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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 (straddle, crouch or front support) | 0.5 |  | squat or straddle over (with layout) | 1.5 |  |
| 2 | tuck jump 1/2 turn | 0.5 |  | Squat on, cartwheel off | 1.8 |  |
| 3 | 1 handed cartwheel | 0.5 |  | Squat on, handspring off (supported) | 1.8 |  |
| 4 | V sit | 0.5 |  |  |  |  |
| 5 | shoulder stand (hold 3 secs) | 0.5 |  |  |  |  |
| 6 | Bridge lifting one leg (hold 3 secs) change legs (hold 3 secs) rock to stand | 0.5 |  |  |  |  |
| 7 | handstand join legs (hold 3 secs) | 0.5 |  | **Trampette** |  |  |
|  | Bench or low beam - |  |  | dive roll must show flight | 1.5 |  |
| 8 | straddle lever on bench or low beam  travel to middle | 0.5 |  |  |  |  |
| 9 | tuck jump | 0.5 |  |  |  |  |
| 10 | star jump | 0.5 |  |  |  |  |
| 11 | arabesque (hold 3 secs) | 0.5 |  | **All landings to be held for 3 seconds** |  |  |
| 12 | cartwheel off | 0.5 |  |  |  |  |