

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 (NOT COMPULSORY FOR BOYS)
- DEDUCTIONS FOR EXPRESSIVENESS & BODY POSTURE
- FINAL SKILL CHOSEN OUT OF THE 3 OPTIONS
- NO MUSIC

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,RIGHT OR MIDDLE)****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,RIGHT OR MIDDLE)****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 (BOYS CAN BACKWARD ROLL TO HANDSTAND)****SPLIT ROLL (BOYS:BOX SPLITS)****AERIAL (BOYS CAN DIVE ROLL)****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**

OPAL

**ROUND OFF FLICK HALF (BONUS:FULL TWIST)
FRONT SOMI STEP OUT ROUND OFF FLICK
CHASSE CHANGE LEG SPLIT LEAP, CHASSE SPLIT LEAP
ONE HANDED VALDEZ (BOYS CAN STANDING FLICK)
SPLIT RING (ON FLOOR NO LEAP) BOYS DO BOX SPLITS
FREE WALKOVER (BOYS FRONT HANDSPRING)
FULL SPIN LEG AT HORIZONTAL
SHUSHANOVA
STRADDLE PRESS TO HANDSTAND
BACKWARD ROLL TO HANDSTAND**

MARKED OUT OF 10.00 + 0.5

BONUS

FLOOR SPECIFICATIONS:

SPRUNG FLOOR

8X14M 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 WITH
CHOREO IF DESIRED)**

**DEDUCTIONS FOR EXPRESSIVENESS, BODY POSTURE, CONFIDENCE
AND TIMING UP TO -1.2**

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

OPAL

HALF ON HALF OFF
OR
HALF ON, FULL OFF (BONUS)

MARKED OUT OF 10.00 + 0.5 BONUS