

Level 4

	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 to 2 feet off (long box)	1.8	
3	1 handed cartwheel finish in lunge	0.5		Squat on, handspring off (supported, long box)	1.8	
	forward roll to sit in tuck					
4	roll down to dish (straight legs) hold 3 secs	0.5				
5	rock to shoulder stand (hold 3 secs) supported or unsupported	0.5				
6	Bridge lifting one leg (hold 3 secs) change legs (hold 3 secs) rock to stand	0.5		Trampette - minimum 2 high mats		
7	handstand join legs (hold 3 secs)	0.5		dive roll must show flight	1.5	
	Bench or low beam					
8	straddle lever mount	0.5				
9	forward roll to stand	0.5				
10	star jump	0.5		All landings to be held for 3 seconds		
11	arabesque (hold 3 secs)	0.5				
12	cartwheel off	0.5				