



our routines are split into 2 categories: All advanced level floor routines can be competed as a 1. LINE routine (no music) - artistry can be added. or
2. A full floor routine (1min-1.20 long with music)

level 1 FLOOR - 7 out of 10 skills		Level 2 FLOOR - 7 out of 10 skills	
1	Forward roll, L sit	1	Forward roll to straddle sit and fold 3"
2	Passé balance 3" on relevé	2	Arabesque balance
3	X2 chassés (switch legs)	3	Straight jump, tuck jump, star jump (connected)
4	Star jump	4	Straddle jump
5	Rock and roll to straddle sit	5	Forward roll, straddle sit
6	L handstand	6	momentary handstand
7	Bunny hop handstand hips vertical	7	Cartwheel
8	Jump ½ turn	8	X2 jump 1/2 turns connected
9	X4 rebound jumps	9	candlestick/shoulder stand 3"
10	Rear support 3", front support 3"	10	Pike fold 3"
Level 1: VAULT: Straight jump vault onto 60cm mat		Level 2: VAULT: Squat on vault onto 80cm mats	
level 1 BEAM - 6 out of 8 skills		level 2 BEAM - 6 out of 8 skills	
1	Relevé Balance	1	Passé balance on relevé 3"
2	Straight jump	2	Straight jump
3	X2 kicks forwards	3	Tuck jump
4	Bunny hop handstand	4	Bunny hop handstand (hips horizontal)
5	X 4 backwards walks	5	X 4 kicks
6	X4 walks on relevé	6	Arabesque balance
7	Passé balance 3" (flat foot)	7	X4 squat walks
8	Straight jump Dismount	8	Tuck jump dismount
level 3 FLOOR - 7 out of 10 skills		level 4 FLOOR - 7 out of 10 skills	
1	Backward roll to front support	1	Backward roll to momentary H.S step out
2	T balance	2	T Balance on relevé
3	Wolf jump	3	Wolf jump
4	Forward roll to stand	4	Forward roll jump 1/2 turn backward roll
5	Full Handstand	5	Jump full turn
6	X2 connected cartwheels	6	Cartwheel chassé cartwheel
7	1/2 spin	7	1/2 spin 1/2 turn
8	Bridge (feet together)	8	Bridge kickover
9	X2 chassés into immediate straight, tuck, star jump	9	Full Handstand 2"
10	360, dish & arch roll	10	Roundoff straight jump
Level 3: VAULT: Squat on vault onto 100cm vault box		Level 4: VAULT: Handstand Flatback vault onto 100cm vault	
level 3 BEAM - 6 out of 8 skills		level 4 BEAM - 6 out of 8 skills	
1	Arabesque balance	1	Arabesque balance
2	Tuck jump	2	T balance
3	Bunny hop handstand (hips vertical)	3	Tuck jump
4	L handstand	4	½ spin
5	Standing catleap	5	catleap
6	X4 squat walks	6	Stride leap
7	X2 pivot turns (standing- making a full)	7	Momentary handstand
8	Jump half turn dismount	8	Round off, off the beam Dismount

level 5 FLOOR - 7 out of 10 skills		level 6 FLOOR - 7 out of 10 skills	
1	Backward roll to H.S step out	1	Dive roll
2	Right or left splits 3"	2	Split leap
3	Split jump	3	Split Jump
4	Arabesque 3" into immediate H.S fwd roll	4	Y stand balance 3"
5	Round off jump 1/2 turn dive roll	5	Round off backhandspring
6	Handstand fwd roll	6	Handstand 1/2 turn fwd roll out
7	Full spin	7	Full spin
8	backwalkover	8	Backwalkover
9	Catleap	9	Front walkover
10	X2 chassés into straddle jump	10	Front handspring
Level 5: VAULT: Round off to tummy, 100cm vault box		Level 6: VAULT: Round off over 80cm vault box	
level 5 BEAM - 6 out of 8 skills		level 6 BEAM - 6 out of 8 skills	
1	T-balance	1	Needle balance
2	Needle balance	2	Full spin
3	½ spin ½ turn	3	Split leap
4	Full handstand	4	Wolf jump
5	catleap	5	Handstand
6	Stride leap	6	Cartwheel
7	Wolf jump	7	Fwd roll or backward shoulder roll
8	Round off, off the beam Dismount	8	cartwheel straight jump off the beam
level 7 FLOOR - 7 out of 8 skills (X2 tumble lines required)		level 8 FLOOR - 7 out of 8 skills (X2 tumble lines required)	
1	Front handspring dive roll	1	Front tuck
2	Split leap, Split leap connected	2	Switchleap
3	Sissone, wolf jump	3	Sissone, sissone
4	Aerial (front or side)	4	Aerial (front or side)
5	Round off backhandspring back tuck	5	Sheep jump (C Jump)
6	Handspring to 1, handspring to 2 or back handspring to 1, back handspring to 2	6	Round off X3 backhandsprings back tuck
7	1.5 spin	7	Front handspring front tuck
8	Backward roll to H.S 1/2 turn fwd roll	8	Full wolf spin
Level 7: VAULT: Round off over 100cm vault box		Level 8: VAULT: front handspring over 80cm vault box	
level 7 BEAM - 6 out of 8 skills		level 8 BEAM - 6 out of 8 skills	
1	Y stand balance	1	Champagne balance
2	Split jump	2	sissone , wolf jump
3	full spin	3	1/2 wolf spin
4	Split leap, tuck jump	4	Split leap, split jump
5	Sissone	5	Back or front walkover
6	Backwalkover	6	Switch leap
7	Cartwheel	7	Cartwheel
8	Cartwheel, back tuck off beam dismount	8	roundoff, straight jump off the beam

level 9 FLOOR - 6 out of 8 skills (X2 tumble lines required)		level 10 FLOOR - 6 out of 8 skills (X2 tumble lines required)	
1	Front Layout	1	front full
2	Switch leap, Switch side	2	Switch leap, Switch ring
3	Double spin	3	1 1/2 wolf spin
4	Round off backhandspring Layout	4	Round off backhandspring full twist
5	Round off X3 backhandsprings, back tuck	5	Round off X3 back handsprings, layout
6	Front handspring front layout	6	Backward roll to handstand, ½ turn, forward roll
7	Jump 1/2 split	7	Switch side
8	Aerial	8	Jump full split
Level 9: VAULT: Front handspring over 100cm vault box		Level 10: VAULT: Half on half off roundoff vault over 100cm vault box	

level 9 BEAM - 6 out of 7 skills		level 10 BEAM - 6 out of 7 skills	
1	Full wolf spin	1	1 ½ wolf spin
2	Back Handspring step out	2	X2 Back Handspring step outs
3	Front Walkover	3	Side Aerial
4	Switch leap, wolf jump	4	Switch leap, split jump
5	Back Walkover back handspring	5	Handstand, back handspring connection
6	Quarter turn straddle jump	6	split jump 1/2 turn
7	Front tuck dismount	7	Round off back tuck dismount

