

INTERS - VAULT

Step to handstand, flatback

(hands on spring board)

- Hands on spring board
 - Pushes up tall in handstand and maintains shape up to and on landing
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Dive roll to 2 mats

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

Tuck handstand on 60cm box – 10sec

- Chest in, shoulders open
- Straight line from wrists to hips



INTERS - BARS

Starting in dish, 3x bent knee swings, finishing in dish

Coach must spot wrist

- Use box to start, landing on box or floor
- Must regrip
- Ideal model has open hips and shows tap shapes

Chin up pullover
(may be assisted)

- May use box
- Straight legs

2x casts
(45° below horizontal)

- Must show shrug first

Push up to dish shape, spotted ½ tip around, finishing in candle

- Straight arms
- Holds dish shape
- Head in

From candle, spotted second half tip around to finish in support

- Straight arms
- Holds dish shape
- Legs together

Forward roll to tuck or L hang

- Straight arms
- Slow and controlled

The more advanced boys may do back circle on their own if able (instead of tip around)



INTERS - P BARS

Jump from box to support

- Straight arms
 - Tight body
-

3sec tuck hold

- Knees above bars
 - Feet together
-

3 swings to straddle, legs on bars

- Hips open in swings
 - Straight legs
-

3sec L hold

- Straight legs
 - Feet above bars
-

4 support walks fwd, 4 support walks bwd

- Legs together
 - Straight body
-

3 swings to land back on box

- Open hips in swings
- Finish with bent knees, hands on bar



INTERS - FLOOR

Backward roll to front support down wedge

- Must be pushing on ground
- Straight arms

Fwd roll, rocket jump

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

Full handstand

- Starting up tall
- Straight body (no banana or pike)
- Finishing in lunge or step in

Split jump

- Swings arms
- Min 90° split
- Motorbike landing to finish

Cartwheel 1/4 turn to step in/lunge

- Hands '1,2'
- Legs to go over the top
- Tight body and legs

5sec straddle hold on chocks

- Chocks shoulder width apart
- Knees above hips
- Pushing through shoulders

