



# BOYS STAGE 2 & 3

## Floor Routine A – Difficulty Value 2.00

Skill	Key Points
Backward Roll to Front Support	Straight arms in roll, dished chest position throughout, flat hips in front support
2 Press Ups	Starting from clean front support, elbows bending to minimum 90°, body shape maintained throughout, smooth movement in & out
Straight Headstand	Legs must be straight on way up and down, held for 3 seconds, return to stand.
Arabesque OR Pike Lever Hold	Either must be shown for 2 secs Arabesque – raised leg above hips, chest forward in balance Lever – hips raised clear of floor, straight legs, control throughout
Handstand Forward Roll	Can use straight or bent arms, must show handstand shape before roll begins, stand-up to finish without using hands
Full Turn Jump	Arm swing into takeoff, straight body shape, turn must be fully completed into held landing position

## Floor Routine B – Difficulty Value 2.30

Skill	Key Points
Cartwheel ¼ turn into Backward Roll to Front Support	Arms at ears reaching into cartwheel, straight arms & legs throughout, elements connected cleanly & in-line, shoulders over wrists & flat hips in front support finish shown
2 Press Ups	Starting from clean front support, elbows bending to minimum 90°, body shape maintained throughout, smooth movement in & out
Straight Headstand	Legs must be straight on way up and down, held for 3 seconds, return to stand
Arabesque or Pike Lever Hold	Arabesque – raised leg above hips, chest forward in balance Lever – hips raised clear off floor, straight legs, control throughout, both held for 3 seconds.
Dive Forward Roll	Can be from stand or from 2 steps entry, must show flight before roll begins, roll must be under control into landing shape
Round Off	Can be from hurdle or run-up: must show flight & rebound, legs must land together, control & show landing shape.



# BOYS STAGE 2 & 3

## Floor Routine C – Difficulty Value 2.50

Skill	Key Points
Cartwheel ¼ Turn into Backward Roll to Front Support	Arms at ears reaching into cartwheel, straight arms & legs throughout, elements connected cleanly & in-line, shoulders over wrists and flat hips in front support, front support held for 3 secs
Straight Headstand	Legs must be straight on way up and down, held for 3 seconds, return to stand.
Front Somersault	From a run-up, good takeoff & height, clean tucked shape, controlled landing shown.
Arabesque OR Pike Lever	Arabesque – raised leg above hips, chest forward in balance Lever – hips raised clear off floor, straight legs, control throughout, both held for 3 seconds.
Full Turn Jump	Fully completed turn, arm swing into take off, straight shape, show landing shape clearly.
Round Off	Can be from hurdle or run-up: must show flight & rebound, legs must land together, control & show landing shape.

## Vault

**Vault A – Difficulty Value 2.00**  
Springboard to 60cm Block to level Crash Mats

**Straight Jump onto block  
into Handspring Flat Back**

Fast run-up, arm circle into two-footed takeoff, stretched position in jump, controlled landing on block – under-arm circle into kick to handstand, repulsion from hands into back lie on mats, straight body held into landing shape

**Vault B – Difficulty Value 2.50**  
Springboard to 110cm High Crash Mats

**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