

Beginner Boys

Floor: Handstand, step down, forward roll, jump cartwheel cartwheel step in, pause, running cartwheel.

Rings: Pull up, tuck hang, 3 swings to upside down hold, skin the cat, come back through, drop dismount.

P-bars: Walk forwards, walk 1/2 backwards, tuck hold, drop dismount.

Horse: Mount on side, walk in front support to middle, 4 leg cuts to dismount in front.

Vault: Straight Jump

Bars Low bar – Spotted pullover, cast pause, roll forward, skin the cat, pull back through drop dismount

Adv boys

Floor: Handstand forward roll, jump cartwheel cartwheel step in, pause, running roundoff.

Rings: Pull up, tuck hang, 3 swings to upside down hold, skin the cat, come back through, drop dismount.

P-bars: Walk forwards, walk 1/2 backwards, tuck hold, 3 swings, side dismount in back swing.

Horse: Mount in middle, walk in front support around the horse to middle, 4 leg cuts to dismount in front.

Vault: Flat back

Bars High bar – Pullover, cast pause, roll forward, skin the cat, pull back through drop dismount