



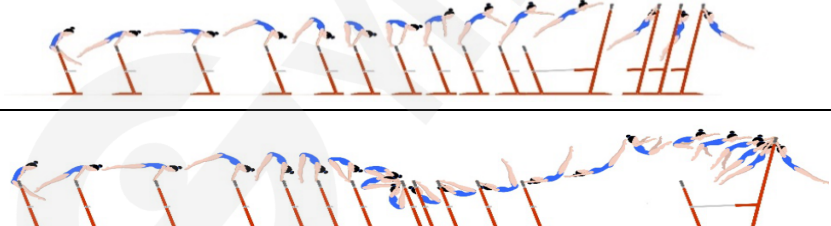



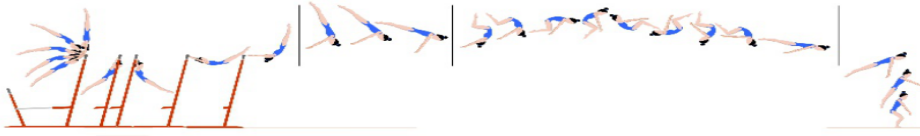
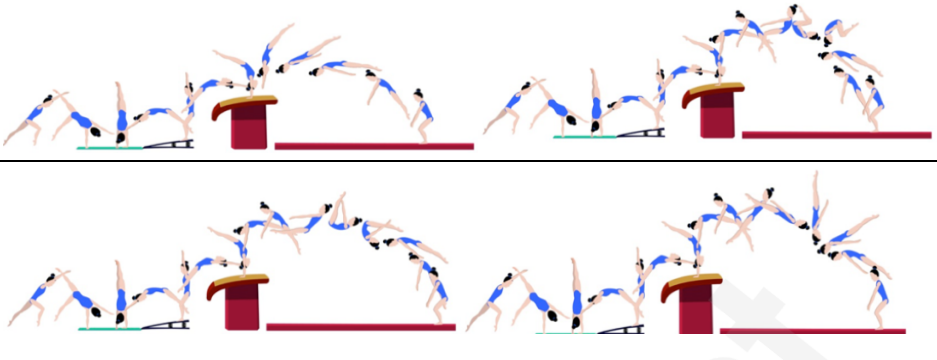
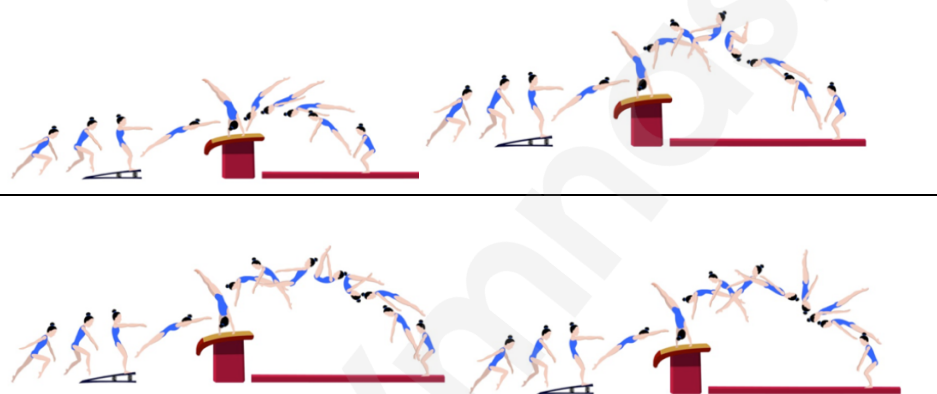
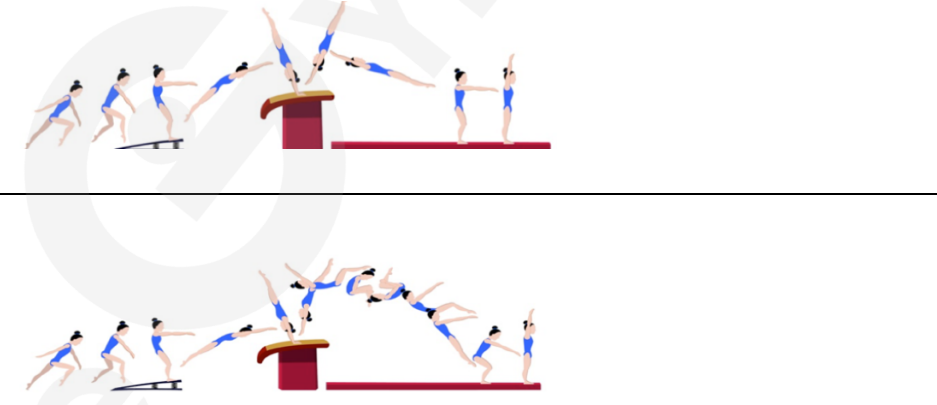


Level 5 & Above - Uneven Bar Routine












A	Upstart (1.0)	
B	Handstand (1.00) Below 170 (0.80) Below 90 (0.60)	
C	Hip to Handstand(1.5) Free Hip (1.00) Back hip (0.80)	
D	Handstand (1.00) Below 170 (0.80) Below 90 (0.60)	
E	HB Catch (1.00) Shut Catch (1.00)	
F	HB Upstart (1.0)	
G	Handstand (1.00) Below 170 (0.80) Below 90 (0.60)	
H	Giant Bwd (1.0)	
I	Hollow Back (1.0) Double Tuck (1.5)	

Level 5 & Above - Table Vault

A	<p>Yurchenko Vault</p> <p>Yurchenko – 2.50 Tuck – 3.00 Pike – 3.50 Stretch – 4.00</p>	
B	<p>Roundoff Vault</p> <p>Roundoff- 2.00 Tuck – 2.50 Pike – 2.80 Stretch – 3.00</p>	
C	<p>Handspring Vault</p> <p>Handspring - 2.50 Hand front – 3.00</p>	


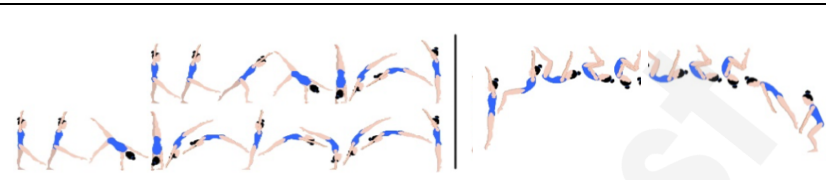
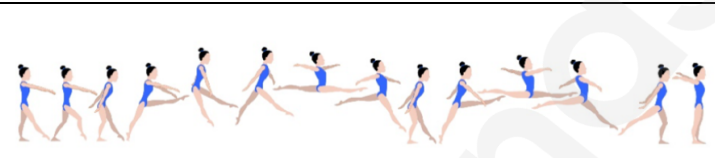

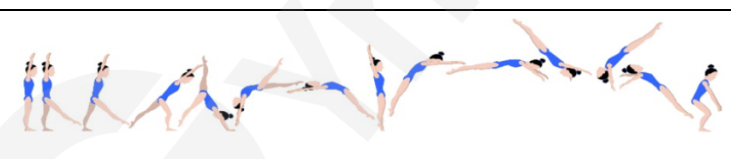

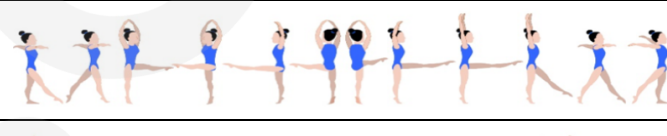

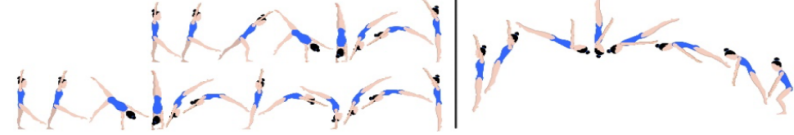

*Vault Hight 120 OR 125 CM

Level 5 & Above - Balancing Beam Routine

A	Any Mount (1.00)	Mount
B	Toe turn 360 (1.20)	
	Scale Turn 360 (1.50)	
C	Backwalkover (1.00)	
	Flic OR Backwalkover to Flic (1.30)	
	Tik-Tok to Flic (1.50) Flic to Flic (2.00)	
D	Split Leap to Jump(1.00)	
	Switch leap to jump (1.50)	
E	2 Split Jump (1.00)	
F	DISMOUNT	
	Fwd or Bwd salto tuck (1.0)	
	Cartwheel Back (1.50) Roundoff Back (2.00)	

1.00 for Choreography

Level 5 & Above - Floor Exercise Routine

A	Salto bwd tuck / Pike / Arabian (1.0)	
	Salto Bwd Tuck/ Pike Double (1.5)	
B	Switch Leap to Switch Leap Same leg – 1.20 Alternate leg – 1.50	
C	Fwd Tuck – 1.00 Fwd Stretch – 1.20	
	Handspring Fwd tuck 1.20 Handspring Fwd Stretch 1.50	
D	Toe Turn 360 - 1.20 Toe Turn 720 – 1.50 Scale turn 360 – 1.50	
		
E	Bent Arm backroll to Handstand – 1.0 Stright Arm – 1.50	
F	Salto bwd tuck / Stretch / 180 (1.2)	
	Salto Bwd 360/540/720 (1.5) (Different From Group A)	

1.00 for Choreography