

Competition Requirements

Requirements	Vault	Bars	Beam	Floor
Level 1	<ul style="list-style-type: none"> • Handstand flat back to mat stack • Straight jump onto mat stack, kick up handstand flat back 	<ol style="list-style-type: none"> 1 Pullover 2 Cast 3 Back hip circle 4 Cast 5 Dismount 	<ol style="list-style-type: none"> 1 Jump front support mount 2 Releve lock hold 3 Arabesque 4 Stretch jump 5 Needle kick 6 Passe 7 Dismount to partial handstand 	<ol style="list-style-type: none"> 1 Cartwheel step-in 2 Backroll pike stand 3 Candlestick 4 Passe, relevé lift 5 Step, lock, pivot turn 6 Chasse, leap or kick 7 Straight jump 8 Forward roll 9 Handstand
	Competes 2 vaults			Music length: Max 0:40

Judges Guidelines:	<ul style="list-style-type: none"> • All routines start at a 10.0 • All skills have up to .2 value per skill (deductions based on form errors) • Deduct .3 total per skill with fall (no additional deduction for form errors) • Deduct .3 for missing requirement • Deduct .3 for each spot • +.1 per bonus skill
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Competition Requirements

Requirements	Vault	Bars	Beam	Floor
Level 2	Handstand flat back - with airboard	1 Pike hold or glide swing 2 Hard Pullover 3 Cast 4 Cast, Back hip circle 5 Cast pike/straddle dismount or under swing dismount	1 Mount (v sit to squat or swing to squat) 2 Needle kick or donkey kick 3 Passé with relevé lift 4 Straight Jump 5 Arabesque 6 Forward & Backward leg swing 7 ½ pivot turn 8 Dismount to side handstand	1 Cartwheel step-in 2 Backroll to push-up 3 Forward Passe 4 ½ heel snap turn 5 Chasse, split leap 6 Split jump 7 Handstand 8 Candlestick 9 Bridge, kick-over
	Competes 2 vaults		*BONUS ¼ twist dismount	Music length: Max 0:45 *BONUS back walkover

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Competition Requirements

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

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Competition Requirements

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Level 4	<ul style="list-style-type: none"> • Front handspring over vault table • 1/2 on over vault table 	<ol style="list-style-type: none"> 1 Kip, Cast 2 Cast, Back hip circle 3 Cast, squat on 4 Jump to high bar 5 2 Tap swings 6 1/2 turn dismount 	<ol style="list-style-type: none"> 1 Front support mount 2 Cartwheel 3 ½ turn in passe 4 Straight jump, split jump 5 Cross handstand (one sec. hold) 6 ½ squat turn, horizontal scale 7 Split leap, releve lock stand 8 Cartwheel to side handstand ¼ turn dismount 	<ol style="list-style-type: none"> 1 Back walkover 2 Front handspring step-out, cartwheel step in, straight arm backward roll to handstand 3 Split leap, fish pose 4 Straddle (star) jump 5 Forward split 6 Full turn in forward passé 7 Round-off, back handspring, back handspring, rebound
	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

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Competition Requirements

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

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Competition Requirements

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

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- Deduct .3 for missing requirement
- Deduct .3 for each spot
- +.1 per bonus skill