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| --- | --- | --- | --- | --- | --- | --- |
|  | **Floor** |  | execution out of 5 | **Vault** | tariff | execution out of 10 |
| 1 | Backward roll with straight arms to land on feet using slope -0.5 bonus if no slope used | 0.5 |  | Squat or straddle on star jump off | 1.2 |  |
| 2 | straight jump 1/2 turn | 0.5 |  | squat or straddle over (no layout) | 1.3 |  |
| 3 | cartwheel | 0.5 |  | squat or straddle over (with layout) | 1.5 |  |
| 4 | shoulder stand (hold 3 secs) | 0.5 |  |  |  |  |
| 5 | Bridge lifting one leg (hold 3 secs) | 0.5 |  |  |  |  |
| 6 | handstand to 90 degrees | 0.5 |  |  |  |  |
| 7 | **Squat on to bench** | 0.5 |  | **Trampette** |  |  |
| 8 | dip steps to middle of bench, tuck jump | 0.5 |  | Straight jump full turn | 1.0 |  |
| 9 | arabesque (hold 3 secs) | 0.5 |  |  |  |  |
| 10 | jump 1/2 turn dismount (hold 3 secs) | 0.5 |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  | **All landings to be held for 3 seconds** |  |  |