

Level 5

	Floor		execution out of 5	Vault	tariff	execution out of 10
1	Deadman drop	0.5		Squat on, cartwheel off	1.8	
2	tuck top planche/elbow balance OR straddle/pike lever	0.5		Squat on, handspring off (supported)	1.8	
3/4	handstand forward roll immediately into a star jump	0.5		Handspring flatback	2.0	
5/6	Catleaps full turn step scissor kick	0.5		handspring hop to flatback	2.2	
7/8	c/wheel 1/4 turn in backward roll towards handstand finish in front support	0.5				
9	Jump 1/2 turn either straight or tuck	0.5				
10	jump step round off with rebound	0.5		Trampette - minimum 2 high mats		
	Bench or low beam			dive roll must show flight	1.5	
1	front support swing leg over (if on beam) straddle lever mount	0.5		flyspring (with blue or grape)	1.8	
2	Catleap	0.5				
3	kick up to handstand or forward roll	0.5				
4	arabesque or Y balance	0.5		All landings & balances to be held for 3 seconds		
5	round off dismount	0.5				