

Year 4+

Floor:

1. Fwd roll
2. Cartwheel
3. Bwd roll (Choice of exit)
4. Arabesque or Splits
5. Straight jump 1/2 turn
6. Pike jump or straddle jump
7. Push to bridge
8. Rock to stand

Bonus:

-Back bend into bridge instead of push to bridge (0.3 Bonus)

-Kickover instead of rock to stand (0.3 Bonus)

Beam:

1. Jump to support, half shear swing back to squat on
2. Fwd roll to straddle sit
3. Swing leg over tuck lever
4. Turn and swing legs behind to stand
5. Full spin or full turn on toes
6. Cat leap
7. Round Off dismount or 1/2 turn jump

Bonus:

-Pike lever instead of tuck lever (0.3 Bonus)

KGA Summer Invitational

P-Bars:

1. Float Swing
2. Jump to support
3. Walk on hands to the middle
4. Tuck lever (Hold for 3 secs)
5. Kick out to straddle support on the bars
6. 3x Swings dismount between the bars

Bonus:

-Optional flank vault dismount (0.5 Bonus)

-Pike Lever instead of tuck lever (0.3 Bonus)

Bars:

1. Circle up from block
2. 2x casts
3. Circle fwds to chin hold in tuck
4. Coach lift to high bar 3x Swings
5. Dismount at the back

Bonus:

-Squat on catch Instead of circle fwds (0.5 Bonus)

-Back hip circle (0.3 Bonus)