

LEVEL 1A FLOOR STARTVALUE 12.00	LEVEL 1B FLOOR STARTVALUE 12.00	LEVEL 1C FLOOR STARTVALUE 12.00
<ul style="list-style-type: none"> • Bring both arms up to vertical by your ears. • <u>Forward roll to straddle sit.</u> • Do a <u>180 turnaround sideways across your shoulders. (straddle roll around).</u> • Join legs and show Piked fold for 2 sec. • Lie down stretched. • With a dish shape, roll over to front lie and push to front support. • Lift one leg up behind, hold for 2 sec then place the knee of the same leg under your hips. • Swing the other leg around in front & turn sideways to the starting position for side roll. • <u>Side roll.</u> • <u>Side roll back the opposite direction</u> • ¼ Turn to face forwards, Stand up and join your feet. • Jump ½ turn. • <u>Forward roll</u> to immediate stretched high jump. 	<ul style="list-style-type: none"> • Bring both arms up to vertical by your ears. • Step <u>Cartwheel</u> (front to back) • Join feet and Jump ½ turn. • <u>Forward roll to straddle sit</u> • Fold Forward, Chest on the floor. (hold for 2 sec). • Sit up , join legs • Roll back to shoulderstand. (hold for 2 sec). • Roll to stand (feet together). • Immediate Tuck Jump • Step to <u>Handstand.</u> • <u>Backward roll straddled.</u> • Replace hands on the floor & jump to join feet together to stand up. (Legs straight) 	<ul style="list-style-type: none"> • Bring both arms up to vertical by your ears. • Step into <u>handstand forward Roll</u> to stand. • Step and show an arabesque. (2 seconds) • From arabesque, (while still holding the leg up) • <u>Forward Roll to Straddle Sit.</u> • Fold Forwards, Chest on the floor. (hold for 2 sec) • <u>Backward roll to straddle stand.</u> • Turn to Right or Left <u>splits</u> • Turn back to straddle sit and join legs. • <u>Backward roll</u> to stand, feet together. • <u>Cartwheel, skip Cartwheel.</u> (Start forwards, Do them continuously and sideways but finish facing to the direction they came from). • Join your feet and <u>Jump 1/1</u> turn <p style="text-align: right;">(Add bonus to SV)</p>
<p>Element/Requirement attempted but not achieved 0.50 -for gymnastic elements or connections 1.00 -for acrobatic Elements + fall deductions if applicable Element /Requirement not attempted 0.50 - for connections/steps etc that are not elements 1.50 - for gymnastic element or connection 2.50 - for an acrobatic/underlined element.</p>		<p>SV 1_ . _ 0</p> <hr/> <p>-</p> <hr/> <p>=</p> <hr/> <p>- E-DEDUCTIONS</p> <hr/> <p>FINAL SCORE</p> <p>=</p>
		<p>SV 1_ . _ 0</p> <hr/> <p>-</p> <hr/> <p>=</p> <hr/> <p>- E-DEDUCTIONS</p> <hr/> <p>FINAL SCORE</p> <p>=</p>
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LEVEL 2 BARS STARTVALUE 13.00	LEVEL 2 BEAM STARTVALUE 13.00	LEVEL 2 FLOOR STARTVALUE 13.00
<ul style="list-style-type: none"> • 5 Swings with straight legs. • Gymnasts may jump from 1 or 2 spring boards to start the swings. • Bar Height to be set at • 180cm – under 9 • 200cm – under 11 • 200cm – under 13 • 220cm – over 13 • 20cm matting. • Swings are to be done with straight legs. • If a gymnast is too tall, their coach should notify the head judge who will arrange to have the Bar adjusted. <p>0.20 Bonus for each swing that goes above horizontal (on the forward swing)</p>	<ul style="list-style-type: none"> • Front support mount • 2 x ½ Turns on two feet (one to be done in a squat position) • 5 fast walking steps • High stretch Jump • Stride Leap • Spin prep as follows- Prepare, Relevee, balance, then step. • Arabesque • Roundoff Dismount <p>0.20 Bonus for good artistry</p>	<p><u>SET ROUTINE</u></p> <ul style="list-style-type: none"> • Forward Roll to Straddle stand • Turn to right or left Splits • Turn back, show Straddle Lever Hold (2sec) • Straddle Pike Fold (chest on the floor 2 sec) • Sit up, Join Legs, Lie back, and push to • Bridge • Sit up • Backward Roll with straight arms & legs to front support, • Squat jump feet between hands, then immediately • Jump ½ turn. • ½ spin. • Chasse, Step Hop while swinging other leg up in front to horizontal • Step, 1 foot in behind the other, ½ turn on two feet. • 1 handed Cartwheel (front to back) • Handstand Forward Roll <p>0.20 Bonus for an excellent Straddle Lever hold (Add bonus to SV)</p>
<p>Element/Requirement attempted but not achieved 0.50 -for gymnastic elements or connections 1.00 -for acrobatic Elements + fall deductions if applicable Element /Requirement not attempted 0.50 - for connections/steps etc that are not elements 1.50 - for gymnastic element or connection 2.50 - for an acrobatic element.</p>		<p>SV 1_ . _ 0</p>
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		<p>SV 1_ . _ 0</p> <p>-</p> <hr/> <p>=</p> <hr/> <p>- E-DEDUCTIONS</p> <hr/> <p>FINAL SCORE</p> <p>=</p>

LEVEL 3 BARS START VALUE 13.00	LEVEL 3 BEAM STARTVALUE 13.00	LEVEL 3 FLOOR STARTVALUE 13.00
<ul style="list-style-type: none"> Upward Hip Circle Cast Backward Hip Circle Cast Undershoot <p>0.20 Bonus for a cast above horizontal</p>	<ul style="list-style-type: none"> Mount of choice (coded or not, Max 'A' value) ½ spin immediate ½ turn Forward Roll High Stretch Jump Stride Leap Cat leap Round-off Dismount <p>0.20 Bonus for connecting the Forward Roll to the High Jump.</p>	<ul style="list-style-type: none"> Full Spin Jump 1/1 Turn Splits on the floor (right/left) Bridge Kick-over Cartwheel skip cartwheel Handstand Forward Roll Backward Roll with straight arms & legs to stand Split Leap (min. 150*) Dance / choreography <p>0.20 Bonus for Split leap having 180* leg separation. (Add bonus to SV)</p>
<p>Element/Requirement attempted but not achieved 0.50 -for gymnastic elements or connections 1.00 -for acrobatic Elements + fall deductions if applicable Element /Requirement not attempted 0.50 - for connections/steps etc that are not elements 1.50 - for gymnastic element or connection 2.50 - for an acrobatic element.</p>		<p>SV 1_ . _ 0</p> <hr/> <p>-</p> <hr/> <p>=</p> <hr/> <p>- E-DEDUCTIONS</p> <hr/> <p>FINAL SCORE</p> <p>=</p>
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LEVEL 4 BARS START VALUE 13.00	LEVEL 4 BEAM STARTVALUE 13.00	LEVEL 4 FLOOR STARTVALUE 13.00
<ul style="list-style-type: none"> Upward Hip Circle Cast Backward Hip Circle Cast Backward Hip Circle Cast to Straddle/pike on Undershoot <p>0.20 Bonus will be given if the gymnast does Pike Undershoot instead of Straddle</p>	<ul style="list-style-type: none"> Mount of choice (Coded or not) ½ spin immediate ½ turn Split leap or jump (min 150*) Catleap Handstand High Stretch Jump A close beam move (does not have to be an element & can be during the mount) Handspring Dismount <p>0.20 bonus for Handstand reaching vertical (<u>not</u> required to be held)</p>	<ul style="list-style-type: none"> 1/1 Spin Splits (right/left) Backward Roll to Handstand with straight arms & legs One armed Cartwheel Backward Walkover Dive Roll Split leap (180*) Dance / choreography <p style="text-align: right;">(Add bonus to SV)</p>
<p>Element/Requirement attempted but not achieved 0.50 -for gymnastic elements or connections 1.00 -for acrobatic Elements + fall deductions if applicable Element /Requirement not attempted 0.50 - for connections/steps etc that are not elements 1.50 - for gymnastic element or connection 2.50 - for an acrobatic element.</p>		<p>SV 1_ . _ 0</p> <hr/> <p>-</p> <hr/> <p>=</p> <hr/> <p>- E-DEDUCTIONS</p> <hr/> <p>FINAL SCORE</p> <p>=</p>
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LEVEL 5 BARS START VALUE 14.00	LEVEL 5 BEAM STARTVALUE 13.00	LEVEL 5 FLOOR STARTVALUE 13.00
<ul style="list-style-type: none"> Upward Hip Circle Cast Backward Hip Circle Cast Backward Hip Circle Cast to Pike or Straddle on jump to the high bar 2 x Swings On the third swing wrap over the bar Immediate undershoot dismount 20cm safety mat must be used <p>0.20 Bonus for 1 cast above 45*</p>	<ul style="list-style-type: none"> Mount of choice (Coded or not) Catleap immediate- Tuck Jump 1/1 Spin Split Leap or Jump (180*) Cartwheel A close Beam move (does not have to be an element) Handspring Dismount <p>0.20 Bonus for 180* achieved in Split Leap/Jump</p>	<ul style="list-style-type: none"> 1 ½ Spin Jump 1/1 Turn Split Leap (180*) Backward Walkover Backward Roll to Handstand with straight arms & legs Tic-Toc <u>or</u> Forward Walkover Dive roll From standing start roundoff stretch jump Dance / choreography <p style="text-align: right;">(Add bonus to SV)</p>
<p>Element/Requirement attempted but not achieved 0.50 -for gymnastic elements or connections 1.00 -for acrobatic Elements + fall deductions if applicable Element /Requirement not attempted 0.50 - for connections/steps etc that are not elements 1.50 - for gymnastic element or connection 2.50 - for an acrobatic element</p>		<p>SV 1_ . _ 0</p>
<p>_____</p> <p>-</p> <p>_____</p> <p>=</p> <p>- E-DEDUCTIONS</p> <p>_____</p> <p>FINAL SCORE</p> <p>=</p>		<p>_____</p> <p>-</p> <p>_____</p> <p>=</p> <p>- E-DEDUCTIONS</p> <p>_____</p> <p>FINAL SCORE</p> <p>=</p>
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LEVEL 6 BARS START VALUE 14.00	LEVEL 6 BEAM STARTVALUE 13.00	LEVEL 6 FLOOR STARTVALUE 13.00	
<ul style="list-style-type: none"> • Glide swing, (swing back & release to stand). • Upward Hip Circle • Cast Backward Hip Circle • Cast Backward Hip Circle • Cast to Pike or Straddle on and catch high bar • 2 x Swings • On the third swing wrap over the bar • Immediate Under swing • 1 x Swing • On the next swing immediate flyaway dismount <p>20cm safety mat must be used 0.20 Bonus for 1 cast above 45*</p>	<ul style="list-style-type: none"> • Mount of choice (Coded or not) • 1/1 Spin • Split Leap or Jump (180*) immediate Tuck Jump • Handstand • Cartwheel • A Close Beam move (does not have to be an element) • Any Coded Dismount. (Salto forward or backward is recommended) <p>0.20 Bonus for a salto dismount</p> <p>(Add bonus to SV)</p>	<ul style="list-style-type: none"> • 1 ½ Spin • Jump 1 ½ Turn • Split Leap x 2 either directly or indirectly connected – As per FIG Code of Points - (Min - 180*) • Handspring to one foot • Dive Roll • Backward Roll to handstand with straight arms and legs. • Roundoff Flip • Dance / choreography <p>0.20 Bonus for excellent split leaps 0.20 Bonus for Front Salto instead of Dive roll</p>	
<p>Element/Requirement attempted but not achieved 0.50 -for gymnastic elements or connections 1.00 -for acrobatic Elements + fall deductions if applicable Element /Requirement not attempted 0.50 - for connections/steps etc that are not elements 1.50 - for gymnastic element or connection 2.50 - for an acrobatic element.</p>			<p>SV 1_ . _ 0</p> <p>-</p> <hr/> <p>=</p> <hr/> <p>- E-DEDUCTIONS</p> <hr/> <p>FINAL SCORE</p> <p>=</p>
			<p>SV 1_ . _ 0</p> <p>-</p> <hr/> <p>=</p> <hr/> <p>- E-DEDUCTIONS</p> <hr/> <p>FINAL SCORE</p> <p>=</p>
			<p>SV 1_ . _ 0</p> <p>-</p> <hr/> <p>=</p> <hr/> <p>- E-DEDUCTIONS</p> <hr/> <p>FINAL SCORE</p> <p>=</p>