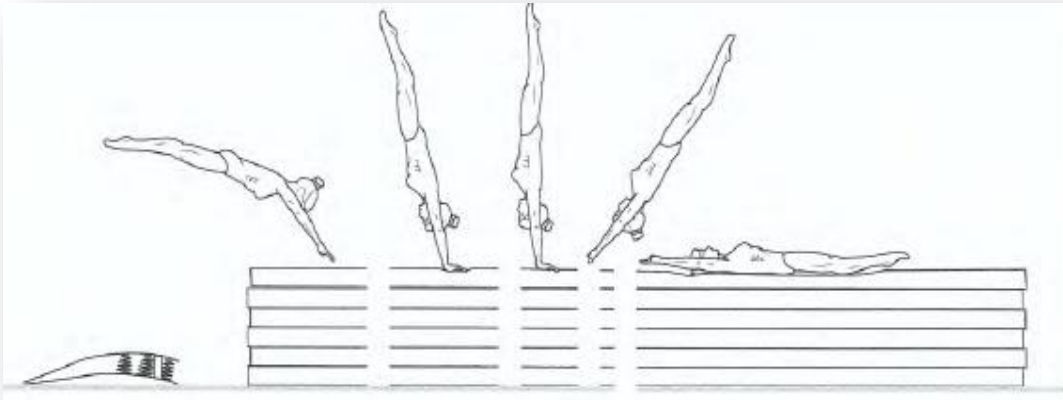


VAULT

1. Jump to Handstand, Fall to Flat-back



BARS

1. **Glide Swing and Return**
2. **Pullover**
3. **Front Hip Circle, Small Cast**
 - Return to front support after cast
4. **Cast, Single Leg Squat Through**
5. **Forward stride circle (AKA *Mill Circle*)**
 - Hooking knee on the bar to complete the circle is allowable
6. **Single Leg Cut backward**
7. **Cast, Back Hip Circle**
8. **Dismount: Underswing**



BEAM

1. Mount: Leg Swing w/ ¼ Turn

2. Swing to Kneel Stand

- Demi-plié to stand

3. Cross Handstand

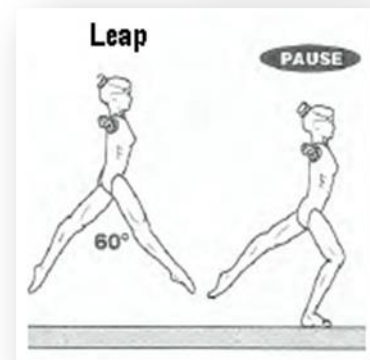
4. Lunge, ¼ Turns, Poses, Backward Steps



5. Rond de Jambe, Arabesque

- Hold arabesque for 1 second

6. Straight Leg Leap, Pose



7. Two Stretch Jumps

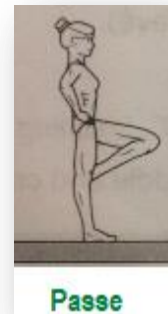
- Arms are high on the Stretch jump
- Arms drop to your sides in between stretch jumps

8. Two Pivot Turns, Passé Pose

9. ½ Turn in Forward Passé (heel snap turn)

- Finish with “bad” leg straight and in front

10. Backward Step, Fish Pose



11. Dismount: Cartwheel to Side Handstand, ¼ Turn, lower to stand facing beam



FLOOR

1. Arm Poses

2. Leg Swings to Side

- Begin with bad leg first

3. Split Jump, Stretch Jump

4. Handstand to Backbend, Back Kick-over

- Step Kick (to horizontal) into handstand
- Backbend: You must push your shoulders past your

5. Forced Arch Poses

6. Handstand Forward Roll, Step Out

- Arms must remain straight the entire time.
- Hold Handstand for 1 second

7. Forward Chassé, Leap, Leg Swing

- Leg swing in relevé (high toe)

8. Backward Roll to Push-up Position

9. Forward Split

10. Prone (middle split)... Double Stag Sit... Stand

11. ½ Turn in Forward Passé

12. Round-Off, Back Handspring

- Rebound after back handspring and pause before finish

13. Fall, Pose

