ X	1. 1/2 (180°) turn—1-foot ^{OR}	☒ Yes—X-Skills
☒ A	1. Pivot turn	☒ Yes—'A' Acro Non-Flight
☐ B	2. BWD roll—Any entry/exit position ^{OR}	☒ No—'B' Acro Non-Flight
☐ C	2. Candlestick—Any entry/exit position	☒ Yes—(1) 'A' Acro Flight
☐ D	• SR2—Isolated/Series	☒ No—Salto
☐ E	3. Dance Combo—Min (2) Leaps/Jumps	☒ No—Aerial
	• Direct/Indirect	☒ No—'B' Dance
	4. Acro skill—Min 3/4 HS—No hold req'd	
	• Feet must contact at/above 45°	

LEVEL 2N / BRONZE BN

☒ X	1. Min 1/2 (180°) turn—1-foot	☒ Yes—X-Skills
☒ A	2. Handstand—No hold required	☒ Yes—Acro Non-Flight
☐ B	• Between 45°-VER	☒ No—'B' Acro Non-Flight
☐ C	• Mark feet together	☒ Yes—(2) 'A' Acro Flight
☐ D	• Entry/Exit positions optional	<i>Max (1) per pass or isolated</i>
☐ E	3. Dance Combo—Min (2) Leaps/Jumps	☒ No—Salto
	^{WITH} (1) Min 60° split	☒ No—Aerial
	• Direct/Indirect	☒ No—'B' Dance
	4. Acro skill—Cartwheel	
	• Isolated/Series	

SILVER SN

☒ X	1. 1/1 (360°) turn 1-foot	☒ Yes—X-Skills
☒ A	2. Acro Pass—Min (2) 'A' Acro VP	☒ Yes—'A' Acro Non-Flight
☐ B	• Direct	☒ No—'B' Acro Non-Flight
☐ C	3. Dance Combo—Min (2) Leaps/Jumps	☒ Yes—'A' Acro Flight
☐ D	• Direct/Indirect	☒ No—'B' Acro Flight
☐ E	4. Acro skill—'A' Acro	☒ Yes—(1) 'A' Salto ^{OR}
	• Flight	☒ Yes—(1) 'A' Aerial
	• (1) Salto or Aerial	☒ No—'B' Dance
	• Separate from #2 SR VP	☒ No—'B' Saltos/Aerials
	• Isolated/Series	

LEVEL 3N

☒ X	1. 1/1 (360°) turn 1-foot	☒ Yes—X-Skills
☒ A	2. Acro Pass—Min (2) 'A' Acro VP	☒ Yes—'A' Acro Non-Flight
☐ B	^{WITH} (1) a Round off	☒ No—'B' Acro Non-Flight
☐ C	3. Dance Combo—Min (2) Leaps/Jumps	☒ Yes—'A' Acro Flight
☐ D	^{WITH} (1) Min 90° split	☒ No—'B' Acro Flight
☐ E	• Direct/Indirect	☒ Yes—(1) 'A' Salto ^{OR}
	4. Acro skill—Contain/Pass thru Bridge ^{OR}	☒ Yes—(1) 'A' Aerial
	4. Acro skill—BWD Ext. Roll HS thru VER	☒ No—'B' Dance
	• Entry/Exit optional	☒ No—'B' Saltos/Aerials

LEVEL 4N

☐ X	1. Min 1/1 (360°) turn 1-foot	☒ Yes—'A' Acro Non-Flight
☒ A	2. Acro Pass—Min (2) 'A' Acro Flight skills	☒ No—'B' Acro Non-Flight
☒ B*	• Direct	☒ Yes—'A' Acro Flight
☐ C	3. Dance combo—Min (2) Leaps/Jumps	☒ No—'B' Acro Flight
☐ D	^{WITH} (1) Min 90° split	☒ Yes—(1) 'A' Salto
☐ E	• Direct/Indirect	☒ No—'B' Salto
	4. Additional Acro pass—Min (2) skills	☒ Yes—'A' Aerial
	• Direct Acro-Flight ^{OR}	☒ No—'B' Aerial
	• Isolated FWD salto	☒ Yes—'B' Dance

GOLD GN

☐ X	1. Min 1/1 (360°) turn 1-foot	☒ Yes—'A' Acro Non-Flight
☒ A	2. Acro Pass—Min (2) 'A' Acro Flight	☒ No—'B' Acro Non-Flight
☒ B*	• Direct	☒ Yes—'A' Acro Flight
☐ C	3. Dance Combo—Min (2) Leaps/Jumps	☒ No—'B' Acro Flight
☐ D	^{WITH} (1) Min 120° split	☒ Yes—'A' Salto
☐ E	• Direct/Indirect	☒ Yes—'A' Aerial
	4. Additional Acro skill	☒ Yes—'B' Dance
	^{WITH} Flight/Salto/Aerial	
	• Isolated/Series	

LEVEL 5N

☐ X	1. Min 1/1 (360°) turn 1-foot	☒ Yes—Acro Non-Flight
☒ A	2. Acro Series—Min (3) 'A' Acro skills	☒ Yes—'A' Acro Flight
☒ B*	• Direct connect	☒ No—'B' Acro Flight
☐ C	3. Dance Combo—Min (2) Leaps/Jumps	☒ Yes—'A' Salto
☐ D	^{WITH} (1) Min 120° split	☒ Yes—'A' Aerial
☐ E	• Direct/Indirect	☒ Yes—'B' Dance
	4. Additional Acro skill	
	^{WITH} Salto/Aerial	
	• Isolated/Series	
	#2 may not fulfill #4 unless in isolated/different series	

LEVEL 6N

☐ X	1. Min 1/1 (360°) turn 1-foot	☒ Yes—Acro Non-Flight
☒ A	2. Acro Series (3 VP)—Min (2) Acro-Flight ^{AND}	☒ Yes—Acro Flight
☒ B	(1) Salto	☒ Yes—Salto
☒ C*	3. Dance Combo—Min (2) Leaps/Jumps	☒ Yes—Aerial
☐ D	^{WITH} (1) Min 150° split	☒ Yes—'B' Dance
☐ E	• Direct/Indirect	☒ Yes—(1) 'C' Dance =
	4. Additional Min 'A' Salto	
	• Isolated/Series	

PLATINUM PN

☐ X	1. Min 'B' Dance	☒ Yes—Acro Non-Flight
☒ A	^{FROM} Skill Set 1, 2 (Leaps/Jumps) (Turns)	☒ Yes—Acro Flight
☒ B	• Isolated/Series	☒ Yes—Salto
☒ C*	2. Acro Pass—Min (2) Acro Flight	☒ Yes—Aerial
☐ D	3. Dance Combo—Min (2) Leaps/Jumps	☒ Yes—(1) 'C' Dance = 'B'
☐ E	^{WITH} (1) Min 150° split	
	• Direct/Indirect	
	4. Additional Min 'A' Salto	
	• Isolated/Series	

LEVEL 7N

☐ X	1. Min 'B' Dance	☒ Yes—Acro Non-Flight
☒ A	^{FROM} Skill Set 1, 2 (Leaps/Jumps) (Turns)	☒ Yes—Acro Flight
☒ B	• Isolated/Series	☒ Yes—Salto
☐ C	2. Acro Series—Min (3) Acro	☒ Yes—Aerial
☐ D	^{WITH} (1) a BWD LO 2-feet (no twist)	☒ Yes—(1) 'C' Dance = 'B'
☐ E	3. Dance Combo—Min (2) Leaps/Jumps	
	^{WITH} (1) Min 180° split	
	• Direct/Indirect	
	4. Additional Acro Series—Min (2) Acro	
	^{WITH} (1) a FWD Salto	

LEVEL 8N

☐ X	1. Min 'B' Dance	☒ Yes—Acro Non-Flight
☒ A	^{FROM} Skill Set 1, 2 (Leaps/Jumps) (Turns)	☒ Yes—Acro Flight
☒ B	• Isolated/Series	☒ Yes—Salto
☒ C*	2. Acro Series—Min (3) Acro Flight/Salto	☒ Yes—Aerial
☐ D	^{WITH} Min (1) 'A' Salto	☒ Yes—'C' Dance = 'B'
☐ E	^{AND} (2) Min 'A' Flight/Salto	☒ Yes—(1) 'C' Acro = 'B'
	3. Dance Combo—Min (2) Leaps/Jumps	☒ No—'D' VP
	^{WITH} (1) Min 180° split	
	• Direct/Indirect	
	4. Additional Salto—Min 'B'	
	• Isolated/Series	

DIAMOND DN

☐ X	1. Min 'B' Dance	☒ Yes—Acro Non-Flight
☒ A	^{FROM} Skill Set 1, 2 (Leaps/Jumps) (Turns)	☒ Yes—Acro Flight
☒ B	• Isolated/Series	☒ Yes—Salto
☒ C*	• Not part of SR #3	☒ Yes—Aerial
☐ D	2. Acro Series—Min (2) Acro 'A' Flight	☒ Yes—(1) 'C' Dance = 'B'
☐ E	^{WITH} (1) a Salto	
	3. Dance Combo—Min (2) Leaps/Jumps	
	^{WITH} (1) Min 180° split	
	• Direct/Indirect	
	4. Additional Acro Series—Min (2) Acro Flight/Salto	
	^{WITH} (1) a 'B' Salto	

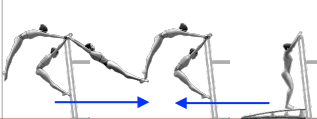
LEVEL 9N

☐ X	1. Min 'C' Dance	☒ Yes—Acro Non-Flight
☒ A	^{FROM} Skill Set 1, 2 (Leaps/Jumps) (Turns)	☒ Yes—Acro Flight
☒ B	• Isolated/Series	☒ Yes—Salto
☒ C	• Not part of SR #3	☒ Yes—Aerial
☒ D*	2. Acro Series—Min (2) Acro Saltos	☒ Yes—'D' Dance = 'C'
☒ E*	^{WITH} Min (1) 'B' Salto	☒ Yes—Max (1) 'E' + (1) 'D'
	• Direct/Indirect	☒ Yes—Max (1) 'E' + (1) 'D'
	3. Dance Combo—Min (2) Leaps/Jumps	☒ OR (2) 'D' = 'C'
	^{WITH} (1) Min 180° split	
	• Direct/Indirect	
	4. Additional Acro Pass—Min (2) Acro Flight/Salto	
	^{WITH} (1) Min 'B' Salto ^{OR}	
	(1) 'C' Salto—Isolated	

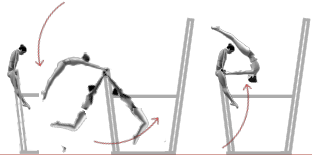
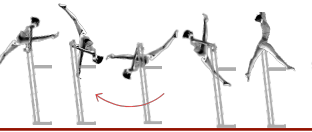
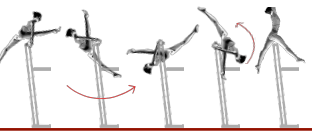
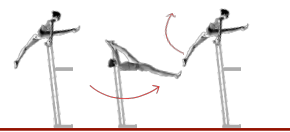
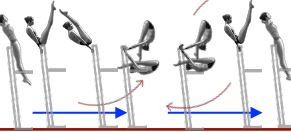
LEVEL 10N

☐ X	1. Min 'C' Dance	☒ No Restrictions
☒ A	• Isolated/Series/Mixed Series	
☒ B	3. Acro Series—Min (3) Acro Flight—Min (2) Saltos	
☒ C	^{WITH} (1) Min 'B' Salto	
☒ D	• Indirect	
☒ E	3. Dance Combo—Min (2) Leaps/Jumps	
	^{WITH} (1) Min 180° split	
	• Direct/Indirect	
	4. Additional Acro Series—Min (3) Acro Flight/Salto	
	^{WITH} Min (1) a 'C' Salto	

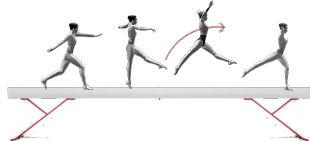
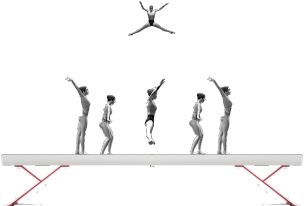
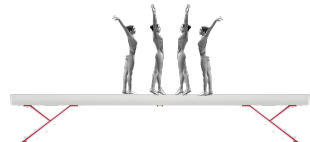
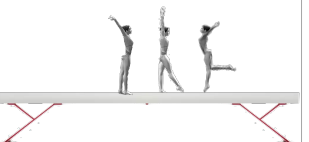
UNEVEN BARS X-SKILLS

X—101	X—102	X—103	X—104	X—105	
Jump—Front support	Pullover—1 - 2 feet; also w run	Glide swing—Stand	Single-leg jam—From glide/run	Run out—Glide kip	
					
Front support	Pullover	Glide swing	Single leg jam	Run out kip	
1. From stand 2. Grasp LB 3. Jump—Front support w straight arms 4. NO double jump off board/mount apparatus	1. From stand 2. Jump / Lift feet off surface 3. Chin up (no resting on bar) 4. Pull feet to inverted, legs straight 5. Thru inverted to front support <i>Run out not shown</i>	1. From hollow hang LB 2. Glide FWD—Full extension 3. Glide BWD to return 4. Stand on mount surface	1. From hollow hang LB 2. Glide FWD—Full extension 3. Bring both feet to bar, deep pike 4. One leg jams between arms 5. Kip up in split position 6. Finish in stride support	1. From stand 2. Hollow hang LB 3. Glide run FWD 4. Quick feet to bar 5. Pull bar DWN legs—Sit up 6. Finish feet in front—Lean for cast	
X—201	X—202	X—203	X—204	X—205	X—206
Cast—Hips leave bar	Long hang pullover—From swing	Tap swing—Counterswing	Cast—Single-leg shoot through	FWD Single-leg cut	BWD Single-leg cut
					
Cast	Swing—Long hang pullover	Tap swing	Cast—Shoot thru	Single leg cut	Single leg cut
1. From front support 2. Lean—Swing legs in front—Pike 3. Quickly kick legs/heels BWD 4. Push DWN on bar, arms straight 5. Hips leave bar 6. Body in hollow at top of BWD swing	1. Back to LB 2. Swing FWD, tap swing FWD 3. Pull toes to inverted position 4. Continue circle toes over bar 5. Arrive in front support	1. From hollow hang HB 2. Swing FWD DWN between bars 3. Tap swing—toes FWD driving 4. Hollow-Arch-Hollow swing action	1. From front support 2. Cast, legs straight 3. Push bar DWN 4. Tuck one leg to chest, shoot thru 5. Arrive in wide clear stride position	1. From front support 2. Keep tension in back of body 3. Lean weight over one (1) hand 4. Lift other hand—Cut leg FWD/BWD 5. Arrive in clear stride (FWD cut) 6. Arrive front support (BWD cut)	1. From front support 2. Keep tension in back of body 3. Lean weight over one (1) hand 4. Lift other hand—Cut leg FWD/BWD 5. Arrive in clear stride (FWD cut) 6. Arrive front support (BWD cut)
X—301					
FWD Hip circle—Bent knees					
					
FWD Hip circle —bent					
1. From Front support—REG grip 2. Fall straight body past HOR 3. Bend knees to shorten radius 4. Open to pike position 5. Finish Front support					

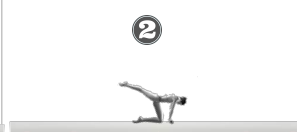
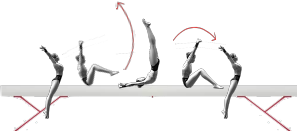
UNEVEN BARS X-SKILLS

X—401 LB—BWD Baby Giant—Pullover Legs MUST bend 90° or -0.30									
									
Baby Giant 1. From Front support—REG grip 2. Cast (no required angle) 3. Giant bent-leg circle swing under LB 4. Continue circle up & over LB 5. Finish Front support Knees must bend min. 90° at bottom									
X—701 FWD—Stride circle	X—702 BWD—Stride Circle	X—703 Single-leg—BWD basket swing—Clear support	X—704 Single leg—Bent—Knee swing	X—705 BWD Pike Seat drop (Peach)					
									
FWD Stride circle 1. From stride position, under grip 2. Lift up off bar to wide split 3. Step FWD, drive back heel over head 4. Keep split thru bottom 5. Shift hands late 6. Arrive on top of bar in clear stride	BWD Stride circle 1. From stride position, over grip 2. Lift up off bar to wide split 3. Drive shoulder BWD (not head) 4. Keep split thru bottom 5. Shift hands late 6. Arrive on top of bar in clear stride	1-Leg Basket swing 1. From stride position, over grip 2. Lift up off bar to wide split 3. Drop shoulders BWD 4. Pull bar down back of front leg 5. Swing back up, pull bar back up leg 6. Arrive on top of bar in clear stride	Knee swing 1. From Stride position—REG grip 2. Fall back 3. Simultaneously bend front leg 4. Swing BWD 5. Reverse, swing FWD 6. Finish Stride position	Peach basket 1. From rear support—REG grip 2. Lift toes to V-sit 3. Fall back into compressed pike 4. Swing BWD 5. Reverse swing FWD thru V-sit 6. Finish Rear support					
X—801 LB—Underswing	X—802 Tap swing—1/2 turn	X—803 Cast off—Stand	X—804 3/4 FWD Hip circle—Stand	X—805 Squat on—Jump down					
									
Underswing 1. From front support 2. Cast—Hollow—Drive shoulders BWD 3. Keep hollow—Body off bar 4. Throw bar BWD over head 5. Closed to open shoulder angle quickly 6. Small arc to arrive in stand	Tap swing—1/2 1. From hollow hang HB 2. Tap swing FWD 3. At top of swing, turn feet first 4. Simultaneously, release one (1) hand 5. Complete 1/2 turn, touch/grasp bar 6. Release bar—Drop to stand	Cast off 1. From front support LB 2. Cast—Push bar away 3. Release bar after height is reached 4. Arrive in stand	3/4 FWD Hip circle 1. From front support LB, over grip 2. Fall FWD w straight line—Past 45° 3. Drive shoulders under bar—Small pike 4. Shoulders to bar level—Body close 5. Push VER body away from bar— 6. Drop to stand	Squat on—Jump down 1. From front support 2. Cast straight body 3. Push bar DWN 4. Tuck knees to chest 5. Squat on bar 6. Jump DWN off bar to stand					

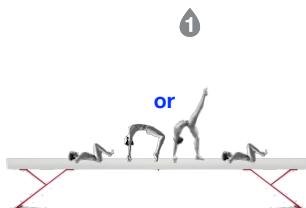
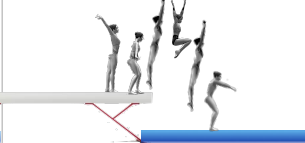
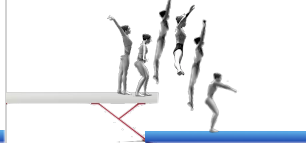
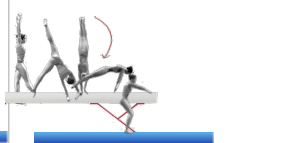
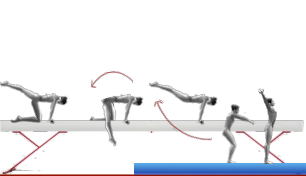
BALANCE BEAM—X SKILLS

X-201	X-202	X-203	X—204	X—205	
Split jump—Min 45°	Split leap—Min 45°	Straddle jump—Min 45°	Tuck jump—1/4—Side landing 90°	Straight jump—1/4—Side landing 90°	
					
Split Leap 45°	Straddle Jump 45°	Straddle Jump 45°	Tuck jump 1/4	Straight jump 1/4	
1. From optional start 2. Small plié, jump up 3. Execute Split jump 4. Land plié 5. Straighten to finish	1. From optional start 2. Small plié, jump up 3. Execute Straddle jump 4. Land plié 5. Straighten to finish	1. From optional start 2. Small plié, jump up 3. Execute Straddle jump 4. Land plié 5. Straighten to finish	1. From stand 2. Execute Tuck jump w 90° turn 3. Side landing 4. Optional exit	1. From stand 2. Execute Straight jump w 90° turn 3. Side landing 4. Optional exit	
X-301	X-302	X-303	X-304	X-305	X—306
Pivot turn (180°) 180°	1/2 turn (180°)—1-foot—Any technique 180°	Swing turn (180°)—FWD 180°	Swing turn (180°)—BWD 180°	Squat turn (180°) 180°	Toe Flick 1/2 turn 180°
					
Pivot Turn	1/2 Turn	FWD Swing Turn	BWD Swing Turn	Squat Turn	Toe Flick 1/2 turn
1. From staggered stand 2. Relevé 3. 1/2 turn (180°)—Finish in relevé 4. Exit—drop heels from relevé 5. Optional finish	1. From optional prep 2. Relevé—optional leg entry 3. Lift to high relevé, free leg optional 4. 1/2 turn (180°) in relevé—Finish relevé 5. Exit—drop heel from relevé 6. Optional finish	1. From optional prep 2. Swing leg to front, relevé 3. 1/2 turn (180°)—keep leg over BM 4. Exit—drop heel from relevé 5. Finish—back leg in arabesque	1. From optional prep 2. Swing leg to back, relevé 3. 1/2 turn (180°)—keep leg over BM 4. Exit—drop from relevé 5. Finish—front leg in front arabesque	1. From staggered stand 2. Relevé 3. Demi to full squat in relevé 4. 1/2 turn (180°) 5. Exit—straighten in relevé 6. Finish—drop heels	1. From stand 2. Point toe in front 3. Push toe against BM to initiate turn 4. Execute 1/2 turn in relevé 5. Drop heel, finish knees together, leg bent 90°
X—401					
Toe Flip Drop—Knee sit					
					
Toe Flip					
1. From stand 2. Quickly roll over toes w slight arch 3. Press shins towards BM surface 4. Keep shoulders back over heels 5. Arrive sitting on heels, one knee off BM					

BALANCE BEAM—X SKILLS

X-501	X-502	X-503	X-504	X-505	X-506
Arabesque (1N-2N only)	Lever—Touch beam	Partial HS—Lead leg min 45° from VER	Cross HS—VER—No hold required	Side HS—VER—No hold required	Prone position—Hold 2s
 Arabesque 1. From stand 2. Lift (1) leg back, min 45° 3. Stand demi plie or straight 4. Exit—Lower leg to return 5. Optional finish	 Lever 1. From stand 2. Enter lever position 3. Teeter FWD to touch BM 4. Optimal flex on touch 5. Exit optional 6. Optional finish	 Partial HS 1. From stand 2. Enter prep position 3. Transfer weight to hands, invert 4. Optimal leg position in HS 5. Exit optional 6. Must finish on feet	 Cross HS — Ø Hold 1. From stand 2. Enter prep position 3. Transfer weight to hands, invert 4. Optimal leg position in HS 5. Exit optional 6. Must finish on feet	 Side HS — Ø Hold 1. From stand 2. Enter prep position 3. Transfer weight to hands, invert 4. Optimal leg position 5. Exit optional 6. Must finish on feet	 Prone 1. From optional position 2. Swing legs back OR 3. From kneeling position, walk legs back 4. Arrive prone—Hold 2s 5. Optional exit
X-507	X-508	X-509	X-510	X-511	
FWD or SWD Relevé kick—Mark 1s	Needle kick—w/wo hand touch—120°-180°	Front split—w/wo hand grasp—Hold 2s	Center split—w/wo hand grasp—W/wo piked hips—Hold 2s	Knee scale—Leg above HOR—Hold 2s	
 FWD/SWD Relevé kick 1. From option position 2. Straight legs—Relevé 3. Use front leg OR swing from behind 4. Ballistic kick FWD OR SWD 5. Hold 2s in relevé after kick 6. Optional ending	 Needle kick 1. From optional position 2. Ballistic kick of one leg BWD UpWD while chest moves FWD DnWD 3. Hands may contact BM surface 4. Quick return to VER 5. Optional ending	 Front Split 1. From optional position 2. Slide, swing into Front split, L/R 3. Hands may grasp BM 4. Optional exit	 Center split 1. From optional position 2. Slide, swing, turn into Center split 3. Hands may grasp BM 4. May perform with hip pike, chest closed 5. Optional exit	 Knee scale 1. From optional position 2. One shin/knee on BM 3. One straight leg in scale above HOR 4. Optional exit	
X-601	X-602				
Candlestick roll	Whip—Squat stand				
 Candlestick Roll 1. From supine/sit/squat position 2. Roll BWD—grasp BM (optional grip) 3. Show candlestick position 4. Optional return to position 5. Optional finish	 Whip Squat stand 1. From straddle sit 2. Arms straight 3. Whip legs BWD UpWD (straight until past BM surface) 4. Bend knees, arrive squat stand 5. Optional exit				

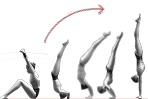
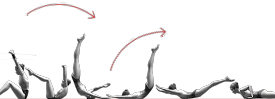
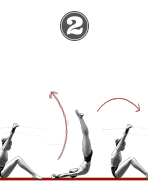
BALANCE BEAM—X SKILLS

X-701					
Push—Bridge—Hold 1s 					
Bridge 1. From supine position 2. Push up to bridge position 3. Optional leg position 4. Return to supine position					
X—901	X—902	X—903	X—904	X—905	X—906
Cartwheel—Partial HS—End face BM 	Stretch jump—End back to BM 	Tuck jump—End back to BM 	Straddle jump—Min —End back to BM 	HS—1/4 (90°) turn—Any entry—Hold 1s—End side to BM <i>90°</i> 	Any jump—1/2 (180°) turn—End face BM <i>180°</i> 
Partial CW HS 1. From optional entry 2. Cartwheel—Front/Side approach 3. Invert to almost VER 4. Fall to stomach side 5. Hand stay in contact w BM	Stretch jump 1. From optional entry 2. Small plié 3. Jump 4. Straight jump 5. Land plié	Tuck jump 1. From optional entry 2. Small plié 3. Jump 4. Straight to Tuck jump to straight 5. Land plié	Straddle jump 1. From optional entry 2. Small plié 3. Jump 4. Straight to Straddle jump to straight 5. Land plié	HS 1/4 1. From optional approach 2. Optional entry—Straight or bent leg 3. Handstand 4. 1/4 (90°) turn to land plié next to BM 5. Hand remains in contact w BM	Jump 1/2 1. From optional entry 2. Small plié 3. Jump straight 4. Execute any jump w 1/2 (180°) 5. Return to straight 6. Land plié
X—907	X—908				
Any jump—1/1 (360°) turn—End back to BM <i>360°</i> 	Knee scale—Whip—Push off shin to meet kick leg—End side of BM 				
Jump 1/1 1. From optional entry 2. Small plié 3. Jump straight 4. Execute any jump w 1/1 (360°) 5. Return to straight 6. Land plié	Knee scale swing 1. From knee scale position 2. Swing scale leg below BM surface 3. Reverse leg w quick leg swing 4. Simultaneously push off knee to join 5. Show straight body 6. Land w one hand grasping BM				

FLOOR EXERCISE X-SKILLS

X-101 Split leap—Min 60°  Split Leap 1. From optional approach 2. Step to plie (hips behind foot) 3. Execute single leg split leap 4. Land plie 5. Optional back leg (in back or swing FWD)	X-102 Split jump—Min 60°  Split Jump 1. From optional approach 2. Step to plie (hips behind foot) 3. Execute Split jump 4. Land plie 5. Optional exit	X-103 Assemblé—Straight leg—HOR or above <i>Not eligible to fulfill Dance SR</i>  Assemble 1. From steps OR runs 2. Swing straight back leg front to HOR 3. Arrive both feet simultaneously 4. Optional exit NOTE: Usually used for jump prep	X-104 Leg swing hop—Free leg any angle  L' Hop 1. From optional approach 2. Step to plie (hips behind foot) 3. Swing leg FWD, simultaneously hop 4. Land plie, leg in front upon landing 5. Finish optional	X-105 Entrechat (Beat jump) <i>Not eligible to fulfill Dance SR</i>  Beat 1. From 5th or 3rd feet 2. Jump straight 3. Change back foot to front and return 4. Beat with thighs, not feet 5. Land plié	X-106 Front OR Side Chassé <i>Not eligible to fulfill Dance SR</i>  Chassé 1. From one leg in front 2. Step off one leg 3. Join legs together in air 4. Feet side by side or back to front 5. Land on back leg, front foot pointed
X-107 Arch Passé Hop—Thigh HOR <i>Not eligible to fulfill Dance SR</i>  Arch Passé Hop 1. From optional entry 2. Take off one leg 3. Execute Arch hop, leg in front passé 4. Passé thigh HOR 5. Land same leg as take-off 6. Front foot pointed in passé	X-108 Straddle jump—Min 60°  Straddle Jump 1. From optional approach 2. Step to plie (hips behind foot) 3. Execute Straddle jump 4. Land plie 5. Optional exit	X-201 Swing turn—FWD 180°  FWD Swing Turn 1. From optional prep 2. Swing leg FWD to any height 3. Keep leg in front 4. Execute 1/2 (180°) turn in relevé 5. Leg finishes in back 6. Drop from relevé at completion	X-202 Swing turn—BWD 180°  BWD Swing Turn 1. From optional prep 2. Swing leg BWD to any height 3. Keep leg in back 4. Execute 1/2 (180°) turn in relevé 5. Leg finishes in front 6. Drop from relevé at completion	X-203 1/2 turn—Any technique 180°  1/2 Turn 1. From optional prep 2. Relevé—optional leg entry 3. Execute 1/2 (180°) turn 4. Optional technique, ending 5. Drop from relevé at completion	X-204 1/2 Illusion—Hand contact allowed 180°  1/2 Illusion 1. From optional entry 2. Kick one leg to needle scale 3. Execute 1/2 turn 4. Hand contact allowed 5. Finish upright
X-301 Front Split—Optional entry—Optional exit—No hand contact during 2s hold  Front Split 1. From optional prep 2. Slide, roll, etc to front split 3. Straight legs 4. FX hand contact allowed 5. Optional exit	X-302 VER HS—Legs split  VER HS Split 1. From optional entry 2. Reach FWD—hand contact FX 3. Both legs to VER 4. HS leg position optional 5. Optional exit 6. Optional ending	X-303 VER HS—Legs together  VER HS 1. From optional entry 2. Reach FWD/SWD—hand contact FX 3. Both legs to VER 4. HS leg position optional 5. Optional exit 6. Optional ending	X-304 Partial HS—Min 45°  HS 45° 1. From optional entry 2. Reach FWD—hand contact FX 3. Lead leg to reach min 45° from VER 4. Option to close legs 5. Optional exit 6. Optional ending	X-305 Headstand—No hold required  Headstand 1. From optional entry 2. Reach FWD—hands/head contact FX 3. Move hips over head 4. Move toes up over head 5. Optional exit 6. Optional ending	

FLOOR EXERCISE X-SKILLS

X-401	X-402	X-403	X-404	X-405	X-406
BWD Roll—Bent arm push to HS <i>No deduction for bent arms</i> 	BWD roll—Push up position—Arms bent or straight <i>No deduction for bent arms</i> 	FWD Shoulder roll—Optional entry—Optional entry/exit 	BWD Shoulder roll—Optional entry—Optional entry/exit 	HS Chest roll—HS not required to be held—Mark only w/ feet together 	Swedish fall (1 or 2 legs) 
HS 45° 1. From optional entry 2. Execute BWD roll—Bent arm to HS 3. Both legs to reach VER before step out 4. Option to pike down 5. Optional exit	BWD Roll Push up 1. From optional entry 2. Execute BWD roll 3. Extend hips flat 4. Push off FX—weight off head/neck 5. End in push up	FWD Shoulder Roll 1. From optional prep 2. Drive heels UpWD 3. As heels get VER, turn head to side, arms out to side 4. Roll over shoulder 5. Optional exit	BWD Shoulder Roll 1. From optional prep 2. Roll BWD thru candle 3. As toes get VER, turn head to side, arms out to side 4. Roll over shoulder 5. Optional exit	HS Chest Roll 1. From optional prep 2. Kick up to HS 3. Keeping toes VER, control drop to chest 4. Roll to prone position 5. Optional exit after prone	Swedish Fall 1. From one leg balance 2. Lift leg BWD UpWD 3. 'Fall' to prone position 4. Legs together or split (scale) 5. Optional ending after prone
X-407 Candlestick roll 					X-501 Push up—Bridge—Kick over 
Candlestick Roll 1. From optional start 2. Enter BWD roll position 3. Execute Candlestick 4. Exit BWD roll position 5. Optional ending					Bridge Kickover 1. From optional entry 2. Supine push up to bridge 3. Lift leg to initiate kick over 4. Go thru HS position, legs optional 5. Optional exit 6. Optional finish
X-502	X-503	X-504	X-505	X-506	X-507
Side cartwheel 90° 	Cartwheel—Step-in 180° 	1-Arm Cartwheel—Near or Far arm 180° 	FWD Limber—Optional entry—Feet shoulder-width apart or closer 	BWD Limber—Optional exit—Feet shoulder-width apart or closer 	Backbend—Kick over 
Side Cartwheel 1. From optional start position 2. Reach to FX 3. Execute side Cartwheel 4. Exit tall 5. Optional ending	Cartwheel Step-in 1. From optional start position 2. Reach to FX 3. Execute front Cartwheel 4. Exit tall 5. Step in ending	1-Arm Cartwheel 1. From optional start position 2. Reach to FX 3. Execute front 1-arm Cartwheel 4. Exit tall 5. Optional ending	FWD Limber 1. From optional start position 2. Reach to FX 3. Execute HS 4. Fall into bridge position 5. Push off hands to stand 6. End standing—Feet together/apart	BWD Limber 1. From optional prep 2. Feet slightly apart 3. Feet leave FX simultaneously 4. Show (Ø hold) HS position 5. Optional exit after HS	Backbend Kickover 1. From feet together/apart 2. Reach BWD to bridge on FX 3. Kick over 4. Go thru HS position 5. Optional exit 6. Optional ending