

LEVEL 1 PUMPKIN PAIRS



Bars

Set routine option 1

1.60DV

1. Jump to front support from a block or circle up. (Bonus 0.2 for a circle up)
2. 2 x cast to horizontal
3. Show a good front support shape
4. Circle forwards into a chin hold

Set routine option 2

2.00DV

1. Circle up from one or two feet
2. Cast into back hip circle
3. Straddle on undershoot dismount or squat on jump forwards

Floor

Start Value 10.00

Acro: Choose four, two must be connected, two must be independent skills -

Cartwheel, one handed cartwheel, bend back to bridge kick over, handstand into bridge stand up, handstand forward roll, forward roll, backwards roll, backward roll to straddle, round off, handstand, backwards walkover

Balance: Choose one (all must be held for 3 seconds)

Arabesque, Y balance, Bridge, Splits any way, v-sit, frog balance, shoulder stand

Dance: Choose two (do not need to be connected but can if you wish)

Split leap/jump, W jump/hop, Cat leap, Cat leap 1/2, Scissor kick, sissone, star jump

Turns: Choose one

Half turn jump, full turn jump, half turn spin on one foot, full turn spin on one foot. Bonus for artistry 0.5.

Beam

Start Value 10.00

Mount: choose one

Straddle over to cross sit swing to squat, Squat on, Straddle on

Acro: Choose one

Forward roll, split handstand, handstand with 2 feet together, cartwheel

Jump/leap: Choose one

Straight jump switch feet, Tuck jump, Cat leap

Turn: Choose one

Half turn on two feet (toes), Half turn on two feet in crouch, Half turn spin on one foot

Balance: Choose one

Arabesque, Y balance, One foot stand, v-sit without hands

Dismount: Choose one

Star jump, run & Straight jump from 2 feet, Straddle jump, Round off

Bonus for artistry 0.5

Vault - 60cm blocks length ways and landing mat

Straight jump / squat on, walk to the end star jump off.. 2.00DV

Squat on, forward roll to land on landing mats 2.30DV

Immediate forward roll on the vault to land on the landing mats 2.50DV

General

Missing elements 0.5 each element

Coached or supported through a skill 0.5

All starting values are 10.00 (+DV for the options on vault & bars)

LEVEL 2 CAULDREN COUPLE



Bars

Set routine option 1

1.80DV

1. Circle up from one or two feet
2. Cast to horizontal return to bar
3. Cast into back hip circle
4. Squat on jump forwards OR straddle on undershoot

Set routine option 2

2.00DV

1. Circle up from two feet
2. Cast into back hip circle
3. Squat on catch the high bar
4. Two empty swings showing a good shape, dismount on the back swing to land.

Floor

Start Value 10.00

Acro: Choose four, **two must be connected**, two must be independent skills -

Cartwheel, one handed cartwheel, backward walkover, forward walkover, handstand forward roll, handstand, round off, backflip to one or two feet, backward roll to front support, backward roll to pike stand.

Balance: Choose one (all must be held for 3 seconds)

Arabesque, Y balance, Headstand, Bridge, Splits any way, frog balance, straddle lever hold

Dance: Choose **two must be connected**

Split leap/jump, W jump/hop, Cat leap full, Cat leap 1/2, Scissor kick, sissone. Half turn tuck jump

Turns: Choose one

Half turn jump, full turn jump, half turn spin on one foot, full turn spin on one foot. **Bonus for artistry 0.5**

Beam

Start Value 10.00

Mount: choose one

Squat on, Straddle on, Squat through to sit, Japana

Acro: Choose one

Forward roll, handstand, cartwheel, Free roll **0.5 bonus forward or backward walkover**

Jump/leap: Choose one

Tuck jump, Cat leap, W jump, split jump, sissone,

Turn: Choose one

Half turn spin into half turn on two feet connected, full spin

Balance: Choose one

Arabesque, Y balance, Bridge, V sit without hands, long front support (caterpillar hold), shoulder stand

Dismount: Choose one

Straddle jump, Round off, Handspring

Bonus for artistry 0.5

Vault - 90cm (3 x blocks)

Squat on / straddle on, Star Jump off

2.00DV

Straddle over / squat through

2.20DV

Handspring

2.40DV

Straight jump on, front or tucked somersault off

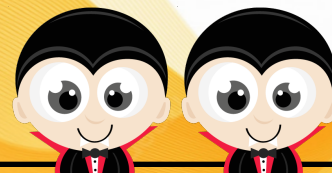
2.50DV

General

Missing elements 0.5 each element
Coached or supported through a skill
0.5

All starting values are 10.00 (+DV for the options on vault & bars)

LEVEL 3 DRACULA DUO



Bars

Set routine option 1

2.00DV

1. Circle up from two feet **0.5 bonus for a float upstart**
2. Cast into back hip circle
3. Squat on catch the high bar
4. Two empty swings, dismount on the back swing

Set routine option 2

2.50DV

1. Circle up from two feet **0.5 bonus for a float upstart awarded for only 1 upstart**
2. Squat on catch the high bar, long upstart OR circle over (each empty swing for 0.1 deduction)
3. Cast into back hip circle, additional baby giant (optional)
4. Straddle on undershoot dismount - with or without a half turn landing

Floor

Start Value 10.00

Acro: Choose four, **two must be connected**, two must be independent skills -

One handed cartwheel, backward walkover, forward walkover, handstand forward roll, round off, backflip to one or two feet, Backward roll to handstand, backward somersault, handstand, handstand full pirouette, free cartwheel, free walkover

Balance: Choose one (all must be held for 3 seconds)

Y balance, Headstand, Bridge with 1 leg up, Splits any way. Straddle lever hold, chest stand

Dance: Choose **two must be connected**

Split leap/jump, split change, W jump/leap, Cat leap full, Scissor kick, sissone, Straddle Jump

Turns: Choose one

Full turn jump, full spin, double spin, full turn tuck jump

Bonus for artistry 0.5

Beam

Start Value 10.00

Mount: choose one

Squat on, Straddle on, Squat through to sit, Japana, Jump side on into splits, Straight jump on the end or side

Acro: Choose one

Handstand, cartwheel, forwards roll, free roll, forward or backward walkover, **0.5 bonus for a flick to one or two**

Jump/leap: Choose two **must be connected**

W jump, split leap, split jump, tuck jump, cat leap, 1/2 turn straight jump

Turn: Choose one

Full turn spin on one foot, half spin into half turn on two feet, half or full spin in W position crouched.

Balance: Choose one

Y balance, Bridge, splits, headstand, straddle lever, shoulder stand (able to hold onto the beam underneath)

Dismount: Choose one

Bonus for artistry 0.5

Round off, Handspring, Front somi, back tuck somersault (doesn't need to be connected to a cartwheel)

Vault - Table vault (choice of height 100 or 110)

Squat on, kick to handspring off 2.00DV

Handspring 100 / 110cm 2.30DV

1/2 on 100 / 110cm 2.50DV

Straight jump on, front or back somersault off 2.50DV

General

Missing elements 0.5 each element
Coached or supported through a skill
0.5

All starting values are 10.00 (+DV for the options on vault & bars)