

GG0/GG1

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

Bar	Trampoline	Floor
SMALL BAR ROUTINE 1. from hang straight shape (hold 3 sec) OR BONUS from front support to circle down 2. tuck hold (3 sec) 2. star hold (3 sec) 3. drop to land (hold 3 sec)	Red tramp - one mat - straight jump OR star jump - SV - 9.0 - Tuck jump - SV - 10.0	Routine performed on a strip line - 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)

Bar	Trampoline	Floor
A-BAR ROUTINE 1. jump to front support OR BONUS circle up 2. 2 casts OR BONUS back hip circle 2. Circle down	Black tramp - one mat - 1/2 jump turn OR straddle jump - SV - 9.0 - Front flip - SV - 10.0	Routine performed on a strip line - 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)

Bar	Trampoline	Floor
A-BAR ROUTINE 1. Circle up 2. 2 casts OR BONUS back hip circle 2. Straddle undershoot OR BONUS squat on jump down	Black tramp - one mat - 1/1 jump turn - SV - 9.0 - Front flip - SV - 10.0	Routine performed on a strip line (DANCE OPTIONAL) - 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