

Level 2

	Floor		execution out of 5	Vault	tariff	execution out of 10
1	cartwheel (using c/w mat or hands & feet) or 3 bunny jumps	0.5				
2	Forward roll to stand (no hands)	0.5		squat on/straddle on straight jump off minimum 3 high blocks	1.0	
3	forward roll to sit in straddle	0.5		Squat or straddle on star jump off	1.2	
4	circle roll 360 degrees	0.5		squat or straddle over (no layout)	1.3	
5	show pike - shoulder stand supported	0.5				
6	back support turn to front support jump into squat to stand	0.5				
	Bench			Trampette		
7	straddle onto bench show star shape turn to face fwds - squat	0.5		tuck jump OR jump 1/2 turn	0.8	
8	bunny jumps sideways over bench to centre of bench (at least 2 either side squat onto bench from crouch stand	0.5				
9	one leg arabesque balance hold for 3 secs) walk to end of bench on tip toes	0.5				
10	star jump dismount	0.5		All landings to be held for 3 seconds		