



Run & Board Contact	Stretch Jump	Handstand	Landing
Additional jumps: <u>0.3</u> each Run onto board to mat/ Not landing on feet: 5.0/Void	Lack of height: ^0.5 Foot form: ^0.1 Legs Separated: ^0.2 Legs Bent: ^0.3 Head/Arm alignment: ^0.3 Arch: ^0.3 Pike/tuck: ^0.5 Fail land Demi-plie: ^0.5 Land Feet Apart/stag: ^0.1 Fail to Join Feet: <u>0.05</u> Fall: <u>0.5</u>	Arms by ears: ^0.2 <u>Extra Kick: 0.5 each</u> Arms Bent: ^0.5 Legs Bent: ^0.3 Legs Separated: ^0.2 Shoulder Align(<180): ^0.3 Pike: ^0.5 Arch: ^0.3 Vertical: ^2.0 One Hand: <u>1.0</u> Add Hand place: <u>0.1</u> ea (max <u>0.3</u>) Foot form: ^0.1	Fail land st.-lying position on back: ^1.0 Lands on feet & steps off mat: <u>1.0</u> Land on seat 90° hip angle & steps off mat: <u>0.5</u> Lands in arch & bent legs & steps off mat: <u>0.5</u>
General Faults			
Dynamics: ^0.3 Spot Straight Jump: <u>2.0</u> Spot landing of St Jump: <u>0.5</u> Fall after spot: <u>0.5</u> (additional)			

Gymnast#:	Stretch Jump (4.5)	Handstand (4.5)	Landing
	Height: _____ Feet: _____ Legs Sep: _____ Legs Bent: _____ Head: _____ Arch/Pk/tk _____ Direction _____ Landing: _____	Arms by ears: _____ Arms Bent: _____ Legs Bent: _____ Legs Separated: _____ Shoulder Align: _____ Pike/Arch: _____ Vertical: ^2.0: _____ Foot form: ^0.1: _____	General Dynamics: _____ Spot/fall: _____
Run & Board Contact Jumps _____			

Vault: Bronze

Option: 2

Start Value: 10.0


First Phase General (Each Phase)	General Faults	Support Phase	Landing
Foot form: ^0.1 Legs Separated: ^0.2 Legs Bent: ^0.3 Neutral Head Position: ^0.1 Arch: ^0.3 Pike: ^0.5	Dynamics: ^0.3 Dev from straight dir: ^0.3 Spot After HS: <u>2.0</u>	Inc. Shoulder Align: ^0.3 Arms Bent: ^0.5 Bent Arms Head Cont: <u>2.0</u> Additional hand place: <u>0.1</u> ea (max 0.3) 1 or no hand contact: <u>3.0</u> Fail to show vertical: ^2.0 Contact After Vertical: 0° - 45°: ^1.5 46° - 89°: ^1.0	Lands on feet & steps off mat: <u>1.0</u> Land on seat 90° hip angle & steps off mat: <u>0.5</u> Lands in arch & bent legs & steps off mat: <u>0.5</u>

Gymnast#:	General (Each Phase)	Support Phase	Landing
	Feet. _____	Shoulder: _____	
	Legs Sep: _____	Arms Bent: _____	
	Legs Bent: _____	Hand Place: _____	General
	Head: _____	Vertical: _____	Dynamics: _____
	Arch/Pike _____		Direction: _____

General Faults	General (1 st & 2 nd Flight)	Support Phase	Landing
Dev from straight dir: ^0.3 Dynamics: ^0.3 Assistance of Coach: <u>1.0</u>	Foot form: ^0.1 Legs Separated: ^0.2 Legs Bent: ^0.3 Neutral Head Position: ^0.1 Arch: ^0.3 Pike: ^0.5	Staggered Hands: <u>0.1</u> Inc. Shoulder Align: ^0.2 Alt Repulsion: ^0.2 Additional hand place: <u>0.1</u> ea (max 0.3) Arms Bent: ^0.5 Bent Arms Head Cont: <u>2.0</u> Too long in support: ^0.3 1 hand touch: <u>1.0</u> No hands touch: Void	Feet Apart (Hip width): 0.1(<u>0.05</u>) Hop/adjust/stag feet: ^0.1 Steps: <u>0.1</u> ea. (max <u>0.4</u>) Lg. Jump: <u>0.2</u> (max <u>0.4</u>) Arm Swings: ^0.1 Inc Body Post: ^0.2 Add Trunk Movement: ^0.2 Squat on Landing: ^0.3 Assist on landing: <u>0.5</u> Fall: <u>0.5</u> Fail to land on feet: <u>2.0</u> Land on mat stack: <u>2.5</u>
Option 2 Deductions			
Incomplete LA Turn: ^0.3 Fail pass through Vert: ^0.3 Incomplete Twist: ^0.3 Fail to land facing Mat stack: ^0.3			

Gymnast#:

	1 st & 2 nd Flight	Support Phase	Landing
Feet:	_____	Shoulder:	_____
Legs Sep:	_____	Arms Bent:	_____
Legs Bent:	_____	Hand Placement:	_____
Head:	_____	Support:	_____
Arch/Pike	_____		



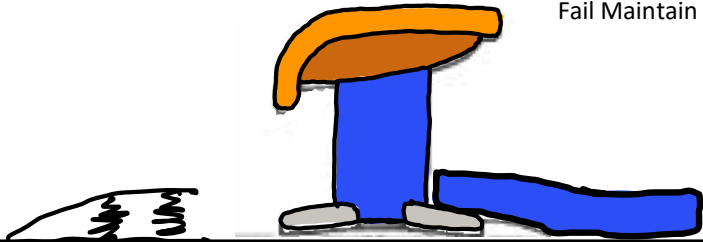
Dynamics _____

Direction _____

Vault: Gold / Platinum / Diamond / Sapphire

1 st Flight	Support Phase	2 nd Flight	Landing
Incomplete LA Turn: ^0.3 Fail pass through Vert: ^0.3	Staggered Hands: <u>0.1</u> Shoulder Angle: ^0.2 Arch: ^0.2 Alt Repulsion: ^0.2 Legs bent/tuck early: ^0.3 Add hand place: <u>0.1</u> ea (max 0.3) Arms Bent: ^0.5 Bent Arms Head Cont: <u>2.0</u> Too long in support: ^0.5 1 hand touch: <u>1.0</u> No hands touch: Void	Exact LA turn: ^0.1 Late Comp Twist: ^0.3 Under Rotate Salto: ^0.1 Length: ^0.3 Height: ^0.5 Exact Body Position: ^0.3 Insuf. Extension: ^0.3 Fail Maintain Stretch: ^0.3 Non-Salto Vaults Angle of Repulsion: ^0.5	Feet Apart (Hip width): 0.1(<u>0.05</u>) Hop/adjust/stag feet: ^0.1 Steps: <u>0.1</u> ea. (max <u>0.4</u>) Lg. Jump: <u>0.2</u> (max <u>0.4</u>) Arm Swings: ^0.1 Inc Body Post: ^0.2 Add Trunk Movement: ^0.2 Squat on Landing: ^0.3 Spot on landing: <u>0.5</u> Spot Vault: <u>1.0</u> Fail to land on feet: Void
General (1st & 2nd Flight)			
Foot form: ^0.1 Legs Separated: ^0.2 Legs Bent: ^0.3 Neutral Head Position: ^0.3 Arch: ^0.3 Pike: ^0.5 Dynamics: ^0.3			

Gymnast#:	Support Phase	2 nd Flight	Landing
1st & 2nd Flight	Shoulder: _____	Length: _____	Legs/feet: _____
Feet. _____	Arms Bent: _____	Height: _____	Jump/hop: _____
Legs Sep: _____	Hand Stag: _____	Angle: _____	Arms/Trunk: _____
Legs Bent: _____	Support: _____	Exact LA turn: _____	
Head: _____	Alt Repulsion: _____	Late Comp Twist: _____	
Arch/Pike _____		Under Rotate Salto: _____	
		Exact Body Position: _____	Dynamics _____
		Insuf. Extension: _____	Direction _____
		Fail Maintain Stretch: _____	



Skill Chart			Value Part	Deductions
Mounts: - Pullover (1,2, or run) - Jump to fnt Support - Glide to stand - Run out glide kip - Single leg jam (glide or run)	Circles: - Stride Circle fwd / bwd - Single leg basket swing (bent knee ok) - Single leg swing bwd / fwd - Single leg cut fwd or bwd	Casts: - Cast (hips leave bar) - Cast Shoot Through Dismounts: - Cast off to stand - ¾ fwd circle to stand - Squat, stoop, or straddle on low bar – stretch jump to stand	Minimum 4 “A” VP (0.1 each) Restrictions: (Ded. 0.5 from SV) - No “B” or higher - No HB skills - No salto dismount - No LB giants No Ex swing deductions applied Max execution deductions: 4.0 Courtesy Score: 4.0	^0.20 Insufficient Dynamics - Insufficient swingful execution throughout - Energy maintained throughout exercise - Makes difficult look effortless ^0.10 Each Poor rhythm in VP/connections

SR (0.50 each):	Mount – Low Bar	Cast	360° Circling skill (no mt/dmt)	Dismount – LB only	10.0
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Skill Chart		Value Part			Deductions
Mounts: Jump to Squat On Casts / Counter Swings: - Cast 89° to 21° from vert. - Tap/underswing Counterswing (only 1 allowed)		Minimum VP: - 6 "A" (0.1) each - 1 "B" (0.3) each Restrictions (-0.50 from SV) - No "C" or higher	Allowable "C" - Clear Hip HS - Pike Sole Circle BWD to HS - Stalder BWD to HS ALL w/o turn	Max execution deductions: 4.0 Courtesy Score: 4.0 Extra Swings: One Tap/Underswing counter swing allowed for "A" VP w/o <u>0.30</u> extra swing deduction Extra Leg Pump: 0.30 max 0.50 each time	^0.20 Insufficient Dynamics - Insufficient swingful execution throughout - Energy maintained throughout exercise - Makes difficult look effortless ^0.10 Each Poor rhythm in VP/connections
SR (0.50 each):	Kip	Clear support > Horizontal	360° Circling skill (no mt/dmt)	Dismount – HB	

Xcel Diamond Bars

Warm up: 2:00 min

Skill Chart	Value Part			Deductions
Mounts: - Jump to Squat on Casts: - Cast 45° to 21° from vertical	Minimum VP: - 6 "A" (0.1) each - 1 "B" (0.3) each	Restrictions (-0.50 from SV) - No "E" elements 1 "D" element allowed	NO Tap/Underswing Counter swing allowed <u>Extra Leg Pump: 0.30</u> max 0.50 each time Max execution deductions: 4.0 Courtesy Score: 4.0	^0.20 Insufficient Dynamics - Insufficient swingful execution throughout - Energy maintained throughout exercise - Makes difficult look effortless ^0.10 Each Poor rhythm in VP/connections
SR (0.50 each):	Clear support ≥ 45° ab HZ	Min "B" 360° skill	"B" release or turn or 2 nd 360° skill same/diff	B Salto/Hecht DMT

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Xcel Sapphire Bars

Warm up: 2:00 min

Bonus: Max: Up to 0.40		Value Part		Deductions
Difficulty Bonus: - C - +0.1 unlimited - D - +0.1 only 1	Connection Bonus: - B + B = +0.10	Minimum VP: - 3 "A" (0.1) each - 3 "B" (0.3) each - 1 "C" (0.5) each	Restrictions (- 0.50 from SV) - No "E" elements	NO Tap/Underswing Counter swing allowed <u>Extra Leg Pump: 0.30</u> max 0.50 each time Max execution deductions: 4.0 Courtesy Score: 4.0
Start Value: 9.60				^0.20 Insufficient Dynamics - Insufficient swingful execution throughout - Energy maintained throughout exercise - Makes difficult look effortless ^0.10 Each Poor rhythm in VP/connections
SR (0.50 each):	B Clear support to vertical	Min "B" 360° skill	"B" release or turn or 2 nd 360° skill diff	B Salto/Hecht DMT or C to A DMT SV: 9.40

Skill Chart		Value Part	Deductions	
<p>Leaps & Jumps: (any split angle)</p> <ul style="list-style-type: none"> - Stag / Stride Leap - Cross Split Jump - Cross Straddle Jump <p>Turns:</p> <ul style="list-style-type: none"> - Pivot Turn (180°) - Heal Snap ½ turn (180°) - ½ turn on one foot (180°) - FWD Swing Turn (180°) - BWD Swing Turn (180°) 	<p>Holds & Stands:</p> <ul style="list-style-type: none"> - Lever to touch Beam: No angle req, apply body shape ded, foot does not need to return to beam for VP credit <p>Partial Handstand:</p> <ul style="list-style-type: none"> - both feet off the beam - one leg 45° from vertical - Bridge from lying position Hold 1 sec. 	<p>Dismounts:</p> <ul style="list-style-type: none"> - Cartwheel to HS(45° from VT) land facing beam - Cartwheel to HS(mark) ¼ turn - Any jump from 2 feet w or w/o up to 360° turn 	<p>Min. 4 "A" VP (0.1) each</p> <p>Restrictions (-0.50 from SV)</p> <ul style="list-style-type: none"> - No "B" or higher - No salto/aerial DMT - No walkovers <p>Max execution deductions: 4.0 Courtesy Score: 4.0</p>	<p>Artistry ^0.3</p> <ul style="list-style-type: none"> ^0.10 Lack of variety in choreography ^0.10 Quality of movement to reflect personal style ^0.10 Quality of expression <p>Dynamics ^0.2</p> <ul style="list-style-type: none"> - Energy maintained throughout exercise - Makes difficult look effortless <p>Rhythm</p> <ul style="list-style-type: none"> - ^0.10 Each Poor rhythm in VP/connections - ^0.20 Insufficient variation-rhythm/tempo throughout
SR (0.50 each):	Min. ½ (180°) turn (1 or 2 feet)	1 Jump or Leap (not MT or DMT)	One Acro skill	
		Dismount		

Skill Chart			Value Part	Deductions
Leaps & Jumps: (min. 90°) - Stag / Stride Leap - Split Jump - Cross Straddle Jump Turns: - Heal Snap ½ turn (180°) - ½ turn on one foot (180°) - FWD Swing Turn (180°) - BWD Swing Turn (180°)	Holds & Stands: - Bridge from lying position Hold 1 sec. Partial Handstand - Feet must close together - Min 45° from vertical	Dismounts: - Ctwheel to HS (45° from VT) land facing beam - Ctwheel to HS(mark) ¼ turn - Any jump from 2 feet w or w/o up to 360° turn	Min. 5 "A" VP (0.1) each Restrictions (-0.50 from SV) - No "B" Acro VP - No "C" or higher VP Max execution deductions: 4.0 Courtesy Score: 4.0	Artistry ^0.3 ^0.10 Orig/creative choreo-elements/connections ^0.10 Quality of movement to reflect personal style ^0.10 Quality of expression Dynamics ^0.2 - Energy maintained throughout exercise - Makes difficult look effortless Rhythm - ^0.10 Each Poor rhythm in VP/connections - ^0.20 Insufficient variation-rhythm/tempo throughout
SR (0.50 each):	Min. ½ (180°) turn (1 foot)	1 Jump or Leap 90° (not MT or DMT)	One Acro skill	Dismount

Skill Chart		Value Part	Deductions		
<p><u>Leaps & Jumps:</u> (min. 120°)</p> <p><u>Handstands:</u> do not have to be held</p> <p><u>Partial Handstand</u></p> <ul style="list-style-type: none"> - Feet must close together - Min 45° from vertical <p><u>Dismount:</u></p> <ul style="list-style-type: none"> - Cartwheel to HS ¼ turn 		<p>Min. 6 "A" VP (0.1) each</p> <p>Restrictions (-0.50 from SV)</p> <ul style="list-style-type: none"> - No "C" or higher <p>Max execution deductions: 4.0</p> <p>Courtesy Score: 4.0</p>	<p>Artistry ^0.3</p> <ul style="list-style-type: none"> ^0.10 Orig/creative choreo-elements/connections ^0.10 Quality of movement to reflect personal style ^0.10 Quality of expression 		<p>Dynamics ^0.2</p> <ul style="list-style-type: none"> - Energy maintained throughout exercise - Makes difficult look effortless <p>Rhythm</p> <ul style="list-style-type: none"> - ^0.10 Each Poor rhythm in VP/connections - ^0.20 Insufficient variation-rhythm/tempo throughout
SR (0.50 each):	Min. 1/1 (360°) turn (1 foot)	2 Diff Leap/Jump, one min 120° split	2 acro skills, 1 pass/achieve vertical	Dismount	

Xcel Platinum Beam

Warm Up: 1:30 min

Time Limit: 1:15 min

Skill Chart		Value Part		Deductions		
Leaps & Jumps: (min. 120°) Handstands: do not have to be held Max execution deductions: 4.0 Courtesy Score: 4.0		Minimum VP: - 6 "A" (0.1) each - 1 "B" (0.3) each Restrictions (-0.50 from SV) - No "C" Acro VP - No "D" or higher VP		Artistry ^0.3 ^0.10 Orig/creative choreo-elements/connections ^0.10 Quality of movement to reflect personal style ^0.10 Quality of expression		Dynamics ^0.2 - Energy maintained throughout exercise - Makes difficult look effortless Rhythm - ^0.10 Each Poor rhythm in VP/connections - ^0.20 Insufficient variation-rhythm/tempo throughout

SR (0.50 each):	Min. 1/1 turn (1 ft)	Dance Series w/ 120° leap/jump	1 Acro Series or 1 Flight	Dismount	

Xcel Diamond Beam

Warm Up: 2:00 min

Time Limit: 1:15 min

Skill Chart	Value Part	Deductions		
Leaps & Jumps: (min. 120°) - Sissonne min 150° - Stag-open split leap 150° Handstands: do not have to be held Max execution deductions: 4.0 Courtesy Score: 4.0	Minimum VP: - 6 "A" (0.1) each - 2 "B" (0.3) each Restrictions (-0.50 from SV) 1 "D" Element allowed - No "C" Acro VP - No "D" or higher VP	Artistry ^0.3 ^0.10 Orig/creative choreo-elements/connections ^0.10 Quality of movement to reflect personal style ^0.10 Quality of expression		Dynamics ^0.2 - Energy maintained throughout exercise - Makes difficult look effortless Rhythm - ^0.10 Each Poor rhythm in VP/connections - ^0.20 Insufficient variation-rhythm/tempo throughout

SR (0.50 each):	Min. 1/1 turn (1 ft)	Dance Series w/ 150° leap/jump	1 Acro Series & 1 Acro Flight	Dismount
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Xcel Sapphire Beam

Warm Up: 2:00 min

Time Limit: 1:30 min

Bonus: Max: Up to 0.40		Value Part	Deductions		
Difficulty Bonus: - C - +0.1 unlimited - D - +0.1 only 1 Start Value: 9.60	Connection Bonus: B + B = +0.10	- 3 "A" (0.1) each - 3 "B" (0.3) each - 1 "C" (0.5) each Restrictions (-0.50 from SV) - No E Value Parts	Artistry ^0.3 ^0.10 Orig/creative choreo-elements/connections ^0.10 Quality of movement to reflect personal style ^0.10 Quality of expression	Dynamics ^0.2 - Energy maintained throughout exercise - Makes difficult look effortless Rhythm - ^0.10 Each Poor rhythm in VP/connections - ^0.20 Insufficient variation-rhythm/tempo throughout	
SR (0.50 each):	Min. 1/1 turn (1 ft)	Dance Series w/ 180° leap/jump	Acro Series w/ 1 Acro Flight	B Dismount or Acro Flt to A salto/arial DMT	

Skill Chart			Value Part	Deductions	
<p>Leaps, Jumps, Hops</p> <ul style="list-style-type: none"> - Split Jump (min 60°) - Stride Leap (min 60°) - Side Leap (min 60°) - Straddle Jump (min 60°) - Leg swing hop w/ free leg min horizontal 	<p>Turns:</p> <ul style="list-style-type: none"> - ½ Turn one foot (any leg position) - FWD Swing Turn - BWD Swing Turn <p>Acro Skills</p> <ul style="list-style-type: none"> - Bridge, Kick-over - Headstand 	<p>Handstands Partial:</p> <ul style="list-style-type: none"> - Feet must close together - Min 45° from vertical <p>Handstand Vertical:</p> <ul style="list-style-type: none"> - Cross or side - No Hold Required - Any Leg Position - **RO, rebound BWD roll is acro connection** 	<p>Min. 4 "A" VP (0.1) each</p> <p>Restrictions (-0.50 from SV)</p> <ul style="list-style-type: none"> - No "B" or higher VP - No salto or aerials - Max. 2 Acro Flt/routine <p>Max execution deductions: 4.0 Courtesy Score: 4.0</p>	<p>Artistry ^0.3</p> <ul style="list-style-type: none"> ^0.10 Orig/creative choreo-elements/connections ^0.10 Quality of movement to reflect personal style ^0.10 Quality of expression <p>Dynamics ^0.2</p> <ul style="list-style-type: none"> - Energy maintained throughout exercise - Makes difficult look effortless <p>Rhythm</p> <ul style="list-style-type: none"> - ^0.10 Each Poor rhythm in VP/connections - ^0.20 Insufficient variation-rhythm/tempo throughout 	
SR (0.50 each):	2 direct connect acro w/w/o flt	2 nd pass min 1 acro	Dance pass 2 diff one min 60° leap	Min ½ turn 1 foot	10.0

Skill Chart		Value Part	Deductions			
<p>Leaps, Jumps, Hops</p> <ul style="list-style-type: none"> - Split Jump (min 90°) - Stride Leap (min 90°) - Side Leap (min 90°) - Straddle Jump (min 90°) - Leg swing hop w/ free leg min horizontal 	<p>Handstand Vertical:</p> <ul style="list-style-type: none"> - Cross or side - No Hold Required <p>Acro Skills</p> <ul style="list-style-type: none"> - Bridge, Kick-over - Headstand 	<p>Min. 5 "A" VP (0.1) each</p> <p>Restrictions (-0.50 from SV)</p> <ul style="list-style-type: none"> - No "B" Acro VP - No "C" or higher VP - Max 1 salto/aerial/routine 	<p>Rhythm</p> <ul style="list-style-type: none"> - ^0.10 Each Poor rhythm in VP/connections - ^0.20 Insufficient variation-rhythm/tempo throughout <p>Max execution deductions: 4.0 Courtesy Score: 4.0</p>	<p>Artistry ^0.3</p> <ul style="list-style-type: none"> ^0.10 Orig/creative choreo-elements/connections ^0.10 Quality of movement to reflect personal style ^0.10 Quality of expression <p>Dynamics ^0.2</p> <ul style="list-style-type: none"> - Energy maintained throughout exercise - Makes difficult look effortless 		
SR (0.50 each):	Min 2 direct acro 1 w/ ft	2 nd pass w direct acro or 1 acro w ft	Dance pass 2 diff 1 min 90° leap	1/1 Turn	10.0	

Skill Chart		Value Part	Deductions			
Leaps, Jumps, Hops - All Split Jump (min 120°) - Leg swing hop w/ free leg min horizontal - Switch Leg Leap (min 120°)		Acro Skills - Bridge, Kick-over - Headstand	Min. 6 "A" VP (0.1) each Restrictions (-0.50 from SV) - No "B" Saltos - No "C" or higher	Rhythm - ^0.10 Each Poor rhythm in VP/connections - ^0.20 Insufficient variation-rhythm/tempo throughout Max execution deductions: 4.0 Courtesy Score: 4.0		Artistry ^0.3 ^0.10 Orig/creative choreo-elements/connections ^0.10 Quality of movement to reflect personal style ^0.10 Quality of expression Dynamics ^0.2 - Energy maintained throughout exercise - Makes difficult look effortless
SR (0.50 each):	Min 2 direct acro both flt	2 nd pass w direct acro flt or 1 salto/aerial	Dance pass 2 diff 1 min 120° leap	1/1 Turn	10.0	

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Skill Chart		Value Part		Deductions					
Leaps / Jumps / Hops Min 150°		Minimum VP: - 6 "A" (0.1) each - 1 "B" (0.3) each Restrictions (-0.50 from SV) - No "C" VP Acro - No "D" or higher VP		Artistry ^0.3 ^0.10 Orig/creative choreo-elements/connections ^0.10 Quality of movement to reflect personal style ^0.10 Quality of expression Max execution deductions: 4.0 Courtesy Score: 4.0			Dynamics ^0.2 - Energy maintained throughout exercise - Makes difficult look effortless Rhythm - ^0.10 Each Poor rhythm in VP/connections - ^0.20 Insufficient variation-rhythm/tempo throughout		
SR (0.50 each):	1/1 turn (1 ft)	Dance Series w/ 150° leap/jump		Min 2 acro flt w/ salto	2 nd pass w 2 flt or B salto	6 - A's (0.10)	1 - "B" (0.30)		

Skill Chart		Value Part	Deductions				
Leaps / Jumps / Hops Min 150°		Minimum VP: - 6 "A" (0.1) each - 2 "B" (0.3) each Restrictions (-0.50 from SV) - No "E" VP - Max. 1 "D" or higher VP	Artistry ^0.3 ^0.10 Orig/creative choreo-elements/connections ^0.10 Quality of movement to reflect personal style ^0.10 Quality of expression Max execution deductions: 4.0 Courtesy Score: 4.0		Dynamics ^0.2 - Energy maintained throughout exercise - Makes difficult look effortless Rhythm - ^0.10 Each Poor rhythm in VP/connections - ^0.20 Insufficient variation-rhythm/tempo throughout		
			SR (0.50 each):	"B" Turn	Dance Series w/ 150° leap/jump	2 separate acro passes	2 diff saltos (1 min "B")

Xcel Sapphire Floor

Warm Up: 2:00 min

Time Limit: 1:30 min

Bonus: Max: Up to 0.40		Value Part	Deductions				
Difficulty Bonus: - C - +0.1 unlimited - D - +0.1 only 1 Start Value: 9.60	Connection Bonus: B + B = +0.10	- 3 "A" (0.1) each - 3 "B" (0.3) each - 1 "C" (0.5) each Restrictions (-0.50 from SV) - No "E" VP	Artistry ^0.3 ^0.10 Orig/creative choreo-elements/connections ^0.10 Quality of movement to reflect personal style ^0.10 Quality of expression Max execution deductions: 4.0 Courtesy Score: 4.0		Dynamics ^0.2 - Energy maintained throughout exercise - Makes difficult look effortless Rhythm - ^0.10 Each Poor rhythm in VP/connections - ^0.20 Insufficient variation-rhythm/tempo throughout		
SR (0.50 each):	"B" Turn	Dance Series w/ 180° leap/jump	Double Salto Pass	3 diff saltos (1 min "B")	3 - A's (0.10)	3 - "B" (0.30)	1 "C" (0.5) each