|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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 flat  | 2 |  |
| 5/6 | Catleaps full turn chases scissor kick | 0.5 |  | handspring hop to flatback | 2.2 |  |
| 7/8 | c/wheel 1/4 turn in backward roll to front support (bonus 0.5 to going to handstand) | 0.5 |  |  |  |  |
| 9 | Jump 1/2 turn either straight or tuck | 0.5 |  |  |  |  |
| 10 | jump step round off with rebound | 0.5 |  | **Trampette** |  |  |
|  | **Bench or low beam**  |  |  | dive roll must show flight | 1.5 |  |
| 1 | straddle lever  | 0.5 |  | flyspring (with blue or grape) | 1.8 |  |
| 2 | Catleap | 0.5 |  |  |  |  |
| 3 | handstand to 90 degrees | 0.5 |  |  |  |  |
| 4 | arabesque (hold 3 secs)or Y balance | 0.5 |  | **All landings to be held for 3 seconds** |  |  |
| 5 | round off dismount | 0.5 |  |  |  |  |