

Beginner Level

At least 8 elements, selected from columns A or B (see Appendix)

OR

The following routine:

45-degree plank (hold for 3 seconds)
Forward roll
Jump half turn
Backward roll to straddle stand
Plank with legs apart (hold for 3 seconds)
Tuck press
Back roll
Candlestick (hold for 3 seconds, hands on the floor or on the back)
Forward roll + tuck jump (both elements connected)

Intermediate Level

At least 8 elements, selected from columns A, B or C, with a minimum of 2 C-level elements

OR

The following routine:

Jump full turn
Run and jump into a dive forward roll
Jump half turn
Back roll
Candlestick (hold for 3 seconds, hands on the floor)
Tuck jump
Handstand (hold for 2 seconds)
Run into a roundoff, land into a straight standing position OR Run into a handspring

Advanced Level

At least 8 elements, with a minimum of 2 C-level elements

OR

The following routine:

Y-scale
Run into a roundoff + back tuck OR Run into a roundoff + back handspring + finish with a vertical jump
Press to handstand (from a sitting position, either straddle press or pike press)
Healy
Transition (not scored)
Optional: jump half turn (not scored)
Pike backward roll + half pirouette
Forward roll to pancake straddle
Transition (not scored)
Run into a handspring, stretch jump, dive forward roll, jump full turn (all elements connected)