

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
3. BACKWARD ROLL TO STRADDLE STAND
4. LOWER TO STRADDLE LEVER
5. BRIDGE KICKOVER (BONUS:BACK WALKOVER)
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
 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
 FULL SPIN
 BACKWARDS WALKOVER INTO FLICK TO ONE
 SPLITS (LEFT OR RIGHT)
 BACKWARD ROLL TO HANDSTAND
 W JUMP INTO STRADDLE JUMP
 HANDSTAND 1/2 PIROUETTE
 AERIAL

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