

# Beam

Level	Apparatus 1	Apparatus 2	Apparatus 3	Apparatus 4
	<ol style="list-style-type: none"> <li>1. Bunny hop onto beam (starting side on)</li> <li>2. 3 steps backwards</li> <li>3. <math>\frac{1}{4}</math> turn, 3 steps sideways</li> <li>4. <math>\frac{1}{2}</math>, star balance, 3 seconds</li> <li>5. <math>\frac{1}{4}</math> turn, walk forward to end of beam</li> <li>6. Star jump dismount</li> </ol>	<p><i>Gymnasts mount in the middle of the beam</i></p> <ol style="list-style-type: none"> <li>1. Squat on</li> <li>2. 3 relevé steps forward</li> <li>3. Hands on hips, <math>\frac{1}{2}</math> turn</li> <li>4. Arabesque, 3 seconds</li> <li>5. 3 high knee steps</li> <li>6. High bunny hop</li> <li>7. Releve walk to end of beam</li> <li>8. <math>\frac{1}{2}</math> turning straight jump dismount</li> </ol>	<ol style="list-style-type: none"> <li>1. Gymnast chosen mount</li> <li>2. Y balance, 3 seconds</li> <li>3. 3 relevé steps forward</li> <li>4. Pivot turn, step pivot turn (on toes, arms to ears)</li> <li>5. 3 leg kick walks</li> <li>6. Kick towards handstand</li> <li>7. Relevé walk to end of beam</li> <li>8. Round off dismount</li> </ol>	<ol style="list-style-type: none"> <li>1. Gymnast chosen mount</li> <li>2. Y balance, 3 seconds</li> <li>3. 3 leg kicks walks</li> <li>4. Handstand <u>or</u> cartwheel, pivot turn after cartwheel (on toes, arms to ears)</li> <li>5. Catleap straight jump</li> <li>6. Relevé walk to end of beam</li> <li>7. Round off <u>or</u> handspring</li> </ol>
Apparatus	Floor beam	Low beam Block under beam Landing crash mat	Low beam 2 crash mats under beam Landing crash mat	Low beam 2 crash mats under beam Landing crash mat

# Bars

Level	Apparatus 1	Apparatus 2	Apparatus 3	Apparatus 4
Routine	<p><i>Coach supported lift to straight hang</i></p> <ol style="list-style-type: none"> <li>1. Tuck hang, 3 seconds</li> <li>2. Straddle hang, 3 seconds</li> <li>3. Dish hang, 3 seconds</li> <li>4. Arch hang, 3 seconds</li> <li>5. Release to land</li> </ol>	<ol style="list-style-type: none"> <li>1. Jump to front support</li> <li>2. Front support, hold 3 seconds</li> <li>3. Circle forward</li> <li>4. Leg lift</li> <li>5. Release to land</li> </ol>	<ol style="list-style-type: none"> <li>1. Circle up</li> <li>2. Front support, hold 3 seconds</li> <li>3. 3 casts</li> <li>4. Straddle undershoot <u>or</u> controlled circle forward, jump to straddle undershoot</li> </ol>	<ol style="list-style-type: none"> <li>1. Circle up</li> <li>2. Front support, hold 3 seconds</li> <li>3. Cast back hip circle</li> <li>4. Straddle undershoot <u>or</u> squat on straight jump to land</li> </ol>
Apparatus	High bar X2 crash mats	Low bar Small grey block Crash mat	Low bar Blue spring board Crash mat	Low bar Blue spring board Crash mat

# Vault

Level	Apparatus 1	Apparatus 2	Apparatus 3	Apparatus 4
Routine	<ol style="list-style-type: none"> <li>1. Standing or run, squat on</li> <li>2. Tuck jump off (Plié landing)</li> </ol>	<ol style="list-style-type: none"> <li>1. Run, squat through <u>or</u> straddle over</li> <li>2. Show Plié landing</li> </ol>	<ol style="list-style-type: none"> <li>1. Run, squat on</li> <li>2. Forward roll to stand <u>or</u> kick to handstand flat</li> </ol>	Run, handstand flatback <u>or</u> half on to knees
Apparatus	Spring board Black vault top Landing crash mat	Spring board Black vault top Landing crash mat	Spring board Large grey block + crash mat	Spring board Large grey block + crash mat

# Floor

Level	Core Skills 1	Core Skills 2	Core Skills 3	Core Skills 4
Routine	<ol style="list-style-type: none"> <li>1. Forward roll to tuck sit</li> <li>2. Lift arms back, show V-sit</li> <li>3. Dish shape, 3 seconds</li> <li>4. Roll to arch shape, 3 seconds</li> <li>5. Push up to front support, show for 3 seconds</li> <li>6. Jump feet in to squat shape</li> <li>7. Stand, star</li> </ol>	<ol style="list-style-type: none"> <li>1. Forward roll to straddle sit, show for 3 seconds</li> <li>2. 2 teddy bear rolls</li> <li>3. Lie back, shoulder stand, show 3 seconds</li> <li>4. Rock to feet</li> <li>5. Arabesque, 3 seconds</li> <li>6. Catleap</li> <li>7. Straight jump <math>\frac{1}{2}</math> turn</li> </ol>	<ol style="list-style-type: none"> <li>1. Cartwheel front to back</li> <li>2. Backwards roll</li> <li>3. Frog balance, 3 seconds</li> <li>4. Tuck jump <math>\frac{1}{2}</math> turn</li> <li>5. Chasse catleap</li> <li>6. <math>\frac{1}{2}</math> spin</li> <li>7. Handstand</li> </ol>	<p><i>Gymnasts start routine in the middle of the floor strip</i></p> <ol style="list-style-type: none"> <li>1. Handstand forward roll</li> <li>2. Full spin</li> <li>3. Chasse catleap with <math>\frac{1}{2}</math> turn</li> <li>4. One handed cartwheel</li> <li>5. Backward roll to straddle stand</li> <li>6. Lower to straddle lever, 3 seconds</li> <li>7. Tuck rock to stand</li> <li>8. Split jump</li> </ol>