



STAGE 2 IMPROVERS

Floor Routine A – Difficulty Value 2.00

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
Tucked Headstand	Begin from crouch position, triangle base, balance shown for 3 seconds, return to crouch in control
Bridge with 1 leg raised	Push up from floor, raised leg at 45°, held for 3 seconds, straight arms & legs in hold, return to lie on back
Caterpillar	Show flatback shape into standing pike fold – start and finish with straight legs and arms squeezing ears, hold position for 3 seconds
Cartwheel ¼ Turn	Arms at ears for entry, lunge step, straight arms & legs throughout, controlled lunge finish position
Full Turn Jump	Fully completed turn, arm swing into take off, straight shape in the air, controlled landing shape shown clearly

Floor Routine B – Difficulty Value 2.50

Skill	Key Points
Forward Roll to Straddle Stand	Straight arms at ears in crouch shape into roll, straight legs into straddle position, controlled finish in flatback shape
Straight Headstand	Must have straight legs before lifting, must hold 3 secs, lower with straight legs to the floor again
Bridge Kickover	Push to bridge from the floor, leg raised straight before kickover, controlled lunge or step-in landing position
Cat Leap	Can be from step or chassé: arms lift into leap, both knees raised equally towards chest, step out to presented finish
Full Turn Jump	Fully completed turn, arm swing into take off, straight shape in air, legs squeezed together, show landing shape clearly.
One-Handed Cartwheel	Forward-facing step in, using far-arm for cartwheel, straight arms & legs throughout into controlled lunge landing shape

Vault

Vault A – Difficulty Value 2.00

Springboard to 60cm Block to 20cm Crash Mats

Squat On - Straight Jump Off

Fast run-up, two-footed jump on springboard, two hands on block first, tuck into crouch position on block, immediate jump into straight shape, stretched position in the air, controlled landing on crash mat

Vault B – Difficulty Value 2.50

Springboard to 60cm Block to level Crash Mats

Straight Jump On – Handstand Flatback Off

Two-footed jump on springboard, stretched position in the air, controlled landing on block: Under-arm swing into handstand, straight arms & legs throughout handstand shape, tight body in fall to flatback on mats, hold landing shape