

# Saturday 12:00 / Sunday 11:30

## Competition Routines

Floor Routine 1 (9.50)	Track Routine (Start value 9.00)	Vault
<p>Optional starting position</p> <ul style="list-style-type: none"> <li>• Forward Roll</li> <li>• Full Turn Jump</li> <li>• Arabesque (3 secs)</li> <li>• Chasse Catleap</li> <li>• Tuck Jump</li> <li>• Cartwheel</li> <li>• Forward Roll to Pike Sitting</li> <li>• Shoulder Stand (3sec)</li> <li>• Bridge (3 sec)</li> <li>• Rock to Stand Up</li> </ul>	<ul style="list-style-type: none"> <li>• Rebound, Rebound, Dive Roll</li> <li>• Rebound, Rebound, Star Jump, Full turn Jump</li> <li>• Handstand Hop, Roll out / Handspring (0.3 Bonus)</li> <li>• Cartwheel, chasse, Cartwheel to lunge / Free Cartwheel, chasse Cartwheel (0.3 Bonus)</li> <li>• Round Off, Star Jump / Straddle Jump (0.1 bonus)</li> <li>• Round Off Flick (0.3 Bonus)</li> </ul>	<ul style="list-style-type: none"> <li>• Squat on, Tuck Jump off (9.00)</li> <li>• Straddle on, Star Jump off (9.00)</li> <li>• Squat Through (9.50)</li> <li>• Straddle Over (9.50)</li> <li>• Head Spring (10.0)</li> <li>• Handspring (10.0)</li> </ul>
<p><b>Floor Routine 2 (9.70)</b></p> <p>Optional starting position</p> <ul style="list-style-type: none"> <li>• Handstand, Step down, Forward Roll</li> <li>• Full Turn Jump</li> <li>• Frog Balance (3 secs)</li> <li>• Chasse, Catleap</li> <li>• Cartwheel, Chasse</li> <li>• 1 Hand Cartwheel</li> <li>• Backward Roll to Tuck</li> <li>• Shoulder Stand (3 sec)</li> <li>• Bridge (3 secs)</li> <li>• Kick over</li> </ul>		
<p><b>Floor Routine 3 (10.00)</b></p> <p>Optional starting position</p> <ul style="list-style-type: none"> <li>• Handstand Roll</li> <li>• Full Spin</li> <li>• Full Turn Jump</li> <li>• Headstand Straight (3 sec)</li> <li>• Chasse, Full Turning Catleap</li> <li>• Round Off, Half turn</li> <li>• 1 Handed Cartwheel</li> <li>• Backward Roll to Front Support</li> <li>• Shoulder Stand no hands (3 sec)</li> <li>• Back Walkover</li> </ul>		