

Floor	
2019 & 2018	
Straight jump, tuck jump connected	1.00
Forward roll to straddle or Pike sit - trying to get heels off floor (smiley knees) (3 seconds) (0.1 bonus for heels being off floor)	1.00
Bridge (3 seconds)	1.00
Back support (3 seconds)	1.00
Turn to front support (3 seconds) jump to crouch, and jump to stand	1.00
Backward roll to angry cat down wedge 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)	
Straight jump half turn	1.00
Plus Choose 3 of the following	
2 x skips	0.10
2 x chasses	0.10
Catleap	0.30
Forward roll to stand	0.50
1/1 turn jump	0.80
Cartwheel	1.00
tuck headstand - held for 5 seconds	1.00
straight leg headstand - held for 5 seconds	1.30
Bridge Kickover	1.30
FLOOR BEAM - GIRLS ONLY	
2019 & 2018	
1. Squat or Straddle on	1.00
2. Catleap	1.00
3. Spin prep - hold each position for 3 seconds (Do not need to hold middle position on toe)	1.00
4. hold releve on 2 feet (5 seconds)	1.00
5. Half turn on toes	1.00
7. Forward roll or Cartwheel (0.5 bonus for cartwheel - only given if stays on) - if cartwheel 1/2 turn can be standing or crouch	1.00
8. Kick forwards, Kick backwards hold landing shape for 3 (split jump prep)	1.00
9. Balance on one leg with straight leg (leg can be forwards or backwards)	1.00
10. Star jump dismount	1.00
P.Bars - BOYS ONLY	
2019 & 2018	
Tucked leg lift to straight leg inverted hold (3 sec)	1.00
Fig 4 hold (3 sec)	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
4 hand steps (on the spot or moving)	1.00
3 arch swings	1.00
Stop and drop backward to land	1.00
T-Trainer	
2019 & 2018	
1. Run, jump on trampette and star, straight or tuck jump to land	9.00
2. Run, jump on trampette and straight jump half turn to land	10.00
Vault	
2019 & 2018	
1. Run, Straight jump on 40cm mats - handstand flatback *Preferred vault due to progression for next year*	8.50
2. Run, Handstand flatback on 60cm *Preferred vault due to progression for next year* - 0.5 bonus for 2019	10.00
3. Squat on to vault immediate straight jump to land	8.50
4. Squat on to vault immediate tuck jump to land	8.50
5. Squat on to vault immediate straight jump half turn to land	9.50