

Floor					
2015 Born & Older (Girls)			2015 Born & Older (BOYS)		
Cartwheel Or 1 handed cartwheel (0.3 bonus) Or Free cartwheel (1 mark bonus)	1.00				
Backward roll to front support or pike stand with straight arms (deductions for bent arms 0.5,0.3,0.1)	1.00		Cartwheel OR Cartwheel 1/4 turn (0.5 bonus)		1.00
Red & Blue wedge (No bonus) Green & Yellow wedge/coloured springboard (0.5 bonus) No wedge (1 mark bonus)					
Spin Prep - Hold each position for 3 seconds	1.00		Straight arm backward roll to front support OR straight arm backward roll to pike stand, jump out to front support		1.00
1/2 spin	1.00		Rotate from front support to back support.		1.00
Chasse Split leap (0.5 bonus for hitting splits)	1.00		Half lever 3 second hold OR Straddle lever 3 second hold (+0.5)		1.00
Split jump (0.5 bonus for hitting splits)	1.00		Roll to shoulder stand, roll forwards to single knee,		1.00
Show Handstand (0.3 bonus if held for 5 seconds)	1.00		From single knee, step, leg kick with 1/2 turn.		1.00
Bridge 3 seconds Or Bridge kickover (0.5 bonus) Or Backward Walkover (1 mark bonus)	1.00		Handstand forward roll OR Held handstand 3 sec forward roll (0.5 bonus)		1.00
Round off	1.00		From standing, jump into round off rebound and land.		1.00
Flic or Tuck back (Optional) - please only do if safe (do not chuck the skill) - can be connected to the round off	1.00		From 2 or 3 running steps rebound dive roll OR from 2 or 3 running steps rebound tucked front somi (0.5 bonus)		1.00
HIGH BEAM - GIRLS ONLY			P.Bars - BOYS ONLY		
2015 Born & Older - can be performed in any order and dance can be added so it's more like a beam routine (no artistry deductions)			2015 Born & Older		
1.Any mount (can be jump to hips)	0.50		Float swing and return to stand		1.00
2. Cat leap Straight jump connected	0.50		Tucked leg lift to straight leg inverted hold (3 sec)		1.00
3. 1/2 spin	0.50		Fig 4 hold (3 sec)		1.00
4. Spilt jump (no deduction for lack of splits however 0.5 bonus if within 45 degree of split & stays on)	0.50		X4 Fig 4 swings		1.00
5. Pick one of the following: Forward roll (No bonus) Handstand (No bonus) Cartwheel (0.5 bonus for cartwheel - only given if stays on) Backward walkover (1 mark bonus - only given if stays on)	0.50				1.00
- 0.3 deduction for beam mat being used			Lower with straight legs to floor		
Dismount - Round off or Handspring	0.50		Jump (from platform) to support		
			1/2 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 into		1.00
			Dismount over one bar to land		1.00
Vault			T-Trainer		
2015 Born & Older			2015 Born & Older		
1. Run, Straight jump on 60cm mats - handstand flatback	8.50		1. Run, jump on trampette and star, straight or tuck jump to land		8.00
2. Run, Handstand flatback on 60cm	9.50		2. Run, jump on trampette and jump with a half turn to land		9.00
3. Squat on to vault either handspring or round off off	9.50		3. Run, jump on trampette and dive forward roll to land		9.00
4. Run, Handstand flatback on 90cm	10.00		4. Run, jump on trampette and jump with a full turn to land		10.00
4. Run, 1/2 on to stand 90cm	10.00		5. Run, jump on trampette and front somersault to land		10.00
5. Handspring over vault	12.00				
6. 1/2 on over vault	12.00				
7. 1/2 on 1/2 off over vault	13.00				