

FLOOR ROUTINES

AMBER

8X2 METER STRIP

1. STRAIGHT JUMP
2. 3 STRAIGHT LEG KICKS
3. BUNNY HOP
4. CRAB HOLD LIFT ONE LEG (BONUS: BRIDGE)
5. SEATED TUCK BALANCE
6. LAY DOWN AND ROLL TO TUMMY
7. ARCH HOLD (3 SEC)
8. FRONT SUPPORT HOLD (3 SEC)
9. JUMP IN JUMP UP
10. T BALANCE

MARKED OUT OF 10.00 + 0.5 BONUS

SAPPHIRE

ADD CHOREOGRAPHY

1. CAT LEAP (BOYS: SCISSOR KICK)
2. CARTWHEEL
3. HALF TURN JUMP
4. FORWARD ROLL TO STRADDLE SIT
5. JAPANA
6. BRIDGE LIFT ONE LEG
7. DISH TO ARCH (HOLD EACH FOR 3 SEC)
8. FRONT SUPPORT (BONUS: PRESS UP)
9. HANDSTAND
10. CHOOSE 1: ARABESQUE, SPLITS OR ROUND OFF

MARKED OUT OF 10.00 + 0.5 BONUS

EMERALD

GIRLS ADD CHOREOGRAPHY TO MUSIC

BOYS NO MUSIC

1. CHASSE SPLIT LEAP (BOYS: HALF TURN STRADDLE JUMP)
2. BACKWARD ROLL TO FRONT SUPPORT
3. ROUND OFF (BONUS: ROUNDOFF-FLICK)
4. HANDSTAND FORWARD ROLL
5. FRONT HANDSPRING
6. FULL SPIN (BOYS: FULL TURN JUMP)
7. BACKWARD WALKOVER
8. BOX SPLITS
9. Y BALANCE (BOYS: ARABESQUE)
10. TUCK JUMP LINKED WITH W JUMP

MARKED OUT OF 10.00 + 0.5 BONUS

RUBY

8X2 METER STRIP

1. FORWARD ROLL
2. TUCK JUMP
3. CHASSE
4. HALF TURN JUMP
5. MINI HANDSTAND (BONUS: HANDSTAND)
6. CATERPILLAR WALK FRONT SUPPORT
7. LOWER TO BELLY AND TURN TO DISH
8. BACK SUPPORT LIFT ONE LEG
9. BRIDGE HOLD(3 SEC)
10. ROCK TO STAND STRAIGHT JUMP

MARKED OUT OF 10.00 + 0.5

AMETHYST

ADD CHOREOGRAPHY

1. CHASSE HALF TURN CATLEAP (BOYS: CHASSE SCISSOR KICK)
2. ARABESQUE
3. BACKWARD ROLL TO STRADDLE STAND
4. PRESS TO HANDSTAND (BONUS:NO JUMP)
5. HALF TURN TUCK JUMP
6. BACKWALKOVER (BOYS: BACKWARDS ROLL TO HANDSTAND - NOT HELD)
7. ROUND OFF REBOUND
8. NEEDLE KICK (BOYS: SWEDISH FALL)
9. PIKE HALF LEVER
10. CHOOSE 1: SPLITS, 1 HANDED CARTWHEEL OR STRADDLE JUMP

MARKED OUT OF 10.00 + 0.5 BONUS

DIAMOND

GIRLS ADD CHOREOGRAPHY TO MUSIC

BOYS NO MUSIC

1. FULL SPIN (BOYS: FULL TURN JUMP)
2. BACKWARD WALKOVER FLIC TO ONE
(BOYS: FLICK TO TWO JUMP HALF TURN ROUNDOFF)
1. CHASSE SPLIT LEAP LINKED CHASSE CATLEAP (BOYS: STEP SCISSOR KICK, STEP HALF TURN STRADDLE JUMP)
2. ROUND OFF FLICK (BONUS: RO BH TUCK)
3. HANDSTAND 1/2 PIROUETTE
4. FULL TURN TUCK JUMP
5. FRONT HANDSPRING
6. ARIEL
7. STRADDLE JUMP LINKED W JUMP
8. SPLIT ROLL (BOYS: PIKE LEVER)

MARKED OUT OF 10.00 + 0.5 BONUS

ROSE QUARTZ

GIRLS ADD CHOREOGRAPHY TO MUSIC

BOYS NO MUSIC

1. CHASSE SPLIT CHANGE CHASSE SPLIT LEAP (BOYS: STEP SCISSOR KICK, STEP BUTTERFLY)
2. ROUNDOFF BACK-HANDSPRING STRAIGHT BACK (BONUS: HALF TWIST)
3. VALDEZ (BOYS: ELEPHANT LIFT TO HANDSTAND - NO JUMP)
4. HANDSTAND FULL PIROUETTE RETURN TO STAND
5. FULL WOLF TURN (BOYS:BACKWARDS ROLL TO HANDSTAND HELD)
6. Y BALANCE (BOYS: STRADDLE LEVER)
7. FRONT HANDSPRING FRONT SOMI
8. BOX SPLITS HELD 3 SEC
9. ARIEL (BOYS: SIDE SOMI)
10. FULL TURN STRADDLE JUMP

MARKED OUT OF 10.00 + 0.5 BONUS

VAULT CRITERIA

AMBER

1 BLOCK

STRAIGHT JUMP ON, STRAIGHT JUMP OFF

OR

(BONUS: STRAIGHT JUMP ON, STAR JUMP OFF)



MARKED OUT OF 10.00 + 0.5 BONUS

RUBY

2 BLOCKS

SQUAT ON, STRAIGHT JUMP OFF

OR

(BONUS: SQUAT ON HALF TURN JUMP OFF)



MARKED OUT OF 10.00 + 0.5

SAPPHIRE

3 BLOCKS

STRADDLE ON, STRADDLE JUMP OFF

OR

(BONUS: STRADDLE OVER/SQUAT THROUGH)



MARKED OUT OF 10.00 + 0.5 BONUS

AMETHYST

3 BLOCKS

SQUAT THROUGH/STRADDLE OVER

OR

(BONUS: HANDSPRING OVER)



MARKED OUT OF 10.00 + 0.5 BONUS

EMERALD

TABLE VAULT 100CM

SQUAT ON HANDSPRING OFF

OR

(BONUS: HANDSPRING)



MARKED OUT OF 10.00 + 0.5 BONUS

DIAMOND

TABLE VAULT 100/110CM

HANDSPRING

OR

(BONUS: HALF ON)



MARKED OUT OF 10.00 + 0.5 BONUS

ROSE QUARTZ

TABLE VAULT 100/110CM

HALF ON

OR

(BONUS: HALF ON HALF OFF)



MARKED OUT OF 10.00 + 0.5 BONUS

FLOOR & VAULT SPECIFICATIONS

AMBER

FLOOR:

STRIP FLOOR ROUTINE

8X2M FLOOR

MUST BE COMPLETED IN ORDER SHOWN

MARKED OUT OF 10.00

OPTION FOR +0.5 BONUS SKILL

NO CHOREOGRAPHY

NO MUSIC

VAULT:

SPRINGBOARD, 30CM VAULT, SAFETY MAT

MARKED OUT OF 10.00 +0.5 BONUS

RUBY

FLOOR:

STRIP FLOOR ROUTINE

8X2M FLOOR

MUST BE COMPLETED IN ORDER SHOWN

MARKED OUT OF 10.00

OPTION FOR +0.5 BONUS SKILL

NO CHOREOGRAPHY

NO MUSIC

VAULT:

SPRINGBOARD, 60CM VAULT, SAFETY MAT

MARKED OUT OF 10.00 +0.5 BONUS

SAPPHIRE

FLOOR:

STRIP FLOOR ROUTINE

8X2M FLOOR

SKILL MUST BE COMPLETED IN ORDER SHOWN

MARKED OUT OF 10.00

OPTION FOR +0.5 BONUS SKILL

CHOREOGRAPHY TO BE ADDED BETWEEN EACH SKILL - DEDUCTIONS FOR

EXPRESSIVENESS & BODY POSTURE UP TO -0.6

FINAL SKILL CHOSEN OUT OF THE 3 OPTIONS

NO MUSIC

VAULT:

SPRINGBOARD, 90CM VAULT, SAFETY MAT

MARKED OUT OF 10.00 +0.5 BONUS

AMETHYST

EMERALD

SPRUNG FLOOR

10X14M FLOOR

SKILLS DO NOT HAVE TO BE COMPLETED IN ORDER SHOWN

MARKED OUT OF 10.00

OPTION FOR +0.5 BONUS SKILL

CHOREOGRAPHY TO MUSIC

DEDUCTIONS FOR EXPRESSIVENESS, BODY POSTURE, CONFIDENCE AND TIMING UP TO -1.2

VAULT:

SPRINGBOARD, TABLE VAULT 100/110CM, SAFETY MAT

MARKED OUT OF 10.00 +0.5 BONUS

DIAMOND & ROSE QUARTZ

FLOOR:

SPRUNG FLOOR

10X14M FLOOR

SKILLS DO NOT HAVE TO BE COMPLETED IN ORDER SHOWN

MARKED OUT OF 10.00

OPTION FOR +0.5 BONUS SKILL

CHOREOGRAPHY TO MUSIC

DEDUCTIONS FOR EXPRESSIVENESS, BODY POSTURE, CONFIDENCE AND TIMING UP TO -1.2

VAULT:

SPRINGBOARD, TABLE VAULT 100/110CM, SAFETY MAT

MARKED OUT OF 10.00 +0.5 BONUS