



STAGE 1 BOYS

Floor Routine A – Difficulty Value 2.00

Skill	Key Points
Kick Towards Handstand	Arms at ears in start shape, legs must join together, controlled step down to lunge landing position
Forward Roll to L-sit	Starting arms at ears, showing crouch position, landing with arms at ears and legs together in L- shape
V-sit Hold	Held for 3 secs, straight arms & legs throughout, high pike shape shown, return to L-sit in control
Back Support turn to Front Support	Both positions shown for 2 secs, hips pressed open in both positions, good control & presentation throughout
Tucked Headstand	Begin from crouch position, triangle base, balance shown for 3 seconds, return to crouch in control
Jump ½ Turn	Arm swing into takeoff, straight body position throughout turn, turn fully completed, landing in control

Floor Routine B – Difficulty Value 2.30

Skill	Key Points
Forward Roll to Stand	Start with arms at ears, show crouch position, legs stay together close to chest through roll, stand up & finish without using hands
Back Support turn to Front Support	Both positions shown for 2 secs, hips pressed open in both positions, good control & presentation throughout
2 Press Ups	Starting from clean front support, elbows bending to minimum 90°, body shape maintained throughout, smooth movement in & out
Jump ½ Turn	Arm swing into takeoff, straight body position throughout turn, turn fully completed, landing in control
Tucked Headstand	Begin from crouch position, triangle base, balance shown for 3 seconds, return to crouch in control
Cartwheel	Arms at ears for entry, lunge step, straight arms & legs throughout, controlled finish position.

Vault

Run-up & jump from a springboard onto 30cm Crash Mat

Vault A – Difficulty Value 2.00

Straight Jump

Two-footed takeoff, arm circle, stretched shape, landing shown & held

Vault B – Difficulty Value 2.50

Straddle Jump

Two-footed takeoff, arm circle, straight legs in straddle shape, feet together for landing