

## Gold Floor

**SV - 10.0** Time 1:10 -.10 overtime 30 sec warm up – no touch (unless sq.9+)

"B" acro or higher = 2.0 ded. & No SR

Dyn. >.2

Rhy. >.2

Art. >.3

"C" VP = 2.0 ded. & No SR

\*\*Flyspring = "A"

Straddle Jump < 135° = "A"

**SR - .50 ea (must do 4) \*\*1 acro series SR & 1 dance series SR min.**

1. One acro series- 3 elem &/or "A" VP- all w/flight
2. 2<sup>nd</sup> acro series - 2 elem &/or "A" VP w/ft **OR**  
1 different forward Acro El &/or "A" VP
3. 1 "A" VP salto or aerial
4. 360° Turn or more on 1 foot
5. Dance pass. w/min. of 2 diff. Group 1 el &/or VP's  
dir. or ind. con, one is leap (1ft. take off) 120° Cross or side split
6. 1 "B" Dance VP

**General:** \* Straddle jump = "A"

\* Angle req. on leap or jump: **less 100°-no SR**, 100°-119-SR cred.w/ded.

\* A single el./VP can only be used to fulfill one SR

\* Element = any compulsory element with value (no Level 1 el count)

\* Coach on floor – no ded.

JO Code of Points for execution, ampl. & technique ded. **No composition** / Optional Score Range