

AMBER

1. T BALANCE
2. FORWARD ROLL TO TUCK SIT
3. SEATED TUCK BALANCE
4. BACK SUPPORT
5. LAY FLAT ROLL OVER HOLD ARCH
6. FRONT SUPPORT, JUMP IN & UP
7. PIVOT HALF TURN ON TOES
8. TUCK JUMP
9. 3 STRAIGHT LEG KICKS
10. BUNNY HOP (BONUS:MINI HANDSTAND)

MARKED OUT OF 10.00 + 0.5 BONUS**SAPPHIRE****ADD CHOREOGRAPHY**

1. CHASSE CAT LEAP
2. CARTWHEEL
3. FORWARD ROLL TO PIKE HALF LEVER
4. JAPANA
5. BRIDGE LIFT 1 LEG
6. BACK SUPPORT, SIDE SUPPORT, FRONT SUPPORT (SHOW CONTROL)
7. HALF TURN JUMP
8. SCISSOR KICK
9. HANDSTAND (BONUS:HANDSTAND TO BRIDGE)
10. CHOOSE 1: SPILTS, ROUND OFF, ARABESQUE

MARKED OUT OF 10.00 + 0.5 BONUS**AMBER** &**RUBY****FLOOR SPECIFICATIONS**

- STRIP FLOOR ROUTINE
- 8X2M FLOOR
- MUST BE COMPLETED IN ORDER SHOWN
- MARKED OUT OF 10.00
- OPTION FOR +0.5 BONUS SKILL
- NO CHOREOGRAPHY
- NO MUSIC

RUBY

1. STRAIGHT LEG BALANCE
2. CHASSE
3. FORWARD ROLL
4. STAR JUMP
5. MINI HANDSTAND (BONUS:HANDSTAND)
6. HALF TURN JUMP
7. CATERPILLAR WALK TO FRONT SUPPORT
8. LOWER TO BELLY & TURN TO HOLD DISH
9. BRIDGE
10. PIKE FOLD

MARKED OUT OF 10.00 + 0.5 BONUS**AMETHYST****ADD CHOREOGRAPHY**

1. ARABESQUE
2. CHASSE CAT LEAP HALF TURN (BOYS SCISSOR KICK)
3. BACKWARD ROLL TO STRADDLE STAND
4. LOWER TO STRADDLE LEVER
5. BRIDGE KICKOVER (BONUS:BACK WALKOVER) BOYS CAN DO BACKWARD ROLL TO FRONT SUPPORT OR HANDSTAND
6. ROUND OFF REBOUND
7. W JUMP
8. I HANDED CARTWHEEL
9. HALF SPIN
10. CHOOSE 1: SPILTS, SPLIT LEAP, FULL TURN JUMP

MARKED OUT OF 10.00 + 0.5 BONUS**SAPPHIRE** &**AMETHYST****FLOOR SPECIFICATIONS**

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

MUSIC FLOOR ROUTINES

EMERALD

ROUND OFF (BONUS:ROUND OFF FLICK)
 FRONT HANDSPRING
 HANDSTAND FORWARD ROLL
 CHASSE CAT LEAP INTO SPLIT LEAP (BOYS:INTO SCISSOR KICK)
 FULL SPIN (BOYS: FULL TURN JUMP)
 BACKWARDS OR FORWARDS WALKOVER (BOYS CAN BACKWARD ROLL TO
 HANDSTAND)
 SPLITS (LEFT OR RIGHT)
 BACKWARD ROLL TO FRONT SUPPORT
 TUCK JUMP LINKED TO W JUMP
 Y BALANCE

MARKED OUT OF 10.00 + 0.5 BONUS

DIAMOND

ROUND OFF FLICK (BONUS:ROUND OFF FLICK TUCK)
 FRONT HANDSPRING
 CHASSE SPLIT LEAP INTO CAT LEAP FULL TURN (BOYS CAN DO SCISSOR KICK INSTEAD OF SPLIT)
 FULL SPIN (BOYS FULL TURN JUMP)
 BACKWARDS WALKOVER INTO FLICK TO ONE (BOYS DIVE ROLL)
 SPLITS (LEFT OR RIGHT)
 BACKWARD ROLL TO HANDSTAND
 W JUMP INTO STRADDLE JUMP
 HANDSTAND 1/2 PIROUETTE
 AERIAL (BOYS SWEDISH FALL)

MARKED OUT OF 10.00 + 0.5 BONUS

ROSE QUARTZ

ROUND OFF FLICK TUCK
 FRONT SOMI (BONUS:FRONT HANDSPRING FRONT SOMI)
 CHASSE CHANGE LEG CHASSE SPLIT LEAP (BOYS: SCISSOR KICK INTO STRADDLE JUMP)
 VALDEZ
 SPLIT ROLL (BOYS:BOX SPLITS)
 AERIAL
 FULL TURN TUCK JUMP
 FULL WOLF TURN (BOYS:SWEDISH FALL)
 HANDSTAND 1/2 PIROUETTE ROLL OUT
 Y BALANCE

MARKED OUT OF 10.00 + 0.5 BONUS

FLOOR SPECIFICATIONS:

SPRUNG FLOOR
 10X14M FLOOR

SKILLS DO NOT HAVE TO BE COMPLETED IN ORDER SHOWN

MARKED OUT OF 10.00

OPTION FOR +0.5 BONUS SKILL

CHOREOGRAPHY TO MUSIC (BOYS CAN PERFORM TO MUSIC IF DESIRED)

DEDUCTIONS FOR EXPRESSIVENESS, BODY POSTURE, CONFIDENCE AND TIMING UP TO

VAULT CRITERIA

AMBER

SPRINGBOARD, 1 BLOCK (30CM), SAFETY MAT

STRAIGHT JUMP ON
STRAIGHT JUMP OFF
OR
STAR JUMP OFF (BONUS)

MARKED OUT OF 10.00 + 0.5 BONUS

RUBY

SPRINGBOARD, 2 BLOCKS (60CM), SAFETY MAT

SQUAT ON
STAR JUMP OFF
OR
HALF TURN JUMP OFF (BONUS)

MARKED OUT OF 10.00 + 0.5

SAPPHIRE

SPRINGBOARD, 2 BLOCKS (60CM) & SAFETY MAT

SQUAT ON
KICK TO HANDSTAND FLATBACK
OR
HANDSTAND FLATBACK (BONUS)

MARKED OUT OF 10.00 + 0.5 BONUS

AMETHYST

SPRINGBOARD, 3 BLOCKS (90CM) & SAFETY MAT

STRADDLE OVER/SQUAT THROUGH
OR
FRONT HANDSPRING (BONUS)

MARKED OUT OF 10.00 + 0.5 BONUS

EMERALD

SPRINGBOARD, TABLE VAULT 100/110CM & SAFETY MAT

SQUAT ON HANDSPRING OFF
OR
FRONT HANDSPRING (BONUS)

MARKED OUT OF 10.00 + 0.5 BONUS

DIAMOND

FRONT HANDSPRING
OR
HALF ON (BONUS)

MARKED OUT OF 10.00 + 0.5 BONUS

ROSE QUARTZ

SPRINGBOARD, TABLE VAULT 100/110CM & SAFETY MAT

HALF ON
OR
HALF ON, HALF OFF (BONUS)

MARKED OUT OF 10.00 + 0.5 BONUS