

BLUE - 5+ years (Virtue competition only)				
Apparatus	Elements will be given 0.5 each Difficulty Value as stated below. With the exception of vault which is 2.0. Execution penalties will be applied. Dismounts & mounts are included as set skills. IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution. 1.00 deduction for each missing element.			
	Vault	Bars	Beam	Floor
Notes	<i>Piled mats to height of 60cm or 90cm 1 x springboard</i>	<i>FIG Bar height with: A safety mat (depth 20cm), or a jersey style mat (depth 10cm), can be used without penalty, but must not block the judges' view.</i>	<i>A FIG Beam height with: A crash mat under the beam and jersey style mat (depth 10cm) is for dismounts.</i>	<i>Full use of floor. Suggested music length: 1 minute</i>
Requirements	DV 2.00 Handspring Flat Back onto Pile of safety mattresses at a choice of 60cm or 90cm to suit the gymnast. 2.00 penalty for coach support. Applies to each vault. Best score of 2 performed vaults. (No deduction if only 1 vault performed)	DV 2.00 Set elements with 4 skills. Low bar routine. Jump to front support (from block if required) 3x Cast return to bar Circle down hold chin over bar in pike shape Lower to pike hang hold	DV 2.50 Optional order with 5 set elements - 2 lengths of beam - simple choreography required. Mount - Jump to front support, lift one leg over Straight jump Relevé 1/2 turn High bunny hop Dismount – from middle of beam, run and hurdle step to take off from two feet into stretched jump to dismount	DV 3.00 Optional order with 6 set elements. Music required. Tuck jump 1/2 spin Cat leap immediate straight jump Linked side to side Cartwheel 1/4 turn Cartwheel finish feet together