

**Pre-Excel - 2015s & 2016s**

	<b>VAULT</b>	<b>BARS</b>	<b>BEAM</b>	<b>FLOOR</b>
<b>APPARATUS</b>	30cm Crash mats with additional 20cm crash mat for fall to stomach.	Single metal bar	As per FIG with additional 30cm safety mats under beam	FIG Floor regulation
<b>REQUIREMENTS</b>	<ul style="list-style-type: none"> <li>- Straight front to feet fall to stomach</li> </ul> DV - 2.0 Highest score of 2 vaults performed	<ul style="list-style-type: none"> <li>• Starting in long hang, in regular grip</li> <li>• Fish swings x 2</li> <li>• Trolley swing</li> <li>• Big swings x2</li> <li>• Heel driven swings x2</li> <li>• Optional in bar above 45° for 0.5 bonus</li> <li>• Giants x2</li> </ul>	<ul style="list-style-type: none"> <li>- Straddle lever mount</li> <li>- Split handstand - Show position</li> <li>- Backwards walkover</li> <li>- Optional flick to one for 0.5 bonus</li> <li>- Split leap</li> <li>- Full spin</li> <li>- Split jump, straight jump</li> <li>- Cartwheel straight jump dismount</li> </ul>	<ul style="list-style-type: none"> <li>- Round off flick tuck back <b>OR</b> Round off 2 flicks</li> <li>- <b>Dance passage</b> - Split leap on one leg, continuous two steps into split leap on opposite leg.</li> <li>- Free cartwheel</li> <li>- Full spin, back spin</li> <li>- Tuck front</li> </ul>
<b>BARRED ELEMENTS</b>	- All other elements	- All other elements	- All other elements	- All other elements
<b>BONUS</b>		0.5 bonus for any in bar above 45° each time	0.5 bonus- Flick to one performed without a fall	0.5 bonus- Split leap 180°
<b>NOTES</b>	Deductions as per excel 1	Skills must be completed in the set order stated above. Deductions as per excel 1  Gymnast will receive full 2.0 start value for competing set routine above	Skills may be performed in any order.  Gymnast will receive full 2.0 start value for competing set routine above.	Skills may be performed in any order  Gymnast will receive full 2.0 start value for completing set routine above.

**Pre-Development 2 - 2017s ONLY**

	<b>VAULT</b>	<b>BARS</b>	<b>BEAM</b>	<b>FLOOR</b>
<b>APPARATUS</b>	60cm <b>OR</b> 90cm crash mats	Low bar routine - ONLY Low bar of A-Bars top bar will be in.	As per FIG with additional 30cm safety mats under beam	FIG Floor regulation
<b>REQUIREMENTS</b>	<ul style="list-style-type: none"> <li>- Handspring flatback</li> </ul> <b>OR</b> <ul style="list-style-type: none"> <li>- Handspring to feet fall to stomach</li> </ul> <p>Both vaults start from a 2.0 SV Highest score of 2 vaults performed</p>	<ul style="list-style-type: none"> <li>- Float swing from 20cm block</li> <li>- Circle over to front support (show position)</li> <li>- Cast towards horizontal (emphasis on correct shape)</li> <li>- Back hip circle</li> <li>- Dismount - Squat on jump off OR Undershoot</li> </ul>	<ul style="list-style-type: none"> <li>- Any mount</li> <li>- Straight jump, tuck jump</li> <li>- Split Jump</li> <li>- 1/2 spin to tip toes, immediate releve 1/2 turn</li> <li>- Handstand with legs together <b>OR</b> split handstand to show position</li> <li>- Optional additional acro element</li> <li>- Round off dismount - Hands on end of beam</li> </ul>	<ul style="list-style-type: none"> <li>- <b>Dance passage</b> - Split leap - Catleap</li> <li>- Backwards walkover <b>OR</b> forwards walkover</li> <li>- Full spin</li> <li>- Handstand hop forwards roll with straight arms and straight legs to dish stand <b>OR</b> Handspring to feet</li> <li>- Round off flick <b>OR</b> round off straight jump backwards roll to front support</li> <li>- Split jump immediate straight</li> </ul>
<b>BARRED ELEMENTS</b>	- All other elements	- All other elements	- All acro elements coded B and above	- All other elements
<b>BONUS</b>		0.5 bonus if cast is above horizontal 0.3 bonus if gymnast sticks the dismount	0.5 bonus- Additional optional acro element is performed successfully	0.5 bonus- Split leap 180°
<b>NOTES</b>		Skills must be completed in the set order stated above  Gymnast will receive full 2.0 start value for competing set routine above	Skills may be performed in any order.  Additional acro element is optional, no deduction will occur if no additional element is performed.  Gymnast will receive full 2.0 start value for competing set routine	Skills may be performed in any order  Gymnast will receive full 2.0 start value for completing set routine above.

**Pre-Development 1 - 2017s & 2018s ONLY**

	<b>VAULT</b>	<b>BARS</b>	<b>BEAM</b>	<b>FLOOR</b>
<b>APPARATUS</b>	60cm block with crash mats behind	Single high bar (chalk)	As per FIG with additional 30cm safety mats under beam	Set Elements - Dance Optional - Straight line routine ONLY - NO MUSIC
<b>REQUIREMENTS</b>	<ul style="list-style-type: none"> <li>- Stretch jump, One step into handspring flat back to land flat. (As club grade 6)</li> </ul> <p>Vault start from a 2.0 SV Highest score of 2 vaults performed</p>	<ul style="list-style-type: none"> <li>- Assisted by coach - Jump to catch the bar in reverse grip. Show hang position</li> <li>- Reverse chin up (show position) and lower to straight hang with control</li> <li>- Half turn to regular grip by releasing one hand to side of body to execute turn and re grasp bar</li> <li>- Leg lift showing control (feet must touch bar) x2</li> <li>- Chin up circle to front support (show front support position)</li> <li>- Forwards circle (show chin up position on way down), lower to straight hang</li> <li>- Dish/Arch (fish swings) x3 - Release bar at the end of forwards or backwards swing to land.</li> </ul>	<ul style="list-style-type: none"> <li>- Jump to front support - lift one leg over the beam to cross sit. Place hands on the beam and press to straddle lever hold (3 secs)</li> <li>- Kick towards handstand - Optional split or leg together position</li> <li>- Straight jump, straight jump</li> <li>- Spin prep on flat foot toe to knee hold 2 seconds, place foot in front and relevé 1/2 turn</li> <li>- Arabesque balance hold (2 secs)</li> <li>- Dismount, from point, step, hurdle step to take off from two feet into stretch jump dismount -<b>ARMS BY EARS</b></li> </ul>	<ul style="list-style-type: none"> <li>- Handstand forwards roll with straight arms to stand with feet together</li> <li>- Chassee cat leap, chasse scissor kick</li> <li>- Tic toc</li> <li>- Full spin</li> <li>- Cartwheel 1/4 turn</li> <li>- Backwards roll with straight arms to pike stand</li> <li>- Split jump</li> </ul>
<b>BARRED ELEMENTS</b>	<ul style="list-style-type: none"> <li>- All other elements</li> </ul>	<ul style="list-style-type: none"> <li>- All other elements</li> </ul>	<ul style="list-style-type: none"> <li>- All other elements</li> </ul>	<ul style="list-style-type: none"> <li>- All other elements</li> </ul>
<b>BONUS</b>		0.3 bonus- for stuck landing	0.5 bonus if full handstand position is reached	0.5 bonus- Split jump 180°
<b>NOTES</b>		Gymnast will receive full 2.0 start value for completing the set routine above	<p>Skills may be performed in any order.</p> <p>Gymnast will receive full 2.0 start value for completing the skills above</p> <p>Dance between elements is optional. No deduction will be applied for no dance.</p>	<p>Skills may be performed in any order.</p> <p>No deduction will occur for not including dance.</p> <p>Gymnast will receive full 2.0 start value for completing the skills above</p>

