

Example Routines

PRE-NOVICE		
	Vault	Floor
Example 1	Handspring flat back onto pile of safety mats 60cm, 90cm or 120cm DV: 1:00	Cat leap – Scissor kick Tuck jump Round-off flic Cartwheel DV: 2.6
Example 2		Cat leap – Scissor kick Tuck jump Cartwheel Round-off Forward roll DV: 2.6

NOVICE		
	Vault	Floor
Example 1	Handspring flat back onto pile of safety mats 60cm, 90cm or 120cm DV: 1:00	Split leap – cat leap full Tuck jump full Round-off flic Handspring Cartwheel DV: 2.9
Example 2	½ on or Flyspring to stand on 60cm, 90cm or 120cm DV: 1:5	Change leg – cat full Tuck full Round-off flic tuck Cartwheel DV: 3.0

Tumbles Floor and Vault

Example Routines

TUMBLES

INTERMEDIATE		
	Vault	Floor
Example 1	Height of vault 105,110, 115, 120, 125cm Handspring DV: 1.6	Change-leg – cat full Round-off flic tuck Tuck jump full Front sumi DV: 2.9
Example 2	Half on, Half off DV: 2.4	Change leg – cat full Round-off flic tuck Tuck jump full Handspring-front DV: 3.1

ADVANCED		
	Vault	Floor
Example 1	1.25m Vaulting table Max D-Score 3.4 Half on, Half off DV: 2.4	Round off flic straight back Double spin Change-leg – cat leap full Tuck jump full Handspring Straight front DV: 3.3
Example 2	Handspring Full turn DV: 3.2	Round off flic full twist Double spin Change leg – Cat leap full Straddle/split jump full Handspring Straight front DV: 3.5