

# Northern California NAWGJ



Level  
**7**

Special Requirements **1:20 time - 1 C Dance Allowed**  
Fall time 45 sec

## Beam

Level 7  
A's 5  
B's 2  
SV 10

↑.20 DYN: \_\_\_\_\_  
↑.20 RHY: \_\_\_\_\_  
↑.30 ART: \_\_\_\_\_  
choreography ↑.10  
personal style ↑.10  
expression ↑.10

- ☐ 1A. Acro Series (with or without Flight) **AND**  
1B. One (1) Acro Flight element  
(Isolated **OR** in Series)  
(Both Acro SRs exclude Mnt/Dmt)
- ☐ 2. One Leap or Jump requiring 180° split  
(Isolated **OR** in Series) Cross or Side-Split
- ☐ 3. Min. of 360° turn on (1) foot (Isolated **OR** in Series)
- ☐ 4. Aerial or Salto Dismount - min. A

A's

B's

SR

SV

FIN

Special Requirements **1:30 time - 1 C Dance Allowed**

## Floor

Level 7  
A's 5  
B's 2  
SV 10

↑.20 DYN: \_\_\_\_\_  
↑.20 RHY: \_\_\_\_\_  
↑.30 ART: \_\_\_\_\_  
choreography ↑.10  
personal style ↑.10  
expression ↑.10

- ☐ 1. One (1) Acro Series (min. 3 directly connected flight ele)  
One a Back Layout to Two (2) feet
- ☐ 2. Two (2) or more directly connected  
Forward Acro flight ele.- One a Salto / Aerial
- ☐ 3. Dance Passage w/min. 2 diff. Grp 1 elements  
(directly or indirectly connected )  
One (1) leap with 180° cross or side split
- ☐ 4. Min. of 360° turn on (1) Foot (isolated or in a series)

A's

B's

SR

SV

FIN