

Floor	
2021 & 2020	
Straight jump to land	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
Back support (3 seconds)	1.00
Turn to front support (3 seconds)	1.00
Arch hold (3 Seconds)	1.00
Roll to dish (3 seocnds)	1.00
Sit in tuck shape	1.00
Rock backward and forwards to stand	1.00
<i>Choice of jump or leap* e.g. tuck, star, cat leap - Not straight as they have already done this at the beginning</i>	1.00
High Bunny hop	1.00
Marked out of 10	
Beam - GIRLS ONLY	
BENCH	
2021 & 2020	
1. Squat on	1.00
2. Straight jump	1.00
3. Chasse	1.00
4. hold releve (5 seconds)	1.00
5. Half turn on toes	1.00
6. Walk backwards to end of bench	1.00
7. High Bunny hop	1.00
8. Skip to the end	1.00
9. Balance on one leg with straight leg (leg can be forwards or backwards)	1.00
10. Straight jump dismount	1.00
Marked out of 10	
P.Bars - BOYS ONLY	
2021 & 2020	
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
3 arch swings	1.00
Stop and drop backward to land	1.00
Marked out of 10	
T-Trainer	
2021 & 2020	
1. Run, jump on trampette and star jump to land (can run along bench if needed)	10.00
2. Run, jump on trampette and Straight jump to land (can run along bench if needed)	10.00
Vault	
2021 & 2020	
1. Run, jump on springboard and Striaight or star jump to land - Can use baby springboard	8.50
2. Run, jump on springboard and straight jump to land on 40cm mats (2 x O'jump mats)	9.00
3. Run, bunny hop onto block, immediate straight jump to land	9.00
4. Run, bunny hop onto block, immediate star jump to land	9.00
5. Run, Straight jump on 40cm mats (2 x O'jump mats) - handstand flatback - 0.5 bonus for 2021	10.00