

Carnival Level 2 Routine (Evolve)

Skills	Notes
Vault	
Approximately 10m run approach, hurdle, straight jump to land on stable 60cm box and rebound jump to land on 20–30cm landing mat. Arms lift to vertical at peak of jump and remain at vertical for rebound jump. Arms at forward horizontal on landing.	Beat board, 60cm box horizontal, mat
Step or lunge to handstand on board and land on back to 30cm super soft mat (arms optional)	Beat board, crash mat
Bars	
Grasp LB, hold dish shape for 2 seconds. Bent knee swing x 3 with re-grasp (start can be from the floor or board or 20cm padded box)	From suitcase, 30cm or 40cm box
Jump to front support on LB, show dish shape, hold for 2 seconds (start can be from box, beat board or floor)	Off a 60cm box, can add suitcase box on top if short
Casts x 2 in series (hips off bar in casts)	
Roll forward through controlled tuck hang to stand	Soft 10cm mat underneath bar Please be standing here in case gymnasts fall
Beam*	
Jump to front support, lift leg over to straddle sit, swing legs back to squat, stand on beam	Mount facing opposite end to dismount mats. About halfway along the beam.
2 x passé steps, half turn on 2 feet, finish in releve hold for 2 sec	Arms in present for passe steps, arms in 5 th for releve half turn
Step to arabesque, hold straight line (from toe through hip to shoulder), finish in lunge	Arms in 5 th position for arabesque, arms at horizontal for lunge
4 x walk forwards on releve	Arms in present
Straight jump on beam	Arms optional for motor bike landing
Step into Straight jump dismount from end of beam	Arms optional for motor bike landing

**note for beam, passe steps into half turn is technically at end of routine by ALP manual however, if we did it in that order gymnasts would have to walk the entire length of beam to dismount. So that is why it is changed.*

Floor	
Letter Y at edge of floor, 3 steps into floor letter Y	
Handstand step down to lunge	Arms in 5 th to start handstand, landing arms in front for step in
Forward entry cartwheel to finish in side position	Arms in 5 th to start cartwheel. Finish arms in present in "star" position.
¼ to direction of travel	
Tuck forward roll immediate tuck forward roll	Squat down before roll, finish in squat Straight arms and straight legs
Stand up from squat	
Releve 1/2 turn on 2 feet, hold 2 sec	Arms in 5 th
Step hop x 2 Spring steps x 2	Arms in present for hop Arms behind for spring steps
step into straight jump tuck jump	Arms optional for motor bike landing
Backward roll to angry cat Jump to front support Lower to floor show tight rocket shape Roll over to lie flat on back in rocket shape Push to bridge 3 sec Lie down	Hold each element for 3 sec
"V" sit to stand	How to get up from floor.
Letter Y to judge	

**Note for floor routine it's slightly different from ALP routine. Reason, if we don't put a half turn after FWD rolls gymnasts would run out of room on floor.*