

FLOOR CRITERIA

AMBER

8X2 METER STRIP

1. STRAIGHT JUMP
2. 3 STEPS FORWARD ON TOES
3. BUNNY HOP
4. CRAB HOLD (BONUS: BRIDGE)
5. PIKE SIT
6. ROCK TO STAND
7. HALF TURN PIVOT (TWO FEET)
8. T BALANCE
9. SEAL SIT
10. FRONT SUPPORT JUMP IN AND UP

MARKED OUT OF 10.00 + 0.5 BONUS

SAPPHIRE

ADD CHOREOGRAPHY

1. CATLEAP
2. TUCK JUMP
3. HANDSTAND (BONUS: HANDSTAND FORWARD ROLL)
4. FORWARD ROLL TO STRADDLE SIT
5. JAPANA
6. PIKE HALF LEVER (FEET ON FLOOR)
7. BRIDGE LIFT ONE LEG
8. PRESS UP
9. FULL TURN JUMP
10. CHOOSE 1: Y-BALANCE, SPLITS OR CARTWHEEL

MARKED OUT OF 10.00 + 0.5 BONUS

EMERALD

ADD CHOREOGRAPHY TO MUSIC

1. CHASSE SPLIT LEAP
2. BACKWARD ROLL TO FRONT SUPPORT
3. FORWARD WALKOVER-ROUND OFF (BONUS: ROUND OFF-FLICK)
4. HANDSTAND FORWARD ROLL
5. DIVE CARTWHEEL
6. FULL SPIN (BOYS: FULL TURN JUMP)
7. BACKWARD WALKOVER
8. BOX SPLIT SWIM THROUGH
9. ARABESQUE
10. STAR JUMP LINKED WITH W JUMP

MARKED OUT OF 10.00 + 0.5 BONUS

RUBY

8X2 METER STRIP

1. FORWARD ROLL
2. STAR JUMP
3. 3 SKIPS
4. HALF TURN JUMP
5. MINI HANDSTAND
6. CATERPILLAR WALK FRONT SUPPORT
7. LOWER TO BELLY AND TURN TO DISH
8. BRIDGE HOLD (BONUS: LIFT ONE LEG)
9. SHOULDER STAND (ARM SUPPORT)
10. ROCK TO STAND & STRAIGHT JUMP

MARKED OUT OF 10.00 + 0.5

AMETHYST

ADD CHOREOGRAPHY

1. CHASSE CATLEAP
2. W JUMP
3. HALF SPIN (BOYS: HALF TURN JUMP)
4. BACKWARD ROLL TO STRADDLE STAND
5. SHOULDER STAND (ARMS STRAIGHT)
6. NEEDLE KICK
7. ARABESQUE (BONUS: Y-BALANCE)
8. FORWARD OR BACKWARD WALKOVER
9. ROUND OFF REBOUND
10. CHOOSE 1: SPLITS, DIVE FORWARD ROLL OR STRADDLE JUMP

MARKED OUT OF 10.00 + 0.5 BONUS

DIAMOND

ADD CHOREOGRAPHY TO MUSIC

1. FULL SPIN (BOYS: FULL TURN JUMP)
2. BACKWARD WALKOVER CHANGE LEG
3. CHASSE SPLITLEAP LINKED CHASSE CATLEAP
4. ROUND OFF FLICK (BONUS: RO BH TUCK)
5. HANDSTAND 1/2 PIROUETTE FORWARD ROLL OUT
6. Y-BALANCE
7. FRONT HANDSPRING
8. ARIEL
9. STRADDLE JUMP LINKED W-JUMP
10. SPLIT ROLL

MARKED OUT OF 10.00 + 0.5 BONUS

VAULT CRITERIA

AMBER

1 BLOCK - 30CM

STRAIGHT JUMP ON
STRAIGHT JUMP OFF

BONUS:
STRAIGHT JUMP ON
TUCK JUMP OFF

MARKED OUT OF 10.00 + 0.5 BONUS

RUBY

2 BLOCKS - 60CM

SQUAT ON STAR JUMP OFF

BONUS:
SQUAT ON STRADDLE JUMP OFF

MARKED OUT OF 10.00 + 0.5

SAPPHIRE

3 BLOCKS - 90CM

STRADDLE ON STAR JUMP OFF

BONUS:
STRADDLE OVER

MARKED OUT OF 10.00 + 0.5 BONUS

AMETHYST

3 BLOCKS - 90CM

SQUAT THROUGH
OR
STRADDLE OVER

BONUS:
HANDSPRING

MARKED OUT OF 10.00 + 0.5 BONUS

EMERALD

TABLE VAULT

SQUAT ON HANDSPRING OFF

BONUS:
HANDSPRING

MARKED OUT OF 10.00 + 0.5 BONUS

DIAMOND

TABLE VAULT

HALF ON

BONUS:
HALF ON HALF OFF

MARKED OUT OF 10.00 + 0.5 BONUS

FLOOR & VAULT SPECIFICATIONS

AMBER

FLOOR:

STRIP FLOOR ROUTINE
8X2M FLOOR
MARKED OUT OF 10.00
OPTION FOR +0.5 BONUS SKILL
NO CHOREOGRAPHY
NO MUSIC

VAULT:

SPRINGBOARD, 30CM VAULT, SAFETY MAT
MARKED OUT OF 10.00 +0.5 BONUS

RUBY

FLOOR:

STRIP FLOOR ROUTINE
8X2M FLOOR
MARKED OUT OF 10.00
OPTION FOR +0.5 BONUS SKILL
NO CHOREOGRAPHY
NO MUSIC

VAULT:

SPRINGBOARD, 60CM VAULT, SAFETY MAT
MARKED OUT OF 10.00 +0.5 BONUS

SAPPHIRE

FLOOR:

STRIP FLOOR ROUTINE
8X2M FLOOR
MARKED OUT OF 10.00
OPTION FOR +0.5 BONUS SKILL
CHOREOGRAPHY TO BE ADDED BETWEEN EACH SKILL - DEDUCTIONS FOR EXPRESSIVENESS & BODY POSTURE UP TO -0.6
FINAL SKILL CHOSEN OUT OF THE 3 OPTIONS
NO MUSIC

VAULT:

SPRINGBOARD, 90CM VAULT, SAFETY MAT
MARKED OUT OF 10.00 +0.5 BONUS

AMETHYST

EMERALD

FLOOR:

SPRUNG FLOOR ROUTINE
10X14M FLOOR
MARKED OUT OF 10.00
OPTION FOR +0.5 BONUS SKILL
CHOREOGRAPHY TO MUSIC
DEDUCTIONS FOR EXPRESSIVENESS, BODY POSTURE, CONFIDENCE AND TIMING UP TO -1.2

VAULT:

SPRINGBOARD, TABLE VAULT 100/110CM, SAFETY MAT
MARKED OUT OF 10.00 +0.5 BONUS

DIAMOND