

# LEVEL 6 CRITIQUE CARD

Gymnast \_\_\_\_\_

## VAULT

Arms  
Legs  
Body Position  
Angle of Repulsion  
Lack of Repulsion  
Height  
Length  
Landing  
Dynamics

COMMENTS:

## BARS

1. Cast Horizontal
2. 1 Bar Change
3. 360 Clr Circl 3,6,7
4. "A" Dismount

5 A's 1 B

Execution/Amplitude  
Rhythm/ Dynamics

COMMENTS:

## BEAM

1. Acro Element  
from (Gr 5,6,7)
2. Leap/Jump 180°
3. 360° Turn
4. "A" Dsmt

5 A's 1 B

Execution/Amplitude  
Artistry/Rhythm/ Dynm

COMMENTS:

## FLOOR

1. Acro Series/3 Elem
2. 1 Salto/Aerial
3. Dance Pass/ 180°
4. 360° Turn

5 A's 1 B

Execution/Amplitude  
Artistry/Rhythm/ Dynm

COMMENTS:

# LEVEL 7 CRITIQUE CARD

Gymnast \_\_\_\_\_

## VAULT

Arms  
Legs  
Body Position  
Angle of Repulsion  
Lack of Repulsion  
Height  
Length  
Landing  
Dynamics

COMMENTS:

## BARS

1. Cast 45°
2. 360 Clr Circl 3,6,7
3. 360 Circling "B"
4. "A" Salto/Hecht Dism

5 A's 2 B's

Execution/Amplitude  
Rhythm/ Dynamics

COMMENTS:

## BEAM

1. Acro Series  
AND Flight Element
2. Leap/Jump 180°
3. 360° Turn
4. "A" Aerial/Salto Dsmt

5 A's 2 B's

Execution/Amplitude  
Artistry/Rhythm/ Dynm

COMMENTS:

## FLOOR

1. Acro Series/Layout
2. Forward acro series
3. Dance Pass/ 180°
4. 360° Turn

5 A's 2 B's

Execution/Amplitude  
Artistry/Rhythm/ Dynm

COMMENTS:

# LEVEL 8 CRITIQUE CARD

Gymnast \_\_\_\_\_

## VAULT

Arms  
Legs  
Body Position  
Turns  
Height  
Length  
Landing  
Dynamics

COMMENTS:

## BARS

1. One Bar Change  
2&3. Two "B" elements  
same or dif: One 3,6,7  
One flight/Turn  
4. "A" Salto/Hecht Dism  
  
4 A's 4 B's  
  
Composition  
Execution/Amplitude  
Rhythm/Dynamics

COMMENTS:

## BEAM

1. Acro Series/1 Flight  
2. Leap/Jump 180°  
3. 360° Turn  
4. "A" Aerial/Salto Dsmt  
  
4 A's 4 B's  
  
Composition  
Execution/Amplitude  
Artistry/Rhythm/Dynm

COMMENTS:

## FLOOR

1. Acro Series/2 saltos  
2. Three dif saltos  
3. Dance Pass/ 180°  
4. "A" salto dsmt  
  
4 A's 4 B's  
  
Composition  
Execution/Amplitude  
Artistry/Rhythm/Dynm

COMMENTS:

# LEVEL 9 CRITIQUE CARD

Gymnast \_\_\_\_\_

## VAULT

Arms  
Legs  
Body Position  
Turns  
Height  
Length  
Landing  
Dynamics

COMMENTS:

## BARS

1. Two Bar Changes
2. One Flight "B"
3. Dif Flight "C" or Turn
4. "B" Salto Dsmt

3 A's 4 B's 1 C

Composition  
Exec/Amplitude  
Rhythm/Dynamics

Bonus SV

COMMENTS:

## BEAM

1. Acro Series/2 Flight
2. Leap/Jump 180°
3. 360° Turn
4. "B" Aerial/Salto Dsmt

3 A's 4 B's 1 C

Composition  
Execution/Amplitude  
Artistry/Rhythm/Dynm

Bonus SV

COMMENTS:

## FLOOR

1. Acro Series/2 Saltos
2. Three dif Saltos
3. Dance Pass/ 180°
4. "B" Salto Dsmt

3 A's 4 B's 1 C

Composition  
Execution/Amplitude  
Artistry/Rhythm/Dynm

Bonus SV

COMMENTS:

# LEVEL 10 CRITIQUE CARD

Gymnast \_\_\_\_\_

## VAULT

Arms  
Legs  
Body Position  
Turns  
Height  
Length  
Landing  
Dynamics

COMMENTS:

## BARS

1. Flight "C"
2. Dif Flight "B" Min.
3. LA Turn "C"
4. "C" Salto/Hecht Dsmt

3 A's 3 B's 2 C's

Composition  
Exec/Amplitude  
Rhythm/Dynamics

Bonus SV

COMMENTS:

## BEAM

1. Acro Series (1 "C")
2. Leap/Jump 180°
3. 360° Turn
4. "C" Aerial/Salto Dsmt  
or "B" Conn.

3 A's 3 B's 2 C's

Composition  
Execution/Amplitude  
Artistry/Rhythm/Dynm

Bonus SV

COMMENTS:

## FLOOR

1. Acro Series/2 saltos
2. Three Dif Saltos
3. Dance Pass 180°
4. "C" Salto Dsmt

3 A's 3 B's 2 C's

Composition  
Execution/Amplitude  
Artistry/Rhythm/Dynm

Bonus SV

COMMENTS: