

**FLOOR**  
**Over 8s NOVICE ROUTINE**

**Start Value 10.00**

Stretch forward roll into an immediate stretch jump immediately into a forward roll with an immediate star jump, Chasse cat leap, Stretch jump ½ turn, Arabesque (90° or above), Return to stand, Show Handstand back to stand (now travelling towards the start position), 2 consecutive cartwheels side to side, Second cartwheel with ¼ turn inwards to finish with feet together (This is not a Round Off!). Squat, tuck rock back to shoulders (Not a shoulder stand) then lie flat on their back, Dish shape, Hands on thighs (Hold 3 secs), log roll to front, Arch Shape arms by ears (Hold 3 secs), Circle arms around, Push to front support (Hold 3 secs), Jump to squat, Stretch Jump ½ turn to finish.

**VAULT 1M**

Squat on stretched jump off	8.50
Squat through Vault	9.00
Straddle over Vault	9.50
Handstand flatback	10.00

**Overs 8 ADVANCE ROUTINE**

**Start Value 10.00**

Hold a side leg lift (90°) for 3 seconds, bring feet back together, Handstand forward roll with bent arms (Handstand must be clearly shown before the roll), Chasse cat leap ½ turn, Backward roll to straddle, jump feet together to stand, Squat down roll back to lie flat, Push to a straight-legged bridge and lift one leg to vertical (Must show bridge before leg is lifted), Lie down on back, rock back to show shoulder stand (2 secs), rock forwards to stand, 2 continuous cartwheels, second cartwheel one handed with a ¼ inwards to finish in lunge (This has changed direction), join feet together, SKIP STEP, Round off stretch jump ½ turn to land

**VAULT 1m**

Squat on stretched jump off	8.50
Squat through Vault	9.00
Straddle over Vault	9.50
Handstand flatback	10.00
Handspring	11.00

### **Boys Novice**

Start value 10.00

Stretch forward roll into an immediate star jump, an Arabesque hold for 3sec lower to floor and jump  $\frac{1}{4}$  turn, 2 consecutive cartwheels side to side, Second cartwheel with  $\frac{1}{4}$  turn inwards to finish with feet together (This is not a Round Off!),  $\frac{1}{2}$  spin (still facing the same way as the start direction, Show Handstand back to stand, jump  $\frac{1}{2}$  turn, (this has changed the direction), side leg lift ( 45 degrees ) squat down and jump legs forward to back support hold for 3secs, Turn over to front support hold for 3 secs, 1 press up, jump feet into hands to squat, Backwards roll to stretch jump  $\frac{1}{2}$  turn to finish.

### **VAULT 1M**

Squat on stretched jump off	8.50
Squat through Vault	9.00
Straddle over Vault	9.50
Handstand flatback	10.00

### **Boys Advanced**

Start value 10.00

Stretch tucked backward roll to front support, jump feet into squat to stand,  $\frac{1}{2}$  spin, side leg lift to  $90^\circ$  hold for 3sec return to stand, 2 continuous cartwheels, second cartwheel one handed with a  $\frac{1}{4}$  inwards to finish in lunge (This has changed direction), step feet together, stretch jump  $\frac{1}{2}$  turn, (To Change Direction), Handstand forwards roll, step  $\frac{1}{2}$  turn on toes, Perform a Swedish fall with leg raised, lower to the floor 2 press ups squat in stretch jump to stand, skip step into round off, jump half turn jump to land forward roll star jump to finish.

### **VAULT 1m**

Squat on stretched jump off	8.50
Squat through Vault	9.00
Straddle over Vault	9.50
Handstand flatback	10.00
Handspring	11.00