

Floor

10.00DV

1 x floor strip of 12m long without music.

Acro: Choose three (1 of the acro moves must connect with a **Dance / Jump**)

Cartwheel, one handed cartwheel, bend back to bridge, kick over, forward roll, backward roll to feet (gymnast can choose a squat, pike or straddle stand), round off, kick towards handstand and leg to finish, bridge with 1 leg up, headstand, handstand

Dance / Jumps: Choose two (1 independent skill and 1 must connect with a **move** above)

Split leap/jump (gymnast should hit 90 degrees), cat leap, scissor kick, star jump, tuck jump,

Turn: Choose one

Half turn in squat position on 2 feet, half turn spin on one foot (standing), full spin on one foot, half turn jump, full turn jump

Flexibility: Choose one

Splits (any way), japana, pike fold sitting, bridge, triangle (lay on tummy, push to straight arms and feet to touch head)

Strength: Choose one

1 x full press up (elbows in or out), shoulder stand, dish then roll to arch hold, front support hold, back support hold

Notes:

- Total 8 moves to be performed in any order with 1 move connecting to 1 jump / dance.
- Bridge as a flexibility can not be chosen if gymnast is choosing bend back to bridge or kick over as their acro. They can only perform a bridge under one category.
- Moves should be linked via dance and artistry. Bonus of up to 0.5 will be awarded for artistry.

Vault

60cm mat set up

Option 1 10.00DV

Squat on or straight jump. Kick into Handstand flat back

Option 2 10.50DV

Handstand Flat Back

Notes:

- Total of 2 x vaults to be performed.
- Gymnast can choose 2 different vaults or perform the same vault twice.
- Best score to count.



Floor

10.00DV

1 x floor strip of 12m long without music.

Acro: Choose three - (1 of the acro moves must connect with a **Dance / Jump**)

Cartwheel, one handed cartwheel, backwards walkover, handstand into bridge and stand up, handstand forward roll, backward roll to pike or straddle stand or front support, round off, handstand, headstand

Dance / Jump: Choose two (1 independent skill and 1 must connect with a **move** above)

Split leap/jump (must be over 90 degrees), cat leap, cat leap 1/2 turn, scissor kick, stag jump, straddle jump, W jump

Turn: Choose one

Full spin on one foot with toe to knee, full spin on one foot with a straight leg (doesn't need to be horizontal, just straight) half turn tuck jump, full turn jump

Flexibility: Choose one

Splits (any way) Japana, pike fold (sitting or standing), bridge, lay on tummy hold feet above head with arms behind (yoga Bow Pose), needle kick, swim through

Strength: Choose one

2 x full press ups (elbows in or out), 1 x controlled V-Sit starting and ending in dish shape, straddle lever hold, perch hold in a tuck, caterpillar showing a long front support, 1 x pistol squat (from standing and return to standing).

Notes:

- Total 8 moves to be performed in any order with 1 move connecting to 1 jump / dance.
- Moves should be linked via dance and artistry. Bonus of up to 0.5 will be awarded for artistry.

Vault

90cm T2K box top width ways.

Option 1 10.00DV

Squat on or straddle on. Star / straddle jump off.

Option 2 10.50DV

Squat through or straddle over

Option 3 11.00DV

Handspring



Notes:

- Total of 2 x vaults to be performed.
- Gymnast can choose 2 different vaults or perform the same vault twice.
- Best score to count.

Floor

10.00DV

1 x floor strip of 12m long without music to include all of the below:

Acro: Choose four (1 must be connected to **Dance / Jump**, the other 3 x can be linked or independent)
Cartwheel, backwards walkover, forwards walkover, handstand forward roll, backward roll to handstand,, round off, handstand, headstand, backflip to one or two, handspring to one or two, handstand 1/2 or full pirouette, tuck back somersault, free cartwheel, free walkover,

Dance / Jump: Choose two (1 independent skill and 1 linked to an above **move**)

Split leap/jump (must be over 90 degrees), sissone, cat leap full turn, scissor kick, split change, straddle jump, pike jump, W jump

Turn: Choose one

Full spin on one foot with toe to knee, double spin, full spin on one foot with a straight leg (straight leg to go close to horizontal) illusion turn, full spin in wolf position, 1/2 turn split jump, full turn jump, full turn tuck jump

Flexibility: Choose one

Splits roll, swim through, pike fold (sitting or standing), bridge with 1 straight leg up, lay on tummy hold feet above head, handstand split (held for a few seconds) needle kick

Strength: Choose one

3 x full press ups (elbows in or out), 3 x controlled V-Sits starting and ending in dish shape, pike stand to lower into straddle lever hold, headstand push to handstand, pike or straddle lever hold, elephant lift to handstand, 1 x pistol squat on both legs (from standing and return to standing).

Notes:

- Total 9 moves to be performed in any order
- Moves & dance / jumps that are connected can be connected using a chassé, for example sissone chasse free cartwheel,
- Gymnasts can perform 2 backflips or handsprings, split and also to land on 2 feet.
- Moves should be linked via dance and artistry. Bonus of up to 0.5 will be awarded for artistry.

Vault

8m run up 1m/1m10 table vault

Option 1 10.00DV

Squat on, kick to handspring or Roundoff off

Option 2 10.50DV

Handspring

Option 3 11.00DV

Half on

Option 4 11.00DV

Straight jump on, front or back somersault off



Notes:

- Total of 2 x vaults to be performed.
- Gymnast can choose 2 different vaults or perform the same vault twice.
- Best score to count.

