

Preschool

Present

Forward roll to pike

Straddle

1 Tuck rock

Pike to back support

Roll over to front support

Jump feet to hands and stand

Straight jump

One leg balance

Present



Novice

Present

Star jump

One leg balance

Hands on hips x2 skips

Forward roll to straddle

Pike to back support (hold 2)

Turn over to front support (hold 2)

Jump feet to hands & 3 bunny hops

Stand & straight jump

Present



Novice 1 & 2

Present

Arabesque

3 straddle bunny hops

Forward roll to tuck

V sit with support

Lay down and hold bridge

Back support to front support

Lower head to floor and

tucked headstand Stand and

cartwheel Present



Novice 3 & 4

Present

Tuck jump

Kick to handstand

Jump jump forward roll to stand

Caterpillar walk to side support

Shoulder stand no support

Roll to arch shape

1 press up and jump feet to stand

Skill of choice

Present

Skill of choice

1. Tuck half turn
2. Cat leap
3. Backwards roll to straddle
4. Back walk over 0.3 bonus
5. Headstand 0.3 bonus
6. Round Off 0.3 bonus



Intermediate & Advanced

Gymnast performs one of the set routines below and chooses one skill of choice from the list to add to the routine.

	Level 1 (Marked out of 10)	Level 2 (Marked out of 11)	Level 3 (Marked out of 12)
	Present	Present	Present
1	Handstand forward roll	Handstand-bridge-stand or Forward walkover	Handspring
2	Round off, backward roll to front support	Round off, flic	Cartwheel, Flic to 1
3	Press up	Fall to prone, press up clap	Round off, flic, flic
4	Pike or straddle to headstand	Frog balance into headstand	Swedish fall, press up jumping jacks
5	Back bend-kickover or Backward walkover	Flighted cartwheel	Chest stand or handstand ½ pirouette
6	1/1 spin, 1/1 turning jump	½ spin, 1 ½ turning jump	Free cartwheel
7	One handed cartwheel	Flic to 1	Tucked Shushanova
8	Skill of choice	Skill of choice	Skill of choice
	Present	Present	Present

Skill of choice

	Bonus 0.3
Dive roll	Front somersault
Tic toc	Valdez
Tuck 1/1	Cat leap 1/1

