|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Floor** |  | execution out of 5 | **Vault** | tariff | execution out of 10 |
| 1/2 | Cartwheel jump 1/2 turn into round off | 0.50.5 |  | handspring hop to flatpack | 2.2 |  |
| 3 | Y balance OR T balance | 0.5 |  | handspring to feet on built up mats | 2.5 |  |
| 4 | Split jump OR jump full turn or tuck top planche | 0.5 |  | handspring | 2.8 |  |
| 5 | back bend into bridge kick over ORhandstand into bridge to stand ORdeadman drop press up | 0.5 |  |  |  |  |
|  | **Bench or low beam**  |  |  |  |  |  |
| 6 | straddle lever  | 0.5 |  |  |  |  |
| 7 | split jump  | 0.5 |  | **Trampette** |  |  |
| 8 | Cartwheel jump 1/2 turn into round off | 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 dismount | 0.5 |  | front somi | 2 |  |
|  |  |  |  |  |  |  |
|  |  |  |  | **All landings to be held for 3 seconds** |  |  |
|  |  |  |  |  |  |  |