



# STAGE 3 DEVELOPERS

## Floor Routine

<b>Routine A</b> <b>Difficulty Value 2.00</b>	<b>Routine B</b> <b>Difficulty Value 2.30</b>	<b>Routine C</b> <b>Difficulty Value 2.50</b>
Handstand Forward Roll	Backward Roll To Straddle Stand	Handstand – Forward Roll to Pike Stand
Splits OR Straddle Lever	Splits OR Straddle Lever	Splits OR Straddle Lever
Bridge Kickover	Forward OR Backward Walkover	Full Spin
One-Handed Cartwheel	Full Spin	Forward OR Backward Walkover
Full Turn Jump	Cartwheel - Cartwheel Connected	Split Jump OR Split Leap
Round Off	Round Off	Round Off – Back Flip

## Vault

### **Vault A – Difficulty Value 2.00**

Springboard to 3 x Crash Mats (90cm)

### **Handspring to Flat Back**

Fast run-up, arm circle into two-footed takeoff, fast heel drive off springboard, high flight onto & out of handstand position, straight body line throughout, good distance from hands to landing position, hold straight landing shape

### **Vault B – Difficulty Value 2.50**

Springboard to 4 x Crash Mats (110cm)

### **Handspring to Flat Back**

Fast run-up, arm circle into two-footed takeoff, fast heel drive off springboard, high flight onto & out of handstand position, straight body line throughout, good distance from hands to landing position, hold straight landing shape



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## Bars

### Routine A – Low Bar Only

Difficulty Value 2.00

### Routine B – Uneven Bars

Difficulty Value 2.50

Float Swing + return to springboard	Chin Up & Circle Over
Chin Up & Circle Over	Cast to Minimum Horizontal into:
Cast to Horizontal into:	Backward Hip Circle
Backward Hip Circle	Squat On to Low Bar into:
Cast into:	Jump to Catch into $\frac{3}{4}$ Giant on HB
Straddle or Piked Undershoot <b>OR</b>	Cast into:
Forward Circle Down to land	Straddle or Piked Undershoot

## Bonuses

### Skills Added into Routine

Upstart	0.3
Cast above 45°	0.3
Sole Circle	0.3

### Performance Bonuses

All Elements Connected	0.3
Stuck Dismount	0.3

## Beam

Competition-height beam with 30cm crash mats underneath + dismount mat

Routine must include 3 sideward steps alongside skills

**0.3 Bonus** awarded for stuck dismount

Routine A Difficulty Value 2.00	Routine B Difficulty Value 2.50
Jump to Front Support mount	Squat On OR Straddle Lever mount
$\frac{1}{2}$ Spin on one foot	Full Spin on one foot
Straight Jump – Tuck Jump connected	Tuck Jump – Wolf Jump connected
Kick to Handstand OR Cartwheel	Cartwheel OR Backward Walkover
Split Jump	Split Jump
Dismount: Run into Straight Jump OR Round Off OR Handspring	Dismount: Handspring OR Tuck Front OR Tuck Back Somi