



# LEVEL REQUIREMENTS—L1N-L2N/BN

LEVEL 1N			
4 years & up		SV: 10.0	Bonus—None
<b>VAULT</b>			
<b>Run—Stretch Jump</b>			<input checked="" type="checkbox"/> Raised surface <input checked="" type="checkbox"/> Min 8" - Max 24" <input checked="" type="checkbox"/> Yes—Alternate Tramp Board
<ul style="list-style-type: none"> <li>• Accelerated run evaluated</li> <li>• Speed thru out evaluated</li> <li>• Board lean evaluated</li> <li>• Landing evaluated</li> </ul>			
<b>UNEVEN BARS</b>			
Allow	VP	<b>W up time = 30s</b>	Rules
<input checked="" type="checkbox"/> X	4	1. Mount	<input checked="" type="checkbox"/> No—HB
<input checked="" type="checkbox"/> A		2. Cast	<input checked="" type="checkbox"/> Yes—X-Skills = A
<input type="checkbox"/> B		• No required angle	<input checked="" type="checkbox"/> Yes—A VP
<input type="checkbox"/> C		3. 360° Circle VP	<input checked="" type="checkbox"/> No—B VP
<input type="checkbox"/> D	4. Dismount	<input checked="" type="checkbox"/> No—Salto Dismount	
<input type="checkbox"/> E			
<b>BALANCE BEAM</b>			
Allow	VP	<b>W up time = 30s</b>	<b>Routine time = 30s</b>
<input checked="" type="checkbox"/> X	4	1. Pivot	<input checked="" type="checkbox"/> Yes—X-Skills = A
<input checked="" type="checkbox"/> A		OR	<input checked="" type="checkbox"/> Yes—A Acro Non-Flight
<input type="checkbox"/> B		1. Squat turn	<input checked="" type="checkbox"/> No—B Acro Non-Flight
<input type="checkbox"/> C		2. Stretch Jump	<input checked="" type="checkbox"/> No—Acro Flight
<input type="checkbox"/> D	3. 1-leg balance—2s hold required	<input checked="" type="checkbox"/> No—B Dance	
<input type="checkbox"/> E	• Optional free leg position	<input checked="" type="checkbox"/> No—Salto/Aerial Dismount	
	4. Dismount		
<b>FLOOR EXERCISE</b>			
Allow	VP	<b>W up time = 30s</b>	<b>Routine time = 45s</b>
<input checked="" type="checkbox"/> X	4	1. Dance Combo—Min (2) Leaps / Jumps	<input checked="" type="checkbox"/> Yes—X-Skills = A
<input checked="" type="checkbox"/> A		• No Min Split required	<input checked="" type="checkbox"/> Yes—A Acro Non-Flight
<input type="checkbox"/> B		• Direct / Indirect	<input checked="" type="checkbox"/> No—B Acro Non-Flight
<input type="checkbox"/> C		2. Acro VP—BWD roll	<input checked="" type="checkbox"/> Yes—(1) A Acro Flight
<input type="checkbox"/> D	• Isolated / Series	<input checked="" type="checkbox"/> No—Salto/Aerial	
<input type="checkbox"/> E	OR	<input checked="" type="checkbox"/> No—B Dance	
	2. Acro VP—Candlestick		
	• Isolated / Series		
	3. Min 1/2 (180°) turn—1-foot		
	OR		
	3. Pivot turn		
	4. Acro VP—Min 3/4 HS—No hold required		
	• Feet must contact At / Above 45°		

LEVEL 2N / BRONZE (BN)			
4 years & up		SV: 10.0	Bonus—None
<b>VAULT</b>			
<b>Run—Jump HS—Fall flat back</b>			<input checked="" type="checkbox"/> Raised surface <input checked="" type="checkbox"/> Min 16" - Max 48" <input checked="" type="checkbox"/> Yes—Alternate Tramp Board
<ul style="list-style-type: none"> <li>• Accelerated run evaluated</li> <li>• Speed thru out evaluated</li> <li>• Board lean evaluated</li> <li>• Landing evaluated</li> <li>• “Feet First” VOID deduction does not apply</li> </ul>			
<b>UNEVEN BARS</b>			
Allow	VP	<b>W up time = 30s</b>	Rules
<input checked="" type="checkbox"/> X	5	1. Mount	<input checked="" type="checkbox"/> No—HB
<input checked="" type="checkbox"/> A		2. Cast	<input checked="" type="checkbox"/> Yes—X-Skills = A
<input type="checkbox"/> B		• No required angle	<input checked="" type="checkbox"/> Yes—A VP
<input type="checkbox"/> C		3. 360° Circle VP	<input checked="" type="checkbox"/> No—B VP
<input type="checkbox"/> D	4. Dismount	<input checked="" type="checkbox"/> No—Salto Dismount	
<input type="checkbox"/> E			
<b>BALANCE BEAM</b>			
Allow	VP	<b>W up time = 30s</b>	<b>Routine time = 35s</b>
<input checked="" type="checkbox"/> X	5	1. 1/2 (180°) turn—1-foot	<input checked="" type="checkbox"/> Yes—X-Skills = A
<input checked="" type="checkbox"/> A		2. Leap / Jump—No Min Split required	<input checked="" type="checkbox"/> Yes—A Acro Non-Flight
<input checked="" type="checkbox"/> B*		• Isolated / Series	<input checked="" type="checkbox"/> No—B Acro Non-Flight
<input type="checkbox"/> C		3. Acro VP—Handstand	<input checked="" type="checkbox"/> No—Acro Flight
<input type="checkbox"/> D	• LEAD leg Min 45° from VER	<input checked="" type="checkbox"/> Yes—B Split Jumps / Leaps = A	
<input type="checkbox"/> E	• 2nd leg height optional	<input checked="" type="checkbox"/> No—Salto/Aerial Dismount	
	• Must leave BM for VP		
	4. Dismount		
<b>FLOOR EXERCISE</b>			
Allow	VP	<b>W up time = 30s</b>	<b>Routine time = 45s</b>
<input checked="" type="checkbox"/> X	5	1. Dance Combo—Min (2) Leaps / Jumps	<input checked="" type="checkbox"/> Yes—X-Skills = A
<input checked="" type="checkbox"/> A		• (1) Min 60° split	<input checked="" type="checkbox"/> Yes—A Acro Non-Flight
<input type="checkbox"/> B		• Direct / Indirect	<input checked="" type="checkbox"/> No—B Acro Non-Flight
<input type="checkbox"/> C		2. Acro VP—Handstand—No hold required	<input checked="" type="checkbox"/> Yes—(2) A Acro Flight
<input type="checkbox"/> D	• Between 45°-VER	<input checked="" type="checkbox"/> No—Salto/Aerial	
<input type="checkbox"/> E	• Mark feet together	<input checked="" type="checkbox"/> No—B Dance	
	3. Min 1/2 (180°) turn—1-foot		
	4. Acro VP—Cartwheel		
	• Isolated / Series		



# LEVEL REQUIREMENTS—LSN-L3N

LEVEL SILVER (SN)				
5 years & up		SV: 10.0	Bonus—None	
<b>VAULT</b>				
<b>Run—Jump HS—Fall flat back (SV = 9.50)</b>			<input checked="" type="checkbox"/> Raised surface <input checked="" type="checkbox"/> Min 24" - Max 56" <input checked="" type="checkbox"/> Yes—Alternate Tramp Board	
OR				
<b>Run—FHS</b>			<input checked="" type="checkbox"/> Over Resi	
<b>Run—¼ - ½ on, Repulsion off</b>			<input checked="" type="checkbox"/> Min 24" - Max 56" <input checked="" type="checkbox"/> Yes—Alternate Tramp Board	
<ul style="list-style-type: none"> <li>Accelerated run evaluated</li> <li>Speed thru out evaluated</li> <li>Board lean evaluated</li> <li>Landing evaluated</li> </ul>				
<b>UNEVEN BARS</b>				
Allow	VP	W up time = 45s	Rules	
<input checked="" type="checkbox"/> X	5	1. Mount 2. Cast • 45° Min below HOR 3. 360° Circle VP 4. Dismount	<input checked="" type="checkbox"/> Yes—HB <input checked="" type="checkbox"/> Yes—X-Skills = A <input checked="" type="checkbox"/> Yes—A VP <input checked="" type="checkbox"/> No—B VP <input checked="" type="checkbox"/> No—Salto Dismount	
<input checked="" type="checkbox"/> A				
<input type="checkbox"/> B				
<input type="checkbox"/> C				
<input type="checkbox"/> D				
<input type="checkbox"/> E				
<b>BALANCE BEAM</b>				
Allow	VP	W up time = 45s	Routine time = :45s	Rules
<input checked="" type="checkbox"/> X	5	1. Min 1/2 (180°) turn 1-foot 2. Leap / Jump—No Min Split required • Isolated / Series 3. Acro VP—A Acro Non Flight • No X-skill lever 4. A Dismount • No Jumps		<input checked="" type="checkbox"/> Yes—X-Skills = A <input checked="" type="checkbox"/> Yes—A Acro Non-Flight <input checked="" type="checkbox"/> No—B Acro Non-Flight <input checked="" type="checkbox"/> No—Acro Flight <input checked="" type="checkbox"/> Yes—B Split Leaps/Jumps = A <input checked="" type="checkbox"/> Yes—A Salto/Aerial Dismount (allowed, not required)
<input checked="" type="checkbox"/> A				
<input checked="" type="checkbox"/> B*				
<input type="checkbox"/> C				
<input type="checkbox"/> D				
<input type="checkbox"/> E				
<b>FLOOR EXERCISE</b>				
Allow	VP	W up time = 45s	Routine time = 1:00m	Rules
<input checked="" type="checkbox"/> X	5	1. Dance Combo—Min (2) Leaps / Jumps • No Min Split required • Direct / Indirect 2. Acro pass—Min (2) A Acro VP • Direct 3. 1/1 (360°) turn 1-foot 4. Acro VP—(1) A Acro Flight • Isolated / Series		<input checked="" type="checkbox"/> Yes—X-Skills = A <input checked="" type="checkbox"/> Yes—A Acro Non-Flight <input checked="" type="checkbox"/> No—B Acro Non-Flight <input checked="" type="checkbox"/> Yes—A Acro Flight <input checked="" type="checkbox"/> No—B Acro Flight <input checked="" type="checkbox"/> Yes—(1) A Salto/Aerial <input checked="" type="checkbox"/> No—B Dance <input checked="" type="checkbox"/> HS not thru VER, cannot fulfill SR4 <input checked="" type="checkbox"/> SR4 separate from SR2
<input checked="" type="checkbox"/> A				
<input type="checkbox"/> B				
<input type="checkbox"/> C				
<input type="checkbox"/> D				
<input type="checkbox"/> E				

LEVEL 3N				
6 years & up		SV: 10.0	Bonus—None	
<b>VAULT</b>				
<b>Run—FHS</b>			<input checked="" type="checkbox"/> Over Resi	
<b>Run—¼ - ½ on, Repulsion off</b>			<input checked="" type="checkbox"/> Min 24" - Max 56" <input checked="" type="checkbox"/> Yes—Alternate Tramp Board	
<ul style="list-style-type: none"> <li>Accelerated run evaluated</li> <li>Speed thru out evaluated</li> <li>Board lean evaluated</li> <li>Landing evaluated</li> </ul>				
<b>UNEVEN BARS</b>				
Allow	Req'd	W up time = 45s	Rules	
<input checked="" type="checkbox"/> X	5	1. Mount—Glide swing or glide variation 2. Cast • 45° Min below HOR 3. 360° Circle VP 4. Dismount	<input checked="" type="checkbox"/> Yes—HB <input checked="" type="checkbox"/> Yes—X-Skills = A <input checked="" type="checkbox"/> Yes—A VP <input checked="" type="checkbox"/> No—B VP <input checked="" type="checkbox"/> No—Salto Dismount	
<input checked="" type="checkbox"/> A				
<input type="checkbox"/> B				
<input type="checkbox"/> C				
<input type="checkbox"/> D				
<input type="checkbox"/> E				
<b>BALANCE BEAM</b>				
Allow	Req'd	W up time = 45s	Routine time = 45s	Rules
<input checked="" type="checkbox"/> X	5	1. Min 1/2 (180°) turn 1-foot 2. Leap / Jump—Min. 60° split • Isolated / Series 3. Acro VP—Moves Thru / Achieves VER • If HS—No hold required • Must mark VER w legs joined 4. A Dismount • No Jumps		<input checked="" type="checkbox"/> Yes—X-Skills = A <input checked="" type="checkbox"/> Yes—A Acro Non-Flight <input checked="" type="checkbox"/> No—B Acro Non-Flight <input checked="" type="checkbox"/> No—Acro Flight <input checked="" type="checkbox"/> Yes—B Split Leaps/Jumps = A <input checked="" type="checkbox"/> Yes—A Salto/Aerial Dismount (allowed, not required)
<input checked="" type="checkbox"/> A				
<input checked="" type="checkbox"/> B*				
<input type="checkbox"/> C				
<input type="checkbox"/> D				
<input type="checkbox"/> E				
<b>FLOOR EXERCISE</b>				
Allow	Req'd	W up time = 45s	Routine time = 1:00m	Rules
<input checked="" type="checkbox"/> X	5	1. Dance Combo—Min (2) Leaps / Jumps • (1) Min 90° split • Direct / Indirect 2. Acro pass—Min (2) 'A' Acro VP • (1) Must be a Round off 3. 1/1 (360°) turn 1-foot 4. Acro VP—Contain / Pass thru Bridge OR 4. Acro VP—BWD Ext. Roll HS thru VER • Isolated / Series		<input checked="" type="checkbox"/> Yes—X-Skills = A <input checked="" type="checkbox"/> Yes—A Acro Non-Flight <input checked="" type="checkbox"/> No—B Acro Non-Flight <input checked="" type="checkbox"/> Yes—A Acro Flight <input checked="" type="checkbox"/> No—B Acro Flight <input checked="" type="checkbox"/> Yes—(1) A Salto/Aerial <input checked="" type="checkbox"/> No—B Dance <input checked="" type="checkbox"/> HS not thru VER, cannot fulfill SR4 <input checked="" type="checkbox"/> SR4 separate from SR2
<input checked="" type="checkbox"/> A				
<input type="checkbox"/> B				
<input type="checkbox"/> C				
<input type="checkbox"/> D				
<input type="checkbox"/> E				



# LEVEL REQUIREMENTS—L4N-LGN

LEVEL 4N				
6 years & up		SV: 10.0	Bonus—None	
<b>VAULT</b>				
<b>Run—FHS</b>			<input checked="" type="checkbox"/> Over Resi	
<b>Run—1/4 - 1/2 on, Repulsion off</b>			<input checked="" type="checkbox"/> Min 24" - Max 56"	
<b>Run—RO—BHS</b>			<input checked="" type="checkbox"/> No Alternate Tramp Board	
• Speed thru out evaluated				
• Landing evaluated				
<b>UNEVEN BARS</b>				
Allow	Req'd	<b>W up time = 1:00s</b>	Rules	
<input checked="" type="checkbox"/> X	5	1. Glide Kip-LB	<input checked="" type="checkbox"/> Yes—HB	
<input checked="" type="checkbox"/> A		OR	<input checked="" type="checkbox"/> Yes—X-Skills = A	
<input checked="" type="checkbox"/> B*		1. Long Hang Kip-HB	<input checked="" type="checkbox"/> Yes—A VP	
<input type="checkbox"/> C		2. Cast—BWD Hip Circle	<input checked="" type="checkbox"/> No—B VP	
<input type="checkbox"/> D		• Cast Min 20° below HOR	<input checked="" type="checkbox"/> Yes—B In bar Circles = A	
<input type="checkbox"/> E	3. Tap swing	<input checked="" type="checkbox"/> Yes—A Salto Dismount		
		• Hips Min 45° below HB-both sides	(allowed, not required)	
		4. A HB Dismount		
<b>BALANCE BEAM</b>				
Allow	Req'd	<b>W up time = 1:00s</b>	<b>Routine time = 1:00m</b>	Rules
<input checked="" type="checkbox"/> X*	5	1. Min 1/2 (180°) turn 1-foot	<input checked="" type="checkbox"/> Yes—A Acro Non-Flight	
<input checked="" type="checkbox"/> A		2. Leap / Jump—Min. 90° split	<input checked="" type="checkbox"/> Yes—B Acro Non-Flight = A	
<input checked="" type="checkbox"/> B*		• Isolated / Series	<input checked="" type="checkbox"/> No—Acro Flight	
<input type="checkbox"/> C		3. Acro VP—Move Thru / Achieve VER	<input checked="" type="checkbox"/> Yes—B Dance = A	
<input type="checkbox"/> D		• If HS = no hold required	<input checked="" type="checkbox"/> Yes—A Salto/Aerial Dismount	
<input type="checkbox"/> E	• Exclude Mount / Dismount	(allowed, not required)		
		4. A Dismount		
<b>FLOOR EXERCISE</b>				
Allow	Req'd	<b>W up time = 1:00s</b>	<b>Routine time = 1:00m</b>	Rules
<input type="checkbox"/> X	5	1. Dance Combo—Min (2) Leaps / Jumps	<input checked="" type="checkbox"/> Yes—A Acro Non-Flight	
<input checked="" type="checkbox"/> A		• (1) Min 90° split	<input checked="" type="checkbox"/> Yes—B Acro Non-Flight = A	
<input checked="" type="checkbox"/> B*		• Direct / Indirect	<input checked="" type="checkbox"/> Yes—A Acro Flight	
<input type="checkbox"/> C		2. Acro Pass—Min (2) A Acro Flight	<input checked="" type="checkbox"/> Yes—B Acro Flight = A	
<input type="checkbox"/> D		• Direct	<input checked="" type="checkbox"/> Yes—A Salto/Aerial	
<input type="checkbox"/> E	3. Min 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> No—B Salto/Aerial		
		4. Acro Pass—Min (2) Acro Flight	<input checked="" type="checkbox"/> Yes—B Dance = A	
		• Direct	<input checked="" type="checkbox"/> SR4 separate from SR2	
		OR		
		4. Isolated FWD Salto		

LEVEL GOLD (GN)				
6 years & up		SV: 10.0	Bonus	
<b>VAULT</b>				
<b>Run—FHS</b>			<input checked="" type="checkbox"/> Over Table	
<b>Run—1/2 on (1/4—1/4) on, Repulsion off</b>			<input checked="" type="checkbox"/> Max 135 cm—	
• 9.5 SV - Alternate Tramp Board			Manufacturer setting	
• Speed thru out evaluated				
• Landing evaluated				
<b>UNEVEN BARS</b>				
Allow	Req'd	<b>W up time = 1:00m</b>	Rules	
<input checked="" type="checkbox"/> X	6	1. Squat / Straddle / Stoop on ►jump to HB	<input checked="" type="checkbox"/> Yes—HB	
<input checked="" type="checkbox"/> A		OR	<input checked="" type="checkbox"/> Yes—X-Skills = A	
<input checked="" type="checkbox"/> B*		1. Squat / Straddle / Stoop Circle ►jump to HB	<input checked="" type="checkbox"/> Yes—A VP	
<input type="checkbox"/> C		• FWD / BWD	<input checked="" type="checkbox"/> No—B VP	
<input type="checkbox"/> D		2. Cast or VP—Min HOR	<input checked="" type="checkbox"/> Yes—B In bar Circles = A	
<input type="checkbox"/> E	3. 360° Circle VP	<input checked="" type="checkbox"/> Yes—A Salto Dismount		
		4. A HB Dismount	(allowed, not required)	
<b>BALANCE BEAM</b>				
Allow	Req'd	<b>W up time = 1:00m</b>	<b>Routine time = 1:00m</b>	Rules
<input checked="" type="checkbox"/> X*	6	1. Min 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> Yes—A Acro Non-Flight	
<input checked="" type="checkbox"/> A		2. Leap/Jump—Min 90° split	<input checked="" type="checkbox"/> Yes—B Acro Non-Flight = A	
<input checked="" type="checkbox"/> B*		• Isolated / Series	<input checked="" type="checkbox"/> Yes—B Acro Flight = A	
<input type="checkbox"/> C		3. Acro VP—(2) Acro—(1) thru VER	<input checked="" type="checkbox"/> Yes—B Dance = A	
<input type="checkbox"/> D		• Isolated / Series	<input checked="" type="checkbox"/> Yes—A Salto/Aerial Dis	
<input type="checkbox"/> E	4. A Dismount	(allowed, not required)		
<b>FLOOR EXERCISE</b>				
Allow	Req'd	<b>W up time = 1:00m</b>	<b>Routine time = 1:00m</b>	Rules
<input type="checkbox"/> X	6	1. Dance Combo—Min (2) Leaps / Jumps	<input checked="" type="checkbox"/> Yes—A Acro Non-Flight	
<input checked="" type="checkbox"/> A		• (1) Min 120° split	<input checked="" type="checkbox"/> Yes—B Acro Non-Flight	
<input checked="" type="checkbox"/> B*		• Direct / Indirect	<input checked="" type="checkbox"/> Yes—A Acro Flight	
<input type="checkbox"/> C		2. Acro pass—Min (2) A Acro Flight	<input checked="" type="checkbox"/> Yes—B Acro Flight = A	
<input type="checkbox"/> D		• Direct	<input checked="" type="checkbox"/> Yes—A Salto/Aerial	
<input type="checkbox"/> E	3. Min 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> Yes—B Salto, no twist = A		
		4. Acro VP—Flight / Salto / Aerial	<input checked="" type="checkbox"/> Yes—B Aerial = A	
		• Isolated / Series	<input checked="" type="checkbox"/> Yes—B Dance = A	
			<input checked="" type="checkbox"/> SR4 separate from SR2	



# LEVEL REQUIREMENTS—L5N-L6N

LEVEL 5N			
6 years & up	SV: 10.0	Bonus—None	
<b>VAULT</b>			
<b>FHS</b> ½ on (¼—¼)		<input checked="" type="checkbox"/> Up to Resi—No Table <input checked="" type="checkbox"/> Min 24" - Max 56"	
<b>RO Entry-FF</b>		<input checked="" type="checkbox"/> No—Alternate Tramp Board	
<ul style="list-style-type: none"> <li>• Speed thru out evaluated</li> <li>• Evaluation stops w foot/back touch (may miss feet and go to back)</li> <li>• FHS MUST touch feet</li> </ul>			
<b>UNEVEN BARS</b>			
Allow	<b>W up time = 1:00m</b>	Rules	
<input type="checkbox"/> X	6	1. 360° In Bar Circle VP • Clear / Stalder / Pike Sole • Finish clear support, any angle 2. Cast—Min HOR 3. 2 <sup>nd</sup> 360° Circle VP OR 3. 2 <sup>nd</sup> Cast—Min HOR 4. Min A HB Salto Dismount	
<input checked="" type="checkbox"/> A			<input checked="" type="checkbox"/> Yes—HB
<input checked="" type="checkbox"/> B*			<input checked="" type="checkbox"/> No—X-Skills
<input checked="" type="checkbox"/> C*			<input checked="" type="checkbox"/> Yes—A VP
<input checked="" type="checkbox"/> D*			<input checked="" type="checkbox"/> Yes—B In-bar circles = A
<input type="checkbox"/> E		<input checked="" type="checkbox"/> Yes—C Circle HS = A <input checked="" type="checkbox"/> (1) tap swing allowed no penalty, no VP <input checked="" type="checkbox"/> Yes—Salto Dismount	
<b>BALANCE BEAM</b>			
Allow	<b>W up time = 1:00m Routine time = 1:00m</b>	Rules	
<input type="checkbox"/> X	6	1. Min 1/1 (360°) turn 1-foot 2. Leap / Jump—Min 120° split • Isolated / Series 3. Acro—BWD Acro VP OR 3. Acro—Any B Acro VP 4. Min A Dismount	
<input checked="" type="checkbox"/> A			<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> B*			<input checked="" type="checkbox"/> Yes—Acro Flight
<input type="checkbox"/> C			<input checked="" type="checkbox"/> Yes—B Dance = A
<input type="checkbox"/> D			<input checked="" type="checkbox"/> SR3 Rolls if thru VER and w hand support
<input type="checkbox"/> E		<input checked="" type="checkbox"/> Yes—Salto/Aerial Dis † 1/2	
<b>FLOOR EXERCISE</b>			
Allow	<b>W up time = 1:00m Routine time = 1:00m</b>	Rules	
<input type="checkbox"/> X	6	1. Dance Combo—Min (2) Leaps/ • (1) Min 120° split • Direct / Indirect 2. Acro Series—Min (3) Acro VP • Flight / Salto / Aerial • Direct 3. Min 1/1 (360°) turn 1-foot 4. Acro VP—Salto / Aerial • Isolated / Series	
<input checked="" type="checkbox"/> A			<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> B*			<input checked="" type="checkbox"/> Yes—A Acro Flight
<input type="checkbox"/> C			<input checked="" type="checkbox"/> Yes—B Acro Flight = A
<input type="checkbox"/> D			<input checked="" type="checkbox"/> Yes—A Salto/Aerial
<input type="checkbox"/> E		<input checked="" type="checkbox"/> Yes—B Salto, no twist = A <input checked="" type="checkbox"/> Yes—B Aerial = A <input checked="" type="checkbox"/> Yes—B Dance = A <input checked="" type="checkbox"/> SR2 may not fulfill SR4 unless isolated/diff series	

LEVEL 6N			
6 years & up	SV: 10.0	Bonus—None	
<b>VAULT</b>			
<b>FHS</b> ½ on (¼—¼)		<input checked="" type="checkbox"/> Over table <input checked="" type="checkbox"/> Mat stack—Min 32" - Max 64"	
<b>RO Entry-FF</b>		<input checked="" type="checkbox"/> Max 135 cm— Manufacturer setting <input checked="" type="checkbox"/> Pit Pillow top mat allowed	
<ul style="list-style-type: none"> <li>• Evaluation stops w foot/back contact</li> <li>• Not required to touch feet prior to landing on back</li> <li>• FHS MUST touch feet</li> </ul>			
<b>UNEVEN BARS</b>			
Allow	Req'd	<b>W up time = 1:30m</b>	
<input type="checkbox"/> X	5	1. 360° In Bar Circle VP • Clear / Stalder / Pike Sole • Finish clear support, any angle 2. Cast—Above HOR 3. 2 <sup>nd</sup> Circle VP OR 3. 2 <sup>nd</sup> Cast—Above HOR 4. Min A HB Salto Dismount	
<input checked="" type="checkbox"/> A			<input checked="" type="checkbox"/> Yes—A VP
<input checked="" type="checkbox"/> B			<input checked="" type="checkbox"/> Yes—B VP
<input checked="" type="checkbox"/> C*			<input checked="" type="checkbox"/> Yes—C Circle HS = B
<input checked="" type="checkbox"/> D*			<input checked="" type="checkbox"/> Yes—D Stalder HS = B
<input type="checkbox"/> E		<input checked="" type="checkbox"/> Yes—Salto Dismount † 1/1	
<b>BALANCE BEAM</b>			
Allow	Req'd	<b>W up time = 1:30m Routine time = 1:15m</b>	
<input type="checkbox"/> X	5	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 VP—(1) Acro-Flight • Isolated / Series 4. Min A Salto / Aerial Dismount	
<input checked="" type="checkbox"/> A			<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> B			<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> C*			<input checked="" type="checkbox"/> Yes—B Dance
<input type="checkbox"/> D			<input checked="" type="checkbox"/> Yes—(1)-C Dance = B
<input type="checkbox"/> E		<input checked="" type="checkbox"/> Yes—Salto/Aerial Dis † 1/1	
<b>FLOOR EXERCISE</b>			
Allow	Req'd	<b>W up time = 1:30m Routine time = 1:15m</b>	
<input type="checkbox"/> X	5	1. Dance Combo—Min (2) Leaps / Jumps • (1) Min 150° split • Direct / Indirect 2. Acro Series—Min (3) A Acro VP • Min (2) Acro-Flight + (1) Salto • Direct 3. Min 1/1 (360°) turn 1-foot 4. Acro VP—Min A Salto • Isolated / Series	
<input checked="" type="checkbox"/> A			<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> B			<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> C*			<input checked="" type="checkbox"/> Yes—B Salto
<input type="checkbox"/> D			<input checked="" type="checkbox"/> Yes—B Aerial
<input type="checkbox"/> E		<input checked="" type="checkbox"/> Yes—B Dance <input checked="" type="checkbox"/> Yes—(1)-C Dance = B <input checked="" type="checkbox"/> SR2 may not fulfill SR4 unless isolated/diff series	



# LEVEL REQUIREMENTS—LPN-L7N

## LEVEL PLATINUM (PN)

6 years & up		SV: 10.0	Bonus—None
<b>VAULT</b>			
<b>Platinum VT Chart</b> • No drill-type vaults			<input checked="" type="checkbox"/> Over Table <input checked="" type="checkbox"/> Max 135 cm— <i>Manufacturer setting</i>
<b>UNEVEN BARS</b>			
Allow	Req'd	<b>W up time = 1:30m</b>	Rules
<input type="checkbox"/> X		1. <b>Glide kip or Kip variation—LB or HB</b>	<input checked="" type="checkbox"/> Yes—A VP
<input checked="" type="checkbox"/> A	6	2. Cast above HOR	<input checked="" type="checkbox"/> Yes—B VP
<input checked="" type="checkbox"/> B	1	<b>OR</b>	<input checked="" type="checkbox"/> Yes—C Circle HS = B
<input checked="" type="checkbox"/> C*		2. Clear support VP above HOR	<input checked="" type="checkbox"/> Yes—D Stalder HS = B
<input checked="" type="checkbox"/> D*		3. <b>Min B 360° In-bar Circle VP</b>	<input checked="" type="checkbox"/> (1) tap swing allowed
<input type="checkbox"/> E		• Clear / Stalder / Pike Sole	<i>no penalty, no VP</i>
		4. Min A HB Dismount	<input checked="" type="checkbox"/> Yes—Salto dismount <i>(allowed, not required)</i>
<b>BALANCE BEAM</b>			
Allow	Req'd	<b>W up time = 1:30m</b> <b>Routine time = 1:30m</b>	Rules
<input type="checkbox"/> X		1. Min 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A	6	2. Leap / Jump—Min 150° split	<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> B	1	• Isolated / Series	<input checked="" type="checkbox"/> No—C Acro
<input checked="" type="checkbox"/> C*		3. Acro—(2) Acro Non-Flight	<input checked="" type="checkbox"/> Yes—C Dance = B
<input type="checkbox"/> D		• (1) thru VER	<input checked="" type="checkbox"/> Yes—Salto/Aerial Dismount
<input type="checkbox"/> E		• Isolated / Series	
		<b>OR</b>	
		3. Acro VP—(1) B Acro VP	
		• Isolated / Series	
		4. Min A Dismount	
<b>FLOOR EXERCISE</b>			
Allow	Req'd	<b>W up time = 1:30m</b> <b>Routine time = 1:30m</b>	Rules
<input type="checkbox"/> X		1. Dance Combo—Min (2) Leaps / Jumps	<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A	6	• (1) Min 150° split	<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> B	1	• Direct / Indirect	<input checked="" type="checkbox"/> Yes—Salto/Aerial
<input checked="" type="checkbox"/> C*		2. Acro pass—Min (2) Acro Flight	<input checked="" type="checkbox"/> No—C Acro
<input type="checkbox"/> D		3. Additional Dance—Min B	<input checked="" type="checkbox"/> Yes—C Dance = B
<input type="checkbox"/> E		• Isolated / Series / Mixed Series	<input checked="" type="checkbox"/> <b>SR3 may not be part of SR1</b>
		4. Acro VP—Min A Salto	
		• Isolated / Series	

## LEVEL 7N

7 years & up		SV: 10.0	Bonus—None
<b>VAULT</b>			
<b>FHS</b> ½ on (¼—¼)			<input checked="" type="checkbox"/> Over Table
<b>RO Entry-FF</b>			<input checked="" type="checkbox"/> Mat stack—Min 32" - Max 64"
• Evaluation stops w foot/back contact			<input checked="" type="checkbox"/> Max 135 cm— <i>Manufacturer setting</i>
• Feet not required to touch prior to landing on back			<input checked="" type="checkbox"/> Pit Pillow top mat allowed
<b>UNEVEN BARS</b>			
Allow	Req'd	<b>W up time = 1:30m</b>	Rules
<input type="checkbox"/> X		1. B 360° In bar Circle VP	<input checked="" type="checkbox"/> Yes—A VP
<input checked="" type="checkbox"/> A	5	• Clear / Stalder / Pike Sole	<input checked="" type="checkbox"/> Yes—B VP
<input checked="" type="checkbox"/> B	2	2. Cast—Min 45° above HOR*	<input checked="" type="checkbox"/> Yes—C Circle HS = B
<input checked="" type="checkbox"/> C*		3. 2nd Circle VP—Min B	<input checked="" type="checkbox"/> Yes—C Cast HS 1/2 = B
<input checked="" type="checkbox"/> D*		4. Min A HB Salto Dismount	<input checked="" type="checkbox"/> Yes—D Stalder HS = B
<input type="checkbox"/> E			<input checked="" type="checkbox"/> Yes—Salto dismount
<b>BALANCE BEAM</b>			
Allow	Req'd	<b>W up time = 1:30m</b> <b>Routine time = 1:15m</b>	Rules
<input type="checkbox"/> X		1. Min 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A	5	2. Leap / Jump—Min. 180° split	<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> B	2	• Isolated / Series	<input checked="" type="checkbox"/> No—C Acro
<input checked="" type="checkbox"/> C*		3. Acro Series—Min (2) Acro Non-Flight	<input checked="" type="checkbox"/> Yes—C Dance = B
<input type="checkbox"/> D		• Direct	<input checked="" type="checkbox"/> Yes—Salto/Aerial Dismount
<input type="checkbox"/> E		<b>AND (1) B Acro Flight</b>	
		<b>OR</b>	
		3. Acro Series—Min (2) Acro VP	
		• (1) a B Acro Flight	
		• Direct	
		4. Min A Salto / Aerial Dismount	
<b>FLOOR EXERCISE</b>			
Allow	Req'd	<b>W up time = 1:30m</b> <b>Routine time = 1:30m</b>	Rules
<input type="checkbox"/> X		1. Dance Combo—Min (2) Leaps / Jumps	<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A	5	• (1) Min 180° split	<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> B	2	• Direct / Indirect	<input checked="" type="checkbox"/> Yes—Salto/Aerial
<input checked="" type="checkbox"/> C*		2. Acro Series—Min (3) Acro VP	<input checked="" type="checkbox"/> No—C Acro
<input type="checkbox"/> D		• (1) a BWD LO 2-feet (No twist)	<input checked="" type="checkbox"/> Yes—C Dance = B
<input type="checkbox"/> E		3. Additional Dance—Min B	<input checked="" type="checkbox"/> <b>SR3 may not be part of SR1</b>
		• Isolated / Series / Mixed Series	
		4. Acro Series—Min (2) Acro Flight/Salto	
		• (1) a FWD Salto	



# LEVEL REQUIREMENTS—L8N-LDN

LEVEL 8N			
7 years & up		SV: 10.0	Bonus—None
VAULT			
Level 8 VT Chart			<input checked="" type="checkbox"/> Over Table <input checked="" type="checkbox"/> Max 135 cm— Manufacturer setting
UNEVEN BARS			
Allow	Req'd	W up time = 2:00m	Rules
<input type="checkbox"/> X		1. Min B 360° In-bar Circle VP	<input checked="" type="checkbox"/> Yes—(2) C VP = B
<input checked="" type="checkbox"/> A	4	• Clear hip / Stalder / Pike Sole	<input checked="" type="checkbox"/> Yes—C Circle HS = B
<input checked="" type="checkbox"/> B	4	2. Min B Turn / Flight	<input checked="" type="checkbox"/> Yes—D Stalder HS = B
<input checked="" type="checkbox"/> C*		3. Circle to <sup>OR</sup> pass thru HS	<input checked="" type="checkbox"/> Yes—C Cast/Circle 1/2
<input checked="" type="checkbox"/> D*		• Separate from SR #1	pirouette VP's = B
<input type="checkbox"/> E		4. Min A HB Salto Dismount	(Not counted as part of (2) C VP = B)
BALANCE BEAM			
Allow	Req'd	W up time = 2:00m Routine time = 1:30m	Rules
<input type="checkbox"/> X		1. Min 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A	4	2. Leap / Jump—Min 180° split	<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> B	4	• Isolated / Series	<input checked="" type="checkbox"/> Yes—(1) C Acro VP = B <sup>OR</sup>
<input checked="" type="checkbox"/> C*		3. Acro Series—Min (2) Acro Flight	(1) D BWD LO-SO = B
<input checked="" type="checkbox"/> D*		• Direct	<input checked="" type="checkbox"/> Yes—C Dance = B
<input type="checkbox"/> E		<sup>OR</sup>	<input checked="" type="checkbox"/> Yes—Salto/Aerial Dismount
		3. Acro Series—Min (1) Acro Non-Flight	
		<sup>AND</sup> (1) B Acro Flight	
		• Direct	
		4. Min A Salto / Aerial Dismount	
FLOOR EXERCISE			
Allow	Req'd	W up time = 2:00m Routine time = 1:30m	Rules
<input type="checkbox"/> X		1. Dance Combo—Min (2) Leaps / Jumps	<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A	4	• (1) Min 180° split	<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> B	4	• Direct / Indirect	<input checked="" type="checkbox"/> Yes—Salto/Aerial
<input checked="" type="checkbox"/> C*		2. Acro Series—Min (3) Acro Flight / Salto	<input checked="" type="checkbox"/> Yes—(1) C Acro = B
<input type="checkbox"/> D		• Min (1) A Salto	<input checked="" type="checkbox"/> Yes—C Dance = B
<input type="checkbox"/> E		<sup>AND</sup> (2) Min A Flight / Salto	<input checked="" type="checkbox"/> No—D VP
		3. Additional Dance—Min B	<input checked="" type="checkbox"/> SR3 may not be part of SR1
		• Isolated / Series / Mixed Series	
		4. Acro VP—Min B Salto	
		• Isolated / Series	

LEVEL DIAMOND (DN)			
8 years & up		SV: 10.0	Bonus—None
VAULT			
Level Diamond VT Chart			<input checked="" type="checkbox"/> Over Table <input checked="" type="checkbox"/> Max 135 cm— Manufacturer setting
UNEVEN BARS			
Allow	Req'd	W up time = 2:00m	Rules
<input type="checkbox"/> X		1. Min B 360° In-bar Circle VP	<input checked="" type="checkbox"/> Yes—C VP = B
<input checked="" type="checkbox"/> A	5	• Clear hip / Stalder / Pike Sole	<input checked="" type="checkbox"/> Yes—(1) D/E VP = B
<input checked="" type="checkbox"/> B	2	2. Cast or circle VP	<input checked="" type="checkbox"/> Yes—D Stalder HS = B
<input checked="" type="checkbox"/> C*		• Finish 45° from VER	(Not counted as part of (1) D/E VP = B)
<input checked="" type="checkbox"/> D*		3. Additional 'B' VP	
<input checked="" type="checkbox"/> E*		4. Min A HB Salto Dismount	
BALANCE BEAM			
Allow	Req'd	W up time = 2:00m Routine time = 1:30m	Rules
<input type="checkbox"/> X		1. Min 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A	5	2. Leap / Jump series—Min (2)—Min (1) 180° split	<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> B	2	• Direct	<input checked="" type="checkbox"/> Yes—(1) D/E Acro = B
<input checked="" type="checkbox"/> C*		3. Acro Series—Min (2) Acro Non-Flight	<input checked="" type="checkbox"/> Yes—C Dance = B
<input checked="" type="checkbox"/> D*		• Direct	<input checked="" type="checkbox"/> Yes—D/E Dance = B
<input checked="" type="checkbox"/> E*		<sup>AND</sup> (1) Min B Acro Flight	<input checked="" type="checkbox"/> Yes—Salto/Aerial Dismount
		<sup>OR</sup>	
		3. Acro Series—Min (2) Acro w (1) Min B Acro Flight	
		• Direct	
		4. Min A Salto / Aerial Dismount	
FLOOR EXERCISE			
Allow	Req'd	W up time = 2:00m Routine time = 1:30m	Rules
<input type="checkbox"/> X		1. Dance Combo—Min (2) Leaps / Jumps	<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A	5	• (1) Min 180° split	<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> B	2	• Direct / Indirect	<input checked="" type="checkbox"/> Yes—Salto/Aerial
<input checked="" type="checkbox"/> C*		2. Acro Series—Min (2) Acro A Flight	<input checked="" type="checkbox"/> Yes—(1) D/E Acro = B
<input checked="" type="checkbox"/> D*		• (1) a Salto	<input checked="" type="checkbox"/> Yes—C Dance = B
<input checked="" type="checkbox"/> E*		3. Additional Dance—Min B	<input checked="" type="checkbox"/> Yes—D/E Dance = B
		• Isolated / Series / Mixed Series	<input checked="" type="checkbox"/> SR3 may not be part of SR1
		4. Acro Series—Min (2) Acro Flight / Salto	
		• (1) a B Salto	



# LEVEL REQUIREMENTS—L9N-L10N

LEVEL 9N			
9 years & up		SV: 9.7 + 0.3CV <b>OR</b> +0.2CV + 0.1DV	
<b>VAULT</b>			
Level 9 VT Chart		<input checked="" type="checkbox"/> Over Table <input checked="" type="checkbox"/> Max 135 cm— Manufacturer setting	
<b>UNEVEN BARS</b>			
Allow	Req'd	W up time = 2:30m	Rules
<input type="checkbox"/> X		1. Min B 360° In-bar Circle VP	<input checked="" type="checkbox"/> Yes—(1) E + (1) D <b>OR</b> (2) D = C
<input checked="" type="checkbox"/> A	3	▸ Clear hip / Stalder / Pike Sole	<input checked="" type="checkbox"/> Yes—D Stalder HS = C (Not counted as part of (2) D = C)
<input checked="" type="checkbox"/> B	4	2. Min B Fliht	
<input checked="" type="checkbox"/> C	1	3. Min B LA Turn	
<input checked="" type="checkbox"/> D*		4. Min B HB Salto Dismount	
<input checked="" type="checkbox"/> E*			
<b>BALANCE BEAM</b>			
Allow	Req'd	W up time = 2:00m Routine time = 1:30m	Rules
<input type="checkbox"/> X		1. Min 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A	3	2. Leap/Jump Series—Min (2) VP—Min (1) 180° split	<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> B	4	▸ Direct	<input checked="" type="checkbox"/> Yes—(1) E Acro+(1) D Acro <b>OR</b> (2) D Acro = C
<input checked="" type="checkbox"/> C	1	<b>OR</b>	<input checked="" type="checkbox"/> Yes—D/E Dance = C
<input checked="" type="checkbox"/> D*		2. Mixed Series—Min (1) Leap/Jump—Min 180° split	<input checked="" type="checkbox"/> Yes—Salto/Aerial Dismount
<input checked="" type="checkbox"/> E*		AND (1) Min A Acro	
		▸ Direct	
		3. Acro Series—Min (2) B Acro Fliht/Salto	
		▸ Direct	
		4. Min B Salto Dismount	
		<b>OR</b>	
		4. Min C Acro ▸ Min. A Salto Dismount	
		▸ Direct	
<b>FLOOR EXERCISE</b>			
Allow	Req'd	W up time = 2:00m Routine time = 1:30m	Rules
<input type="checkbox"/> X		1. Dance Combo—Min (2) Leaps / Jumps	<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A	3	• (1) Min 180° split	<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> B	4	• Direct / Indirect	<input checked="" type="checkbox"/> Yes—Salto/Aerial
<input checked="" type="checkbox"/> C	1	2. Acro Series—Min (2) Acro Saltos	<input checked="" type="checkbox"/> Yes—(1) E Acro+(1) D Acro <b>OR</b> (2) D Acro = C
<input checked="" type="checkbox"/> D*		• Min (1) B Salto	<input checked="" type="checkbox"/> Yes—D/E Dance = C
<input checked="" type="checkbox"/> E*		• Direct / Indirect	<input checked="" type="checkbox"/> SR3 may not be part of SR1
		3. Additional Dance—Min C	
		• Isolated / Series / Mixed Series	
		4. Acro Pass—Min (2) Acro Fliht / Salto	
		• (1) Min B Salto	
		<b>OR</b>	
		4. Acro VP—(1) Min C Salto	
		• Isolated	

LEVEL 10N			
9 years & up		SV: 9.4—Max +0.5DV / Max +0.5CV 'E' Acro VP, +0.70 max CV and DV Bonus	
<b>VAULT</b>			
Level 10 VT Chart		<input checked="" type="checkbox"/> Over Table <input checked="" type="checkbox"/> Max 135 cm— Manufacturer setting	
<b>UNEVEN BARS</b>			
Allow	Req'd	W up time = 2:30m	Rules
<input type="checkbox"/> X		1. Min (2) Bar changes	<input checked="" type="checkbox"/> No Restrictions
<input checked="" type="checkbox"/> A	3	2. Min (2) C Flight	<input checked="" type="checkbox"/> One (1) element may fulfill more than one (1) SR unless specified (NCAA)
<input checked="" type="checkbox"/> B	3	• Different	
<input checked="" type="checkbox"/> C	2	<b>OR</b>	
<input checked="" type="checkbox"/> D		2. (1) B Flight + (1) D Flight	
<input checked="" type="checkbox"/> E		3. Min C LA Turn	
		4. Min C HB Salto Dismount	
<b>BALANCE BEAM</b>			
Allow	Req'd	W up time = 2:00m Routine time = 1:30m	Rules
<input type="checkbox"/> X		1. Min 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> No Restrictions
<input checked="" type="checkbox"/> A	3	2. Leap/Jump series—Min (2) VP—Min (1) 180°	<input checked="" type="checkbox"/> One (1) element may fulfill more than one (1) SR unless specified (NCAA)
<input checked="" type="checkbox"/> B	3	• Direct	
<input checked="" type="checkbox"/> C	2	<b>OR</b>	
<input checked="" type="checkbox"/> D		2. Mixed Series—Min (1) Leap/Jump—Min	
<input checked="" type="checkbox"/> E		AND (1) Min A Acro	
		• Direct	
		3. Acro Series—(2) Acro Flight / Saltos	
		• (1) Min C VP	
		• May include Mount	
		4. Min C Salto / Aerial Dismount	
<b>FLOOR EXERCISE</b>			
Allow	Req'd	W up time = 2:00m Routine time = 1:30m	Rules
<input type="checkbox"/> X		1. Dance Combo—Min (2) Leaps / Jumps	<input checked="" type="checkbox"/> No Restrictions
<input checked="" type="checkbox"/> A	3	• (1) Min 180° split	<input checked="" type="checkbox"/> One (1) element may fulfill more than one (1) SR unless specified (NCAA)
<input checked="" type="checkbox"/> B	3	• Direct / Indirect	
<input checked="" type="checkbox"/> C	2	2. Acro Series—Min (2) Saltos	<input checked="" type="checkbox"/> SR3 may not be part of SR1
<input checked="" type="checkbox"/> D		• (1) Min B VP	
<input checked="" type="checkbox"/> E		• Indirect / Direct	
		• Same / Different	
		3. Additional Dance—Min C	
		• Isolated / Series / Mixed Series	
		4. Acro VP—(1) Min 'C' Salto	