

2026 – 2030 SCORESHEET: LEVELS 6 / 7 / 8

Uneven Bars SRs		Balance Beam SRs		Floor Exercise SRs		Content
<p>Level 6</p> <p>1. One cast–min. 45° above Horz. (Above Horz. fulfills SR)</p> <p>2. Min. of one Bar change</p> <p>3. One 360° Clear Circling elem. from Grp. 3, 6 or 7 (no hips on bar)</p> <p>4. Salto Dmt, min. “A”</p> <p>Level 7</p> <p>1. One Cast to Handstand (45° fulfills SR)</p> <p>2. & 3. Two 360° Clear Circling elements (no hips on bar), same or different</p> <p>-One must be a B</p> <p>-One from Grp. 3, 6 or 7</p> <p>4. Salto Dmt – Min. “A”</p>	<p>Level 8</p> <p>1. One cast to HS</p> <p>2. & 3. Two “B” elem. same or diff.; One w/ Flight (not in Dmt) OR One w/ LA turn (not in Mt/Dmt) AND One “B” 360° Clear circle elem. from Grp. 3, 6, or 7 (not in Dmt)</p> <p>4. Salto Dmt – Min. “A”</p> <p>CC-Max + 0.20 (L 8 Only)</p> <p>Diff +0.10; dir. B + B (NOT #2.201 Cast HS)</p> <p>Dmt +0.10; “B” or ↑ OR “B” or ↑ + “A”</p>	<p>Level 6</p> <p>1. Non-flight Acro series OR one Acro flight elem. (iso./in connection) (excludes Mt/Dmt)</p> <p>2. One Leap/Jump requiring 180° cross or side split (iso./in series)</p> <p>3. Min. of 360° Gr 3 Turn on one foot (iso./in series)</p> <p>4. Aerial/Salto Dmt-Min. “A”</p> <p>Level 7</p> <p>Same as Level 6 except #1.</p> <p>1a. Acro series (w/ or w/o flight) AND</p> <p>1b. One Acro flight elem. (iso./in connection) (Acro SRs excl. Mt/Dmt)</p>	<p>Level 8</p> <p>1. Acro series – min. of two elements, one w/ flight (excludes Mt/Dmt)</p> <p>2. One Leap/Jump requiring 180° cross/side split (iso./in series)</p> <p>3. Min. of 360° Group 3 Turn on one foot (iso./in series)</p> <p>4. Aerial/Salto Dmt - Min. “A”</p> <p>CC-Max + 0.20 (L 8 Only)</p> <p>Diff +0.10; for dir. Acro series B + B both w/ flight</p> <p>Dmt +0.10; “B” or ↑ VP OR “B” Acro + “A” Salto</p>	<p>Level 6</p> <p>1. One Acro pass; min. 2 dir. conn. flight elems., one must be Salto</p> <p>2. Second Acro pass w/ diff. Salto; min 2 directly connected flight elems. OR iso. “B” Salto</p> <p>3. Dance Passage w/ min. 2 diff. Group 1 elems. (dir./indir. conn.) - one a LEAP requiring 180° cross/side split</p> <p>4. Min. of 360° Turn on one foot (iso./in series)</p> <p>Level 7</p> <p>Same as Level 6 except #1. & #2.</p> <p>1. & 2. Min. two Acro passes: One w/ Salto Bwd (min. 2 directly connected flight elems.)</p> <p>One w/ Salto Fwd (add'l elems. ok)</p> <p>One Salto stretched (bwd or fwd)</p>	<p>Level 8</p> <p>1. One Acro Pass w/ 2 Saltos (same or diff.) dir. or indir. conn. w/ flight elem. w/ or w/o hand support</p> <p>2. 3 Diff. Saltos (no Aerials)</p> <p>3. Dance Pass w/ min. 2 diff. Grp. 1 elems. (dir./indir. conn.)- one a LEAP requiring 180° cross/side split</p> <p>4. Min. “A” Salto-last Acro Pass initiated</p> <p>CC-Max + 0.20 (L 8 Only)</p> <p>Diff +0.10; 2 diff. “B” or ↑ Saltos AND 1 “A” Salto</p> <p>Dnc +0.10; 2 diff. “B” or ↑ Dance VPs</p>	<p>Lvl 8 7 6</p> <p>A 4 4 4</p> <p>B 4 3 2</p> <p>C 0 0 0</p> <p>SV 9.8 10 10</p> <p>Missing SR</p> <p>-0.50 off SV</p> <p>Restricted elements</p> <p>- 0.50 off SV</p> <p>No VP/SR/CC</p> <p>Level 6/7/8</p> <p>Allowable C’s = B</p> <p>Short Exercise (CJ):</p> <p>BB/FX-less 30 sec. 2.00</p> <p>UB- (less than 5 VPs)</p> <p>L6 BB w/ 10 SV 0.50</p>
#						<p>A ___ SR #1 ___</p> <p>B ___ SR #2 ___</p> <p>C ___ SR #3 ___</p> <p>D ___ SR #4 ___</p> <p>E</p> <p>CC + ___ (L8 only)</p> <p>SV _____</p> <p>Execution _____</p> <p>SCORE</p>
#						<p>A ___ SR #1 ___</p> <p>B ___ SR #2 ___</p> <p>C ___ SR #3 ___</p> <p>D ___ SR #4 ___</p> <p>E</p> <p>CC + ___ (L8 only)</p> <p>SV _____</p> <p>Execution _____</p> <p>SCORE</p>