

## Level 6

	<b>Floor</b>		execution out of 5	<b>Vault</b>	tariff	execution out of 10
1	Y balance OR T balance (boys)	0.5				
2/3	Cartwheel jump 1/2 turn into round off	1.0		handspring flatpack	2.0	
3	tuck jump 1/2 turn ,star jump (must be connected)	0.5		handspring hop to flatpack	2.2	
6	handstand forward roll or backbend to bridge kickover, back or forward walkover	0.5		handspring to feet on built up mats	2.5	
7	deadman drop press up	0.5		handspring	2.8	
	<b>Bench or low beam</b>					
	straight jump on					
7	step scissor kick	0.5		<b>Trampoline - minimum 2 high mats</b>		
8	Cartwheel finish in a lunge	0.5		dive roll must show flight	1.5	
9	1/2 spin or jump	0.5		flyspring (with blue or grape)	1.8	
10	round off or handspring dismount	0.5		front somi	2	
				<b>All landings &amp; balances to be held for 3 seconds</b>		