

Floor			
2017 & 2016 (Girls)		2017 & 2016 (Boys)	
Cartwheel	1.00	Cartwheel	1.00
Backward roll to front support with straight arms (deductions for bent arms 0.5,0.3,0.1)	1.00	Backward roll to front support with straight arms (deductions for bent arms 0.5,0.3,0.1)	1.00
Red & Blue wedge (No bonus) Green & Yellow wedge/coloured springboard (0.5 bonus) No wedge (1 mark bonus)		Red & Blue wedge (No bonus) Green & Yellow wedge/coloured springboard (0.5 bonus) No wedge (1 mark bonus)	
Shoulder stand (3 seconds) Rock to stand	1.00	Shoulder stand (3 seconds) Rock to single knee	1.00
Spin Prep - Hold each position for 3 seconds	1.00	From single knee, step, leg kick with 1/2 turn.	1.00
1/2 turn jump	1.00	1/2 turn jump	1.00
Chasse (STOP)	1.00	Chasse (STOP)	1.00
Split jump (0.5 bonus for hitting splits) - Girls 1/1 turn jump - Boys	1.00	Split jump (0.5 bonus for hitting splits) - Girls 1/1 turn jump - Boys	1.00
Show Handstand (0.3 bonus if held for 2 seconds)	1.00	Show Handstand (0.3 bonus if held for 2 seconds)	1.00
Choose 2 of the following (may be repeated if cannot do 2 different ones)		Choose 2 of the following (may be repeated if cannot do 2 different ones)	
2 x skips	0.10	2 x skips	0.10
Two chasse steps	0.10	Two chasse steps	0.10
1 handed Cartwheel *	0.50	1 handed Cartwheel *	0.50
Round off	0.50	Round off	0.50
Handstand forward roll	0.80	Handstand forward roll	0.80
Straight leg headstand - held for 5 seconds	1.00	Straight leg headstand - held for 5 seconds	1.00
Backward Walkover	1.00	Backward Walkover	1.00
Forward Walkover	1.00	Forward Walkover	1.00
Flic or Tuck back (Optional) - please only do if safe (do not chuck the skill) - can be connected to the round off	1.50	Flic or Tuck back (Optional) - please only do if safe (do not chuck the skill) - can be connected to the round off	1.50
1/2 HEIGHT BEAM - GIRLS ONLY			
2017 & 2016 - can be performed in any order and dance can be added so it's more like a beam routine (no artistry deductions)			
1. Squat on or straddle on	0.50		
2. Cat leap straight jump connected	0.50		
3. Spin prep - hold each position for 3 seconds (Do not need to hold middle position on toe however 0.5 bonus if they do)	0.50		
4. 1/2 turn on toes (NOT spin)	0.50		
5. Forward roll, handstand or cartwheel (0.5 bonus for cartwheel - only given if stays on)	0.50		
- 0.3 deduction for beam mat being used			
4. Split jump (no deduction for lack of splits however 0.5 bonus if within 45 degree of split & stays on)	0.50		
Dismount - Star jump Or Round off 0.5 bonus for round off	0.50		
P.Bars - BOYS ONLY			
2017 & 2016			
Tucked leg lift to straight leg inverted hold (3 sec)	1.00		
Fig 4 hold (3 sec)	1.00		
X4 Fig 4 swings	1.00		
Lower with straight legs to floor	1.00		
Jump (from platform) to support	1.00		
Tuck lever hold (3 sec)	1.00		
Dip to 90 degrees	1.00		
X4 hand steps (on the spot or moving)	1.00		
X3 arch swings	1.00		
Stop and drop backward to land	1.00		
T-Trainer			
2017 & 2016			
1. Run, jump on trampette and star, straight or tuck jump to land	8.00		
2. Run, jump on trampette and jump with a half turn to land	9.00		
3. Run, jump on trampette and dive forward roll to land	9.00		
4. Run, jump on trampette and jump with a full turn to land	10.00		
Vault			
2017 & 2016			
1. Run, Straight jump on 60cm mats - handstand flatback	8.50		
2. Run, Handstand flatback on 60cm	9.50		
3. Squat on to vault either handspring or round off off	9.50		
4. Run, Handstand flatback on 90cm	10.00		
4. Run, 1/2 on to stand 90cm	10.00		