

Garnet	Vault	Balance Beam
<p>for Women 35 years and up ONLY</p> <p>Based on Bronze Level requirements</p>	<p>Using a 16" landing Mat</p> <p style="text-align: center;"><u>Option 1</u></p> <p style="text-align: center;">Stretch Jump onto mat Kick to Handstand (hands on board or mat) Fall to Flat Back</p> <p style="text-align: center;">OR</p> <p style="text-align: center;"><u>Option 2</u></p> <p style="text-align: center;">Perform 2 (two) of the following Stretch Jump Tuck Jump Straddle Jump</p>	<p style="text-align: center;">Low or High Beam may be used Mats may be built up for dismount</p> <ol style="list-style-type: none"> 1. Minimum one 1/2 turn on 1 or 2 feet 2. One Jump or Leap (in addition to Mount or Dismount) 3. One Acro Skill - Non-Flight OR One Pose 4. Dismount (No Saltos or Aerials) <p>Timing: 30 seconds</p>

Uneven Bars	Floor Exercise
<ol style="list-style-type: none"> 1. Minimum 4 "A" VP / Skills 2. Cast (hips must leave bar) 3. Dismount 	<p>Time Limit: Maximum 45 seconds</p> <ol style="list-style-type: none"> 1. One Pass with one Acro Skill - with or without flight 2. Dance Passage with a minimum of 2 different Group 1 VPs or Xcel Bronze chart skills (directly or indirectly connected) 3. Minimum 1/2 Turn on One Foot