

STEPS 1 – 6 2017 REVISED SKILLS (DRAFT)

VAULT

	VAULT
STEP 1	From approximately 10m; run, hurdle, two foot take off from the springboard, straight jump to land on 60cm block. Two foot take off stretched jump from block to land on 10cm mat.
STEP 2	From approximately 10m; run, hurdle, two foot take off from the springboard, straight jump to land on 60m mats, step swing to straight body to handstand, fall to flat back on ?60cm mats. Repulsion not required. Test various mat heights to determine most appropriate height
STEP 3	From a run; two foot take off from the springboard, jump with straight body to handstand, fall to flat back on 90cm mats
STEP 4	From a run; two foot take off from the springboard, handspring with repulsion on vault table at 100cm OR lowest height setting to flat back
STEP 5	Vault table 105cm or 115cm From a run; two foot take off from the springboard, handspring with repulsion over the vaulting table
STEP 6	Vault table 110cm or 120cm From a run; two foot take off from the springboard, handspring with repulsion over the vaulting table

BARS

STEP 1									
	LOW BAR Glide swing forward, release on back swing to stand	Jump to front support	Cast with hips leaving bar	Cast with hips leaving bar	Forward circle to hang in pike position; hold 2 sec	HIGH BAR Hanging dish on HB; mark shape, arch dish, mark shape	Tap Swing (Shape not height important) (Coach assist or gymnast initiates)	Tap Swing (Shape not height important) No landing required	
STEP 2									
	Glide swing forward, release on back swing to stand	HIGH BAR Chin up pullover	Cast above 135°	Backward hip circle	Forward circle to hang in L position; hold 2 sec	From L hang gymnast initiates Tap Swing minimum 135°	2 nd Tap Swing minimum 135° Release on back swing of 2 nd swing to stand	3 rd Tap Swing minimum 135° No landing required	
STEP 3									
	Jump to glide swing forward,	HIGH BAR Chin up pullover	Cast above 90°	Backward hip circle continue into	Underswing forward, swing backward	Tap Swing minimum 135°	2 nd Tap Swing minimum 135°	3 rd Tap Swing minimum 135° Release on back swing of 3 rd swing to stand	

BARS

STEP 4									
	Jump to glide swing forward - Chinup pullover/ circle over OR Glide kip	Cast above horizontal (90°)	Backward hip circle	Cast to stoop on LB	Jump to catch HB	Tap Swing minimum horizontal	Tap Swing minimum horizontal	Tap Swing minimum horizontal Release on back swing of 3rd swing to stand	
STEP 5									
	Glide kip	Cast to handstand	Backward hip circle	Cast to stoop on LB Jump to catch HB	Tap swing forward minimum horizontal	Swing forward to circle over HB	Underswing forward - Tap Swing minimum horizontal	Tap Swing minimum horizontal Release on back swing of 2nd swing to stand	
STEP 6									
	Glide kip	Cast to handstand	Clear hip circle to handstand - glide kip	Cast to stoop on LB, Jump to catch HB	Long kip	Cast to handstand	$\frac{3}{4}$ giant swing, (body must be straight until min horizontal) continue into	Underswing forward, swing backward	Swing forward to flyway dismount (tucked or straight)
			OR Clear hip circle to handstand connected to Sole circle						

BEAM

	Mount					Turn	Hold		Dismount
STEP 1 105cm									
	Jump to front support Tuck sit hold Swing legs backward to place one knee on – knee scale	2 forward kicks 45°	Step onto 1 foot, bring free leg to forward passé position with toe to knee, rise onto toe (relevé), repeat on other leg	3-4 Walks on toes	stretched jump arms by side, hips open throughout	Half pivot on 2 feet, finish in relevé	Arabesque 45° (2 sec)	side steps/movement (choreography not DV)	Stretched jump
STEP 2 105cm									
	Jump to squat one foot on beam V sit hold Cast to squat on	2 forward kicks 90°	2 backward kicks 45°	2 x step hop with free leg in forward passé position - toe to knee	2 directly connected stretched jumps, arms by side, hips open throughout	Half pivot on two feet, step forward half pivot on 2 feet	Arabesque 45° (2 sec)	side steps/movement (choreography not DV)	2 or 3 running steps, 2 foot take off to stretched jump
STEP 3 115cm									
	Jump to squat 2 feet on Clear straddle hold in side position (2 sec) Cast to squat on	Roll backward to shoulder stand (Hold)	¾ handstand or handstand	Split jump	Step hop with free leg forward 45° to land with both feet together (assemble) - execute 2 directly connected stretched jumps	Passé turn with toe to knee half pivot on one foot - half pivot on 2 feet	Arabesque 90° (2 sec)		Roundoff

BEAM

	Mount	Acro	Acro	Dance	Dance	Turn	Hold	Walks/ Kicks	Dismount
STEP 4 115cm									
	Jump to Clear straddle hold in side position (2 sec) Cast to squat on	Cartwheel	Handstand legs together (mark support position) then show leg split before step down	Split leap	Stretched jump directly connected to split jump	Passé turn with toe to knee half pivot on one foot – immediate half pivot on 2 feet	Arabesque 90° (2 sec)		Roundoff
STEP 5 125cm									
	Jump to Clear straddle hold in cross position (2 sec) Cast to squat on	Backward acro element -Walkover, -Backward roll	Handstand legs together (2 sec) then show leg split before step down	Split leap	Split jump directly connected to stretched jump	Passé half pivot on one foot immediate passé half pivot on one foot	Scale balance 135° (2 sec)		Cartwheel on beam - stretched jump to land
Options						OR Full turn on 1 foot			Cartwheel – salto backwards OR Roundoff – stretched jump

BEAM

	Mount	Acro	Acro	Dance	Dance	Turn	Hold		Dismount
STEP 6 125cm									
	Jump to squat 1 foot on, free leg extended sideward, ½ turn in wolf position to crouch	Bwd walkover Bwd roll to handstand Flic flac	Tic toc Flic flac Handstand forward roll	Split leap	Split jump-sissone directly connected	Full turn on 1 foot	Scale balance 135°		Cartwheel – back salto OR Roundoff/flic flac - back salto

DRAFT

FLOOR

	Acro	Acro	Acro	Acro	Dance	Dance	Dance	Turn	Choreography
STEP 1									
	Handstand	Forward roll	Cartwheel – land sideways	Backward roll tucked Arms bent or straight	Chassé hop with free leg forward in passé – toe to knee, repeat on the other leg	Spring points x4 – 2 x Stretched jump		Half pivot on 2 feet, finish in relevé	Step onto toe, releve, repeat on other leg
STEP 2									
	Handstand forward roll	Bridge kickover	Cartwheel ¼ turn in	Backward roll to straddle Arms straight	Step hop with free leg forward in passé – toe to knee, step cat leap	Spring points x4 – 2 x Stretched jump – stretched jump with ½ turn	Split jump	Step pull up on one foot with free leg forward in passé – toe to knee, half pivot, finish in relevé	
STEP 3									
	From 2 foot takeoff, hurdle, Roundoff rebound	Backward walkover	Cartwheel - Cartwheel ¼ turn in	Backward roll to pike Arms straight	Split leap – Step hop with free leg forward in passé	2 x Stretched Jump with ½ turn	Stretched jump – split jump <i>(Prep for S4 beam)</i>	Step pull up on one foot with free leg forward in passé – toe to knee, half pivot, finish in relevé	

FLOOR

	Acro	Acro	Acro	Acro	Dance	Dance	Dance/Mixed	Turn	
STEP 4									
	From 2 foot takeoff, hurdle, Roundoff flic flac rebound	Forward walkover	Cartwheel connected to a backward walkover	Backward roll to front support (passing through handstand is acceptable)	Split leap – split leap	Step hop with ½ turn to land in arabesque	Jump with full turn	Full turn on 1 foot	
STEP 5									
	From 2 foot takeoff, hurdle, Roundoff flic flac, flic flac rebound	From 2 foot takeoff, hurdle, handspring to 2 feet rebound	Tic toc – flic flac	Backward roll to handstand	Split leap – split leap	2 x sissone	Straddle jump	Full turn on 1 foot	
STEP 6									
	Roundoff, flic flac, salto backwards (tucked or straight)	Handspring connected to – Flyspring OR front salto (tucked or straight)	Aerial cartwheel OR aerial walkover	Backward roll to handstand	Split leap + side split leap	Split change leap	Flic flac – straddle jump	full turn in wolf position	

Note – the 2 foot take into the hurdle step in acro lines is part of the DV – if the gymnast performs running steps instead of 2 foot take off no DV will be awarded.