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|  | **Floor** |  | execution out of 5 | **Vault** | tariff | execution out of 10 |
| 1 | Forward roll down slope to stand (no hands)  (bonus 0.5 if no slope used) | 0.5 |  | drop down straight jump (springboard & blocks) | 0.5 |  |
| 2 | 3 x bunny jumps travelling | 0.5 |  | run up straight jump (springboard & blocks) | 0.5 |  |
| 3 | tuck shape (hold for 3 secs) | 0.5 |  | run up straight jump | 0.5 |  |
| 4 | pike sit (hold for 3 secs) | 0.5 |  | run up stretch jump on & off 2 low level blocks | 0.8 |  |
| 5 | straddle sit (hold for 3 secs) | 0.5 |  | squat on/straddle on straight jump off  minimum 3 high blocks | 1.0 |  |
| 6 | circle roll 360 degrees | 0.5 |  |  |  |  |
| 7 | Back support (hold 3 secs)  lie in straight shape log roll to tummy | 0.5 |  | **Trampette** |  |  |
| 8 | push up to front support (hold for 3 secs) | 0.5 |  | Drop down straight jump | 0.5 |  |
|  | **Step up onto bench without hands - pick up bean bag**  **Place bean bag on head** |  |  |  |  |  |
| 9 | walk to middle of bench on tip toes  one leg balance (stork balance) (hold for 3 secs) | 0.5 |  |  |  |  |
| 10 | walk to end of bench on tip toes (remove bean bag)  straight jump dismount - hold landing for 3 secs | 0.5 |  |  |  |  |
|  |  |  |  | **All landings to be held for 3 seconds** |  |  |