

# 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

