

ADVANCED - VAULT

60cm box, mini trampoline, 2
crash mats

Jump to handstand flat back

- Pushes up tall in handstand and maintains shape up to and on landing
- Gets 'pop'

60cm box, mini trampoline, 2
crash mats

Dive roll

- Gets height before putting hands down to roll
- Uses bent arms
- Rolls and uses momentum to finish standing up

Pike handstand with foot on 60cm box

Hold for 10sec

- Chest in, open shoulders
- Looking at hands



ADVANCED – BARS

Glide swing

- May use box to jump from, landing on floor
- Jumps to dish shape
- Extends hips at top of glide
- Good amount of height

Chin up pullover/kickover

- May use box
- Straight legs

Cast to 45° below horizontal, immediate back hip circle (may have spot)

- Must show shrug first
- No banana shape in cast
- Head in

Underswing/toe shoot (toe shoot may start with feet on box)

- Dish shape must be maintained throughout (no pike) in underswing
- Tight legs

From box, 3x tap swings on high bar

Coach spotting wrist
Crash mat underneath if on Comp bars

- Coach MUST spot wrist for tap swings
- Landing on floor
- Must show dish at back of swing
- Shows tap shapes with correct timing



ADVANCED - BEAM

Jump to front support, lift leg over to straddle sit, 2sec straddle hold, swing to squat and stand

- Straight legs
- Front support not piked
- Legs should lift to above the beam in straddle

Optional pose

- Not judged

Leap over (with hop)

- Straight legs
- Good posture and good amplitude
- Lands on bent leg

Relevé half turn

- Straight legs
- High relevé

L handstand

- Starting up tall
- Straight legs
- Finishing in lunge

Straight jump

- Straight legs
- Good posture and good amplitude

Tuck jump

- Knees above hips
- Landing square, feet facing forward

2-3 steps, punch straight jump dismount

- Jumping off two feet
- Jumping higher than the beam
- Landing in motorbike



ADVANCED - FLOOR

**Bridge kickover
or bwd walkover**
(may have spotting)

- May use box for bridge kickover
- Straight legs
- Landing in lunge

**Fwd roll, immediate second
fwd roll**

- Straight arms, hands turned in
- Knees and feet together

**Passé half turn to finish in
relevé**

- Straight support leg
- High relevé
- Good posture

**Straight jump, split jump,
jump ½ turn**

- Good level of amplitude
- Split jump to 90°

**Backward roll to feet with
hands turned in**

*option to go to front support

- Must be pushing on ground
- Straight arms

**Cartwheel, cartwheel or
round off, rebound**

- Optional entry
- Generating speed
- Landing of cartwheel, cartwheel in lunge

