|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Floor - full floor with music** |  | execution out of 5 | **Vault** | tariff | execution out of 10 |
| 1 | Y balance/arabesque above hip height/splits OR straddle lever/tuck top planche (hips above shoulders) | 0.5 |  | handspring hop to flatback | 2.2 |  |
| 2/3/4 | R off jump 1/2 turn, c/w 1/4 turn in backward roll towards handstand | 0.5  0.5 |  | handspring to feet on built up mats | 2.5 |  |
| 5/6 | handstand forward roll immediately into a stag or full turn jump | 0.5  0.5 |  | handspring over | 2.8 |  |
| 7/8 | Catleaps full turn to scissor kick OR 2 linked jumps (cant repeat any previous jumps) | 0.5  0.5 |  | 1/2 on to tummy | 3.0 |  |
| 9 | handspring or free cartwheel | 0.5 |  |  |  |  |
| 10 | dive roll or front somi | 0.5 |  |  |  |  |
| 11 | fwd/bwd walkover, valdez OR shushonova | 0.5 |  | **Trampette** |  |  |
|  |  |  |  | front somi | 2 |  |
|  | Total | 5.0 |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  | **All landings to be held for 3 seconds** |  |  |
|  |  |  |  |  |  |  |