

## Competition Requirements

Requirements	Vault	Bars	Beam	Floor
<b>Level 1</b>	<ul style="list-style-type: none"> <li>Handstand flat back to mat stack</li> <li>Straight jump onto mat stack, kick up handstand flat back</li> </ul>	<ol style="list-style-type: none"> <li>Pullover</li> <li>Cast</li> <li>Back hip circle</li> <li>Cast</li> <li>Dismount</li> </ol>	<ol style="list-style-type: none"> <li>Jump front support mount</li> <li>Releve lock hold</li> <li>Arabesque</li> <li>Stretch jump</li> <li>Needle kick</li> <li>Passe</li> <li>Dismount to partial handstand</li> </ol>	<ol style="list-style-type: none"> <li>Cartwheel step-in</li> <li>Backroll pike stand</li> <li>Candlestick</li> <li>Passe, relevé lift</li> <li>Step, lock, pivot turn</li> <li>Chasse, leap or kick</li> <li>Straight jump</li> <li>Forward roll</li> <li>Handstand</li> </ol>
	Competes 2 vaults			Music length: Max 0:40

Requirements	Vault	Bars	Beam	Floor
<b>Level 2</b>	Handstand flat back - with airboard	<ol style="list-style-type: none"> <li>Pike hold or glide swing</li> <li>Hard Pullover</li> <li>Cast</li> <li>Cast, Back hip circle</li> <li>Cast pike/straddle dismount or under swing dismount</li> </ol>	<ol style="list-style-type: none"> <li>Mount (v sit to squat or swing to squat)</li> <li>Needle kick or donkey kick</li> <li>Passé with relevé lift</li> <li>Straight Jump</li> <li>Arabesque</li> <li>Forward &amp; Backward leg swing</li> <li>½ pivot turn</li> <li>Dismount to side handstand</li> </ol>	<ol style="list-style-type: none"> <li>Cartwheel step-in</li> <li>Backroll to push-up</li> <li>Forward Passe</li> <li>½ heel snap turn</li> <li>Chasse, split leap</li> <li>Split jump</li> <li>Handstand</li> <li>Candlestick</li> <li>Bridge, kick-over</li> </ol>
	Competes 2 vaults		*BONUS ¼ twist dismount	Music length: Max 0:45 *BONUS back walkover

<b>Judges Guidelines:</b>	<ul style="list-style-type: none"> <li>All routines start at a 10.0</li> <li>Deduct .3 for missing requirement</li> <li>Deduct .3 for each spot</li> </ul>
---------------------------	--

## Competition Requirements

Requirements	Vault	Bars	Beam	Floor
<b>LV 3</b>	<ul style="list-style-type: none"> <li>• Front handspring over mat stack</li> <li>• ½ on over mat stack</li> </ul>	<ol style="list-style-type: none"> <li>1 Glide swing</li> <li>2 Hard Pullover</li> <li>3 Cast</li> <li>4 Double back hip circle</li> <li>5 Cast squat on dismount</li> </ol>	<ol style="list-style-type: none"> <li>1 Front support mount</li> <li>2 Cross handstand no hold (tap feet side by side)</li> <li>3 ½ heel snap turn</li> <li>4 Straight jump, straight jump</li> <li>5 Arabesque</li> <li>6 Split leap releve lock stand</li> <li>7 Releve lock, two pivot turns</li> <li>8 Cartwheel to side handstand, ¼ turn dismount</li> </ol>	<ol style="list-style-type: none"> <li>1 Handstand forward roll</li> <li>2 Chasse, split leap</li> <li>3 Straight jump, split jump</li> <li>4 Handstand to bridge, kick-over</li> <li>5 Forward split</li> <li>6 ½ turn</li> <li>7 Straight arm backward roll to push-up position</li> <li>8 Round-off, Back Handspring</li> </ol> <p>*optional second back handspring</p>
	Competes 2 vaults * Airboard or springboard	*BONUS front hip circle		Music length 0:50 max

<b>Judges Guidelines:</b>	<ul style="list-style-type: none"> <li>• All routines start at a 10.0</li> <li>• Deduct .3 for missing requirement</li> <li>• Deduct .3 for each spot</li> </ul>
---------------------------	--

## Competition Requirements

Requirements	Vault	Bars	Beam	Floor
<b>Level 4</b>	<ul style="list-style-type: none"> <li>• Front handspring over vault table</li> <li>• 1/2 on over vault table</li> </ul>	<ol style="list-style-type: none"> <li>1 Kip, Cast</li> <li>2 Cast, Back hip circle</li> <li>3 Cast, squat on</li> <li>4 Jump to high bar</li> <li>5 2 Tap swings</li> <li>6 1/2 turn dismount</li> </ol>	<ol style="list-style-type: none"> <li>1 Front support mount</li> <li>2 Cartwheel</li> <li>3 ½ turn in passe</li> <li>4 Straight jump, split jump</li> <li>5 Cross handstand (one sec. hold)</li> <li>6 ½ squat turn, horizontal scale</li> <li>7 Split leap, releve lock stand</li> <li>8 Cartwheel to side handstand ¼ turn dismount</li> </ol>	<ol style="list-style-type: none"> <li>1 Back walkover</li> <li>2 Front handspring step-out, cartwheel step in, straight arm backward roll to handstand</li> <li>3 Split leap, fish pose</li> <li>4 Straddle (star) jump</li> <li>5 Forward split</li> <li>6 Full turn in forward passé</li> <li>7 Round-off, back handspring, back handspring, rebound</li> </ol>
	Competes 2 vaults with springboard	*BONUS high bar kip (if adding high bar kip move back hip circle to high bar and add underswing)		Music length 1:10 max *BONUS back tuck in place of last back handspring

<b>Judges Guidelines:</b>	<ul style="list-style-type: none"> <li>• All routines start at a 10.0</li> <li>• Deduct .3 for missing requirement</li> <li>• Deduct .3 for each spot</li> </ul>
---------------------------	--

## Competition Requirements

Requirements	Vault	Bars	Beam	Floor
<b>LV 5</b>	<ul style="list-style-type: none"> <li>• Front handspring over vault table</li> <li>• 1/2 on over vault table</li> </ul>	<ol style="list-style-type: none"> <li>1 Kip, cast, kip, horizontal cast</li> <li>2 Cast squat on</li> <li>3 Jump to high bar</li> <li>4 High bar kip</li> <li>5 Cast, baby giant, underswing</li> <li>6 2 tap swings</li> <li>7 1/2 turn dismount</li> </ol>	<ol style="list-style-type: none"> <li>1 Front support mount</li> <li>2 Back walkover</li> <li>3 Full turn, releve lock stand</li> <li>4 Split jump, sissone</li> <li>5 ½ Squat turn</li> <li>6 Scale, split leap, straight jump</li> <li>7 Cartwheel, straight jump</li> <li>8 Back tuck dismount</li> </ol>	<ol style="list-style-type: none"> <li>1 Front tuck or Side aerial</li> <li>2 Front handspring step-out, front handspring step-out, Cartwheel, straight arm back roll to handstand</li> <li>3 Straight jump with full turn</li> <li>5 Straight leap or Switch leap</li> <li>6 Straddle (star) jump</li> <li>7 forward split</li> <li>8 Full turn</li> <li>9 Round-off, Back handspring, Back tuck</li> </ol>
	Comptes 2 vaults	*BONUS flyaway dismount		Music length: min 1:00 max 1:10 *BONUS layout in place of back tuck

### Judges Guidelines:

- All routines start at a 10.0
- Deduct .3 for missing requirement
- Deduct .3 for each spot

## Competition Requirements

Requirements	Vault	Bars	Beam	Floor
<b>LV 6</b>	<ul style="list-style-type: none"> <li>● ½-½</li> <li>● ½-1</li> <li>● Tsuk drill onto resi mat</li> <li>● Tsuk into foam pit</li> </ul>	<ul style="list-style-type: none"> <li>● Must contain 2 low bar kips and 1 high bar kip</li> <li>● Must contain two upgrade elements (cast handstand, free hip kip, flyaway, monkey giant, sole circle dismount, switch glide kip, etc.)</li> </ul>	<ol style="list-style-type: none"> <li>1 Mount on side</li> <li>2 Flight skill or series- bw/bw, handstand bw, bw bhs, bhs, ro, front walkover</li> <li>3 Handstand (any leg position) 2 sec. hold</li> <li>5 Full turn (any leg position)</li> <li>6 Jump combo</li> <li>7 switch leap or leap pass (leap leap or leap jump)</li> <li>8 Balance (2 sec hold)</li> <li>9 Dismount - front tuck/pike, cartwheel back tuck, standing back tuck, barani</li> </ol>	<ol style="list-style-type: none"> <li>1 Back or Mixed Pass - round off BHS layout or full, FHS step out RO BHS back tuck or front tuck step out round off BHS back tuck</li> <li>2 Front Pass - front pike, front layout, FHS front tuck</li> <li>3 Acro Pass - ariel, cw BHS, Back walkover BHS, etc.</li> <li>4 Turn - 1 ½+ or turn combo</li> <li>5 Leap pass - including a switch leap</li> <li>6 Jump combo</li> </ol>
	Competes 2 vault			Music length: min 1:00 max 1.30

### Judges Guidelines:

- All routines start at a 10.0
- Deduct .3 for missing requirement
- Deduct .3 for each spot