

JO Bars

Level 7: 5A, 2B

- 1. "A" level cast (21°-45°)
- 2. B circle
- 3. B 3/6/7
- 4. A salto dmt

2 elmts

Level 8: 4 A, 4B

- 1. 1 bar change
- 2. B flite or B turn
- 3. B 3/6/7
- 4. A salto /hechtdmt

Level 9: 3A, 4B, 1C

- 1. 2 bar changes
- 2. B flite
- 3. C flite (diff) OR C turn
- 4. B salto/hecht dmt

Level 10: 3A, 3B, 2C

- 1. 2 bar changes
- 2. C flite
- 3. 2nd diff flt min. B
- 4. C salto/hecht dmt

Special Requirements:
@ .5

	ValueParts: _____ SR #1 #2 #3 #4 _____ No Dmt. -3 Execution: - _____ Swingful thru out ^2 _____ Dynamics ^2 _____ Composition:(NOT L7) -SR _____ Choice ^2 _____ Thru HS ^2 _____ Distribution ^1 _____ Spacial use ^1 _____ Direction(9/10) ^1 _____ trn≈flt (9/10) ^1 _____ No VP w. turn (9/10) .05 _____ Fwd&Bwd(9/10) .05 _____ Release (10) ^2 _____ +DV _____ +CV _____	7/8 _____ 9 _____ 10 _____ 10.0 _____ 9.7 _____ 9.5 _____ + AV _____ -VP _____ = SV _____ - EX/ _____ Comp. _____ Score: _____ Neutral _____ FINAL _____
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Restrictions:
L7- C mt/dmt/flt,D/E-VOID
 Other C: -2.0*
 No VP or SR
 *allowed:castHS1/2 turn,
 any B circle ending in HS w/wo 1/2 trn

L8- D/E mt,dmt,flt- VOID
 Other D/E: -2.0
 No VP or SR
 C's allowed. count as B

L9- D/E count as C

L10- No restrictions

CV: L9 ^3
 C+C (1 or both wo trn/flt +.1
 if both wo trn/flt must be DIFFERENT
 C+C (both w trn/flt) +.2

CV: L10 ^4max
 C+C w trn/flt .1
 C+D .1
 D+D .2

DV: L10 ^4max

