

## Permitted Elements for Levels 7, 6 and 5



<b>BARS</b>	
Upward Circle	Float upstart; long upstart (not Level 7)
Cast above 45 degrees	Cast to horizontal or above (Level 7 only)
Backward hip circle	Forward hip circle
Squat onto LB to catch HB	Sole circle, bent legs (and also straight legs)
¾-giant from LB to HB	Cast to handstand in straddle position
Straddle on undershoot (also with ½ and full-turn)	Backaway not from handstand in tuck, pike or straight position (Level 5 only)
<b>BEAM</b>	
<b>Mounts</b>	<b>Acrobatic elements</b>
Free jump or leap	Handstand hold for 2 seconds
Forward roll	Forward roll
Squat two feet through	Cartwheel, Cartwheel - 1 hand
Squat on and also straddle on	Backward roll
Straddle lever	Backward walkover
Japana	Forward walkover
<b>Dance elements</b>	
Split leap, Split jump	W-jump, W-hop
Straddle pike jump	Full spin
Stag leap	Scissor leap
Pike jump	Changement
Sissone	Arabesque, Y-balance
Cat leap	Tuck jump
<b>Dismounts</b>	
Handspring	Round-off
<u>Level 5 only:</u>	
Back salto	Free Round-off
Forward salto, tuck or pike	Free Walkover
<b>FLOOR</b>	
<b>Dance elements</b>	<b>Acro elements</b>
Split leap, Split jump	Forward roll
Straddle pike jump	Backward roll
Sissone	Backward roll to handstand
Ring leap	Backward walkover
1/1 jump	Forward walkover
Cat leap	Cartwheel, Cartwheel 1-hand, Dive cartwheel
W-jump, W-hop	Valdez
Full spin	Handstand forward roll
Scissor leap	Handstand with up to 2 turns
Tuck jump	Handspring
	Handspring
	Round-off
	Flic
<u>Level 5 only</u>	
Free cartwheel	Backward salto in tuck, pike or straight
Free walkover	Forward salto in tuck or pike pos.
	Whip