

GG0/GG1

SV 10.00 (vault starting value shown) - deductions + bonus skills (0.5 each)

Beam	Vault	Floor
<p>Routine in order (no dance) travel 1 length</p> <ul style="list-style-type: none"> - step onto beam from block - tip toe walk to middle of beam - knee balance (hold 3 seconds) - Squat down touch beam (both hands) OR BONUS - Bunny hop - Tip toe walk to end - straight jump dismount OR BONUS - star jump off 	<p style="text-align: center;">Big black block with board</p> <ul style="list-style-type: none"> - Squat on, Forward roll to lay - SV - 9.0 - Straddle on, Forward roll to lay - SV - 10.0 	<p>Routine performed on a strip line</p> <ul style="list-style-type: none"> - Forward roll to stand - Star jump - 1x Bunny hop OR BONUS Cartwheel - Pike fold OR japana - Back support turn to front support - One leg balance knee at 90° OR BONUS Arabesque

GG2/GG3

SV 10.00 (vault starting value shown) - deductions + bonus skills (0.5 each)

Beam	Vault	Floor
<p>Routine in order (no dance) travel 1 length</p> <ul style="list-style-type: none"> - Horse mount - Tip toe walk to middle of beam - Arabesque balance (hold 3 seconds) - Bunny hop - BONUS - Handstand - Side walks to end - Tuck jump dismount - BONUS - Round off dismount 	<p style="text-align: center;">Perform on Big black block with board</p> <ul style="list-style-type: none"> - Squat on, handstand flat back - SV - 9.0 - Handstand flat back - SV - 10.0 	<p>Routine performed on a strip line</p> <ul style="list-style-type: none"> - Handstand - Forward roll immediate star jump - Bridge OR BONUS kick over - Pike fold OR japana OR splits - Dich to arch - Cartwheel OR BONUS Round off - Arabesque

GG3+

SV 10.00 (vault starting value shown) - deductions + bonus skills (0.5 each)

Beam	Vault	Floor
<p>Routine in order - 1 travel length</p> <ul style="list-style-type: none"> - Horse mount - 1/2 turn on toes - Tip toe walk to middle of beam (optional arms) - Arabesque balance (hold 3 seconds) - Handstand - BONUS - Cartwheel - Side walks to end (optional arms) - Round off dismount - BONUS - Handspring dismount 	<p style="text-align: center;">Perform on Big black block with board</p> <ul style="list-style-type: none"> - Handstand flat back - SV - 9.0 - Half on to belly - SV - 10.0 	<p>Routine performed on a strip line (DANCE OPITIONAL)</p> <ul style="list-style-type: none"> - Handstand forward roll - Forward roll immediate star jump - Bridge OR BONUS Backward walkover - Pike fold OR japana OR splits - Dich to arch - Round off tuck jump - Y balance - Plus ONE Optional BONUS skill listed below 1. Forward walkover 2. Handspring 3. Flic 4. Aerial