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| <p><u>VAULT</u></p> <ol style="list-style-type: none"> 1. Handstand flatback | <p><u>BARS</u></p> <ol style="list-style-type: none"> 1. Glide swing 2. Pull over 3. Cast 4. Forward roll to tuck hang (held for 3 secs) | <p><u>P-BARS</u></p> <ol style="list-style-type: none"> 1. Cross support (3 secs) 2. Tuck support (3 secs) 3. 3 swings to straddle 4. Stride support (3 secs) 5. 2 swings 6. Dismount at back of 2nd swing |
| <p><u>BEAM</u></p> <ol style="list-style-type: none"> 1. Mount 2. Low to beam 3. Straight jump 4. Walks backwards on toes x4 5. ½ turn on 2 feet 6. Passe hold (3 secs) 7. Scorpion handstand 8. Tuck jump dismount | <p><u>FLOOR</u></p> <ol style="list-style-type: none"> 1. Tuck jump, star jump 2. Handstand 3. Passe hold (3 secs) 4. ½ turn on 1 foot, ½ turn on 2 feet 5. Forward roll, straight jump 6. T-hand cartwheel 7. Backward roll 8. Front support (3 secs) 9. Turn to back support (3 secs) | <p><u>RINGS</u></p> <ol style="list-style-type: none"> 1. Tuck hang (3 secs) 2. Swing to basket hang (3 secs) 3. Candle hang (3 secs) 4. Return to basket, then lower into swings 5. Swings x3 6. Dismount at back of 3rd swing |