

<p>Beginner Bars 5.0 SV</p> <p>Pull over/or Kip .5 Front Hip Circle .5 Cast Horiz .5 Small Cast Back Hip Circle .5 Underswing Dsmt .5</p> <p>.5 For Omit/Subst. No Comp.</p>	<p>Novice Bars 7.0 SV</p> <p>Glide Kip Mt .5 (Pull Over = -.5) Front Hip .5 Cast Horiz. .5 Cast Squat On .5</p> <p>Long Hang Kip/Pullover .5 Cast Horiz. .5 BK Hip Circle .5 Cast 45° below Horiz .5 Tap Sw ½ / Tuck Fly .5</p> <p>.5+.5 =Omit/Chnge/Subst. No Comp.</p>	<p>Intermediate Bars 8.0 SV</p> <p>7 Elements One Bar Change Kip Mount Cast 30° Circle 30°/ B Flight Salto Dismount</p>	<p>Each SR .5</p> <p>Cast Ded Below Horiz .4-.5 1°- 29° above Horiz. .05-.3</p> <p>Omit .5+.5 Dynamics >.2 Rhythm >.1</p>
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_____ Req
_____ Exec
_____ Dyn (Inter)
_____ Rhy(Inter)
_____ Score

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_____ Exec
_____ Dyn (Inter)
_____ Rhy(Inter)
_____ Score