

	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 with straight arms towards handstand OR round off flick	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 OR Catleaps full turn into full spin (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		back somi	2	
				All landings to be held for 3 seconds		