



EVOLVE

BARS

Skill	Description
Hold dish shape, glide swing	Cover ears in glide Open hips at top of glide
Pullover (spotted if needed)	Can be from step or chin up Gymnast may be spotted If spotted at carnival will be marked as 'needs work'
2 x casts	Show shrug before cast Arms straight Toes to bar height
Back hip circle spotted or by self	May be spotted Minimal pike around the bar
Roll forward to tuck or L hang	Arms straight Pass through inverted hang
3 x Tension swings on high bar	Show clear dish and arch positions
Drop from bar land in motorbike	Strong motorbike landing

BEAM

Skill	Description
Jump to front support, lift leg over to straddle, straddle hold	Straight arms and legs with pointed toes throughout Straddle hold with toes above beam
Swing legs back to squat, to stand	Swing back to tight squat on beam
Step to arabesque, hold straight line from hip to shoulder with arms at ears	Straight base leg Arms at ears
Front kick, back kick x 2	Front kick then back kick (split leap drill) Arms in present Straight legs
Straight jump straight jump	Jump to be done in series with arm swing Show clear push of beam
2 x side fwd passe steps releve ½ turn	Arms in present
1 step punch jump dismount	Start one step away from beam Show height in punch

Floor

Skill	Description
Pose	Gymnast to make up own pose
Full handstand to lunge	Correct start position Straight line in handstand Land in lunge
Cartwheel x 2 to side	Pass through 'sumo' Cartwheels connected Land in star
2 x fwd roll to bunny hop	Arms straight in rolls with hands turned in Hands face fwds for bunny hop
Releve ½ turn	Show full releve
Step into straight jump, tuck jump	One step into immediate straight jump, tuck jump
2 x spring steps	Arms in present Show ankle extension
2 x step hops	Full push through ankle Toe in passe position
Bwd roll to squat	Must show push against floor No knees to touch ground in squat
Jump feet to front support	Hands over shoulders
Lower down, roll to back and push to bridge	Shoulders pushing over hands Feet together
Stand up and pose	Gymnast to make up own pose

Vault

Skill	Description
Handstand flatback	Handstand on beatboard Fall simultaneously to back
Board, 40cm box straight jump to scatter mat	Straight jump to box immediate rebound to scatter mat Land in motorbike
Quads on 40 cm box handstand	Quads on box to make a long handstand shape Squeezing ears with core engaged