

**Name:** \_\_\_\_\_

**THS 2017-18**

**My Vault:** \_\_\_\_\_

**Vault: (pre-flight, support (repulsion), post flight, landing)**

1/2 on: 7.5

Handspring: 8.7

Handspring 1/2: 8.8

1/2 on -> 1/2 off: 9.0

Half on -> Full Off: 9.4

Handspring Full: 9.5

1/2 on-> 1 1/2 twist off 9.8

Handspring-> 1 1/2 twist off 9.9

Full on-> Full off 10.0

1/2 on-> double twist off 10.00

Handspring Double Full:10.0

Handspring Front: 10.0

Tuck Tsuk: 9.9

Pike Tsuk: 10.0

Layout Tsuk: 10.0

Tuck Yurchenko: 10.0

Pike Yurchenko: 10.0

Layout Yurchenko: 10.0

*\*Spotting during vault or not landing on your feet first=0.0*

# Bars:

**My Bar Routine Level:** \_\_\_\_\_

## **Beginner Routine (5.0)**

pullover or kip  
front hip circle  
cast to horizontal & return to front support  
small cast into back hip circle  
underswing

## **Novice Routine (7.0)**

kip (or pullover for .5 deduction SV =6.5)  
front hip circle  
cast to horizontal  
cast squat on  
long hang pullover or long hang kip  
cast horizontal into back hip circle  
cast to 45° below horizontal  
tap swing -> 1/2 turn (release one hand, tap bar) dismount **or** flyaway

## **Intermediate Routine (8.0)**

(each element = .5)

6 elements  
1 bar change  
kip mount  
cast to 30° above horizontal  
clear hip=360° circle to 30° above horizontal-angle from shoulder to lowest body part) **OR** B flight element (jump full turn kip, straddle cut catch, straddle back, toe shoot)  
salto dismount (fly away)

**Int. Starter Sample:** kip, cast 30° above horizontal, clear hip to 30° above horizontal, kip, squat on, long hang kip, fly away

## **Optional Routine**

Value Parts=2 points

**3 A skills:** kips, cast horiz, squat on, LB underswing to HB, long hang pullover, LB giant, hip circles

**4 B skills:** cast hand, uprise, clear hip, giant, underswing ½, fly away ½, jump full kip, bail ½, str cut catch

**1 C skills:** clear hip hand, pirouette, giants w/turn, sole circle cut, toe ½ back, flips, double back

Special Requirements=2 points (0.5 each)

1 bar change

B flight (in mount or routine) **OR** B turn (in mount, routine, or dismount)

B group 3, 6, 7 (group 3-underswings/clear hips; group 6-stalders; group 7-circles & hechts)

A salto dismount/ hecht (note that there is a .3 compositional deduction for lack of a B dismount)

**Opt. sample:** LB-kip, cast hand, pirouette, kip, squat on, HB-kip, clear hip hand, giant, fly away 1/2

**My Bar Routine:**

**Beam:**

**Value Parts=2 points (A=0.1, B=0.3, C=0.5) (any VP can be used 2 times)**

**3 A skills:** sissone, split leap, stretch jump, full turn, body wave, scale, handstand 2sec, rolls, cartwheel, back walkover, front tuck dsmt, gainer back off side, cartwheel  $\frac{1}{4}$ , tuck jump, hop

**4 B skills:** split jump, split  $\frac{1}{4}$ , cat  $\frac{1}{2}$ , tuck  $\frac{1}{2}$ , wolf jump  $\frac{1}{2}$ , 1  $\frac{1}{2}$  turn, scale on toe 2sec, stretch  $\frac{3}{4}$ , body wave 1 foot 2sec, handstand fwd roll, front walkover, round off, dive/pop cartwheel, flipflop, valdez, back extension, hand full dsmt, gainer full dsmt, Arabian salto dsmt, back salto  $\frac{1}{2}$

**1 C skills:** (recommend 2) tuck  $\frac{3}{4}$ , pike  $\frac{1}{2}$ , cat full, split  $\frac{1}{2}$ , switch split leap, straddle jump facing sideways, wolf  $\frac{1}{2}$ , hop  $\frac{1}{2}$  fouette to scale, pike jump (side), stretch full, full turn leg above horizontal, salto

**Special Requirements=2 points (0.5 each)**

- 1) acrobatic series= 2 elements, group 6/7/8 only, B acro & flight required in one skill, start & finish on beam (no holds, backward rolls/shoulder rolls) Group 6: dive roll, back ext. roll, handstand roll, Group 7: front walk overs, handsprings, dive cartwheel, round off, back handspring Group 8: saltos
- 2) 1 leap/jump with 180° cross or side split
- 3) 1 full turn, 360° on one leg, may be included in dance series
- 4) A salto dismount

**My skills:**

1A: \_\_\_\_\_

2A: \_\_\_\_\_

3A: \_\_\_\_\_

1B: \_\_\_\_\_

2B: \_\_\_\_\_

3B: \_\_\_\_\_

4B: \_\_\_\_\_

1C: \_\_\_\_\_

Back up C: \_\_\_\_\_

Full turn: \_\_\_\_\_

Dance series minimum 2 elements with 180 degree split leap/jump: \_\_\_\_\_, \_\_\_\_\_

Dance (sideways or backwards step/pose): \_\_\_\_\_

Dance (elevation change): \_\_\_\_\_

Acro series: \_\_\_\_\_, \_\_\_\_\_

Salto dsmt: \_\_\_\_\_

**Time Limit:** between 0:31-1:30.

**General Tips:**

Add a simple jump to the beginning or end of every dance combo- just in case!

If you don't have saltos, limit the amount of tumbling you include to avoid deductions

No more than two skills in any one position (tuck, wolf, cat, stretch)

Handstand is a hold, not an acro

Try to have movement going every direction (forward, sideward, backward) and at different heights

Try to cover as much of the Beam as possible

Keep your eyes off the mat

Have fun! (the judge can tell when you aren't)

**My Beam Routine:**

# Floor:

**Value Parts=2 points (A=0.1, B=0.3, C=0.5)**

**3 A skills:** Leap, stretch ½ or full, cat leap, tuck jump, full turn, handstand, rolls, walkovers, front & back handsprings, side aerial, round off, tuck front salto, back salto, whip salto, gainer salto

**4 B skills:** switch leap, side leap, split leap/jump ¼ or ½, pike jump, straddle jump, tour jete, stretch 1 ½, cat leap full, tuck full, 1 ½ turn, handstand pirouette 1 ½, back extension handstand pirouette full, pike front salto, back salto with ½ or full twist

**1 C skills (recommend 2):** tuck 1 ½, cat 1 ½, double turn, switch-side leap, pike jump full turn, straddle jump full turn, wolf full from 1 or 2 feet, stretch double, back salto 1 ½ or double full,

**Special Requirements=2 points (0.5 each)**

2 salto series= 3 acrobatic flight elements with 2 saltos, same or different saltos, **OR** 2 saltos directly connected, same or different saltos

3 different saltos (.2 each), may be part of other SR series

Dance passage with 2 different group 1 elements, \*must include one 180 degree split leap element with one-foot takeoff (group 1= leaps, jumps, hops) Ex: switch leap into a simple jump

acrobatic series anywhere in routine with 3 fast flight elements, **series must be in addition to SR #1** (\*easiest is RO, FF, FF or Front handspring step out, repeat, Round off)

Note that there are .3 compositional deductions for lack of a B turn (1½ or more) on one foot and lack of a B salto.

My skills:

1A: \_\_\_\_\_

2A: \_\_\_\_\_

3A: \_\_\_\_\_

1B: \_\_\_\_\_

2B: \_\_\_\_\_

3B: \_\_\_\_\_

4B: \_\_\_\_\_

1C: \_\_\_\_\_

Back up C: \_\_\_\_\_

2 salto series: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

3 different saltos: 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

Dance passage with leap: \_\_\_\_\_, \_\_\_\_\_

Acro series 3 fast flight 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

B turn: (1 ½ turn): \_\_\_\_\_

B salto: (back layout ½ or full, pike front) \_\_\_\_\_

**Time Limit:** between 0:31-1:30.

**General Tips:**

If you don't have saltos, limit the amount of tumbling you include to avoid deductions  
No more than two skills in any one position (tuck, wolf, cat) \*stretch jump not a value part  
Try to have movement going every direction (forward, sideward, backward) and at different heights  
Try to cover as much of the floor as possible  
Keep your eyes off the floor  
Have fun! (the judge can tell when you aren't)

**My Floor Routine:**