

# **ACROBATICS**

*Is a discipline that teaches Flexibility, Contortion, Balance, Strength and muscle control and above all Discipline and Concentration...*

## **Acrobatic Sport**

### **Objective**

1. To follow code of points, to provide an objective and uniform means of evaluation, for all events in acrobatic sport.
2. Offer programs to continually improve the knowledge and skills of the judges and provide competitors and coaches with useful guidelines in pre-competition training.
3. All judges, coaches and competitors of acrobatic sport are obliged to adhere strictly to these regulations.

### **Events**

Individual routine choreographed to own choice of instrumental music with required elements and dance movements.

### **Procedures**

All Levels and Elite routines must contain compulsory elements of difficulty. These requirements are defined in the attached "The list of formulas". All ASSA competitions are gender neutral so there will be no separate divisions based on gender but rather according to age and level.

### **Entries**

Only qualified teachers will be permitted to enter their clubs in competitions.

- Stick figure entry forms must be submitted to the respective technical representative in the region 30 days prior to regional competitions.
- Each region is responsible for checking their own stick figure entry forms to ensure that they are technically correct.
- Each individual technical representative is responsible to submit 6 (six) copies of the relevant stick figure entry forms plus an overall impression sheet for technical evaluation prior to competitions. Under no circumstances will any late entries be accepted. The Association reserves the right to refuse any entry.
- Age Group for the competition entry is determined by the competitors' age as at 1st January of the competition year.

## **COMPETITOR RULES**

1. All competitors should be neat and clean in appearance.
2. They must be ready backstage 30 minutes before the time indicated on the program.
3. Jewellery including earrings, necklaces, bracelets, raised decorations, flowers, sequins and lace are forbidden, exception for Elite, Advanced Elite and Advanced Elite Plus.
4. Competitors must appear in the order arranged as per the section; Infringement of this rule may lead to disqualification, special grants may be given only for the duration of the section.
5. Penalty for incorrect uniform will be deducted from overall impression.
6. No dances will be allowed to be re-done.
7. Competitors who miss their turn, will not be admitted into the competition.
8. Competitors must act politely and correctly to officials, spectators, coaches and other competitors during the competition.
9. Failure by a competitor to adhere to any of the regulations will result in disqualification.
10. Acrobats with any religious requests may submit a request to the competition organiser to be approved.

## **DRESS CODE FOR COMPETITORS**

- Club, Regional and District competitions - club unitards/leotards are to be worn as well as tracksuit.
- Nationals - District unitards/leotards are to be worn as well as tracksuit.
- Elite, Advanced Elite and Advanced Elite Plus may use own choice of unitard/leotard; sequins etc may be used. Small stud earrings and make-up may be worn at this level.

## **MUSIC**

1. Music to be submitted prior to the commencement of a competition via method stipulated by competition organiser.
2. The competitor's item must be clearly marked with the competitor's **Name, Level, Age and Club.**
3. Competitors are advised to have a backup available during the competitions in case of loss or damage.
4. Lyrics are not permitted, only harmonies. Should any lyrics or vocals be present, a deduction of **1 (one) point** will be applied.

## **GENERAL RULES**

1. Parents are **not allowed** to approach **the judges**.
2. **All** competitors and teachers shall adhere to the technical rules.
3. **All** members and non-members must adhere to the rules in the constitution.
4. Dressing rooms, hallways and the hall are to be always kept clean and tidy.
5. Any person/persons creating a disturbance in the hall or adjoining premises may be requested by the organization to leave such premises. If the person should be a competitor, he/she stands the risk of being disqualified from taking part in any further competition.

6. No prompting will be permitted by the teacher/audience. If any prompting is noticed during a performance the Head Judge will see to the consequences thereof.
7. Under no circumstances will cameras or video cameras be allowed in the hall during the duration of competitions. It will be the responsibility of the teachers to inform the parents of this rule.
8. Cell phones are to be switched off while in the hall during the duration of competitions. It will be the responsibility of the teachers to inform the parents of this rule.
9. Acrobats may skip levels up until Level 7. However, from Level 8 and up; each level must be achieved unless upon special request. (For example: Ability & Age)
10. If an Acrobat receives his/her colours; the Acrobat must move up the following year, **this is not applicable to advanced elite.**

## **APPEALS**

1. The Technical Committee will handle any appeals. If there is an Official present at competition: any appeals will be handed to the Official.
2. A fee may be charged for an appeal.
3. If the appeal is upheld and the score altered, the fee will be returned to the coach.
4. If the appeal is not upheld, then the fee is retained by the ASSA.
5. Any protest of a score must meet the following criteria:
  - Submitted in writing (English or Afrikaans) before the session prize giving.
  - Only the involved coach may submit the appeal.
  - The protest should detail the difficulty elements of the exercise as performed, their value and the nature of the deductions as perceived by the coach. The coach should present a score as he/she values the exercise that was performed.
  - The involved coach must submit the appeal to the score keepers, who will then forward it to the Official or Technical Committee.
6. The Official/Technical committee discusses the written protest and may, at their discretion, confer with one or more of the judges whose score is being protested, or with other members of the Technical Committee in attendance. **The Official/Technical Committee decision is final.**
7. Should the protest be sustained, the adjustment in the score will be made and the coach informed by the convener.
8. Should the protest be denied, an official will inform the coach of their decision.

## **SCORING OF THE ROUTINES**

1. None of the required elements can be replaced.
2. All the elements have their specified requirements regarding how long to hold a trick and how it must be executed. Deductions will be taken off accordingly.
3. Routines are evaluated according to the difficulty, choreography, and presentation.

4. The final score is reached by deducting from the base score for any faults in performing elements and presentation.
5. No more than **1 (one) point** may be deducted from any one element for technical faults ( 0.5 for leaps/jumps and turns) even though there may be several technical faults in the same element.
6. For difficulty rating please consult "Table of difficulty".
7. Maximum score for Acro tot to Level 4 routine is 8 (eight) points.
8. Maximum score for Level 5 - Advanced Elite Plus routine is 10 (ten) points.
9. Every routine, regardless of which Level it is in, must contain a split, the required number of balances and an over.
10. Acro tots and Pre-Level 1 may not progress past District competition.
11. Level 1-Advanced Elite Plus are eligible to qualify to compete at Nationals.

## **SCORES TO QUALIFY FOR NATIONALS**

The Technical Committee will decide each level's qualifying mark for Nationals each year.

## **STICK FIGURES: AFTER COMPETITION COLLECTION**

Teachers may collect stick figures from the admin table after the following competitions to prepare for the next one:

- Club
- Regional
- District

**No stick figures** will be given back after Nationals, unless an appeal has been brought forward within the correct time frame.

## **General Deductions (APPLICABLE TO ALL LEVELS)**

**0.05/0.1 Deduction** (0.05 deductions aren't stipulated on the deductions for tricks as this is a minimal deduction for slight mistakes)

- Unsteady recoveries
- Bent legs (may vary from 0.01 - 0.1 depending on how bent)
- Feet sickle or not fully stretched (may vary from 0.01 -0.1 depending on if slight or flexed)
- Each second not held for a trick
- Untidiness
- Arms when recovering (arms with head)
- Split not flat from Level 2 (not so bad)

### **0.2 Deduction**

- Second kick-up (if past centre point 180° deduction will be 0 .5) □
- Heavy landing
- Head Judge decision on re-attempt Level 1-4
- Forearm balance not through triangle, stag or straight before doing a Forearm balance element
- Head balance not through straight before stride
- Head balance not through triangle, stag or straight before doing a front split
- Intentional Forearm balance from a backbend
- Chest stand from backbend not allowed in Level 3
- Chest stand kick up not allowed in Level 3
- Split not flat from Level 2 (fist height from floor)

### **0.3 Deduction**

- If trick is in the wrong direction - at Judges' discretion
- Repetitive mistakes 0.3 maximum deduction
- If trick line is not visible - at Judges' discretion
- Touching one foot on the floor in Forearm balance
- Split not flat from Level 2 (2 fists height from floor)
- The deductions for splits (1st & 3rd position) were to stipulate .1 - .3 depending on the severity of not being flat (not a general .3 deduction if splits not flat)

### **0.5 Deduction**

- Re-attempting a trick (tricks will thereafter be marked out of 0.5 and not 1.0)
- Swapping tricks around
- If extra trick is added to set dances (From Acrotot - Level 4)
- For front overs done before hand balance or hand walks
- Extra 'A', 'B', 'C' elements added (From Acrotot – Level 4)
- Incomplete stick figure (Teacher fine or Deduction - Head Judge decision)
- Hand walks before a Hand balance

### **1.0 Deduction**

- An element not shown (Difficulty Judge takes off)
- Wrong trick (Difficulty Judge takes off)
- Fall out of a trick without re-attempting it (Technical Judge takes off)
- Stick figure not presentable (Teacher fine or Deduction - Head Judge decision)
- Extra 'C' element added to routine (Difficulty Judge takes off)
- Vocal music used - actual words; not harmonies (Difficulty Judge takes off) **Deduction for Turns and Leaps**
- 0.5 If wrong turn or not shown at all (Difficulty Judge takes off)
- 0.3 if a jump or turn is done before a required one (Difficulty Judge takes off)
- 0.3 If swapped before or after the next trick or turn/leap/jump (Technical Judge takes off)
- 0.2 for not "spotting" turn (Level 3 and above) &



FINAL SCORE

## OVERALL IMPRESSION SHEET

Acrobat Name & Surname: \_\_\_\_\_

Level: \_\_\_\_\_

Studio & Region: \_\_\_\_\_

Age Group: \_\_\_\_\_

	0,05	0,1	0,2
Entrance (ran onto stage untidily, sat down untidily, just walked onto stage)			
Exit (ran off stage untidily, just walked off stage, no curtsy)			
Appearance: Untidy hair (bling, too many ribbons, hair in face, loose hair)			
Attire: Bra showing, visible underwear, pulling on costume			
Wearing make-up (allowed for Elite - Advanced Elite Plus)			
Wearing nail polish (allowed for Elite - Advanced Elite Plus)			
Wearing jewellery - (Elite - Advanced Elite Plus may wear stud diamante earrings) (no earrings, no rings, no necklaces, no bracelets etc.)			
Personality (no attempt to smile or represent the music style)			
Style (choreography not matching acrobat and music)			
Presentation (If an Acrobat is static and forgets dance may deduct up to 0.5) (correct usage of arms and neatness of executing movements and tricks)			
Music (bad edit, distorted sounds and not cut properly at end)			
Musicality (acrobat must match movements to the music beats and transitions)			
Not ending with music (from Level 4 and up only) (1-5 seconds 0.05) (5-10 seconds 0.1) (music way over dance time 0.2)			
Touching the curtains (slight 0.05 more than once 0.1 frequently throughout or drastic touch 0.2)			
Stage Boundaries (too close to the edge of the stage/ behind a curtain or close to a wall)			
Floor Coverage (acrobat must attempt to reach all 4 corners of the stage and the centre) (Acrotot and Pre-level 1 only to use 3 corners) (0.05 per corner not reached)			

Total Overall Impression Deduction:

Specify reason:

Additional Deductions for leaving out an element etc:

## Sections, Time Limits and Age Groups

Level	Max Time Limit	Age Groups
<b>Acrotots</b>	2 Minutes	5 Years and Under
<b>Pre-Level 1</b>	2 Minutes	6 to 8 years
<b>Level 1</b> <b>Level 2</b> <b>Level 3</b> <b>Level 4</b>  <b>Level 5</b>	2 Minutes max 2 ¼ Minutes max 2 ½ Minutes max 3 Minutes max  3 ½ Minutes Max	6 and Under (Level 1&2 only) 8 and Under 10 and Under 11 and Over  As above but additional age group of 11 & under 13 13 and over.
<b>Level 6</b> <b>Level 7</b>	3 ½ Minutes max 3 ½ Minutes max	8 and Under (Level 6 only) 10 and Under 11 and Under 13 13 and Under 16 16 and over
<b>Level 8</b> <b>Leve 9</b> <b>Level 10</b>	4 Minutes max 4 Minutes max 4 Minutes max	10 and Under 11 and under 13 13 and under 16 16 and over
<b>Elite</b>	4 Minutes max	Under 13 13 and under 16 16 and under 18 18 and over
<b>Advanced Elite</b>	4 Minutes max	Under 13 13 and under 16 16 and under 18 18 and over
<b>Advanced Elite Plus</b>	4 Minutes max	13 and under 16 16 and under 18 18 and over





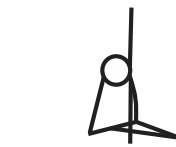
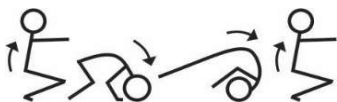



# ACROTOT AND PRE-LEVEL 1

<b>AGE GROUP:</b>	5 years and Under (Acrotot only) 6 to 8 years (Pre-Level 1)
<b>MUSIC:</b>	Time limit – max 2 minutes No Vocals Music may be faded at 2 minutes
<b>DANCE:</b>	Set dance as per stick figures. Tricks to stay in same order as Adjacent page, set movements and Required turn to be placed by the teacher in the stick figure.
<b>SET MOVEMENTS:</b>	A choice of one of these movements <ul style="list-style-type: none"><li>• Runs (6)</li><li>• Skips (4)</li><li>• March (4)</li><li>• Gallops (3)</li><li>• Step Ball Change (2)</li></ul>
<b>REQUIRED TURN:</b>	A choice of one of these Category “A” turns <ul style="list-style-type: none"><li>• Simple turn</li><li>• Stepping turn (8 steps)</li><li>• Basic turn</li></ul>

## **NOTES:**

1. Acrotots AND Pre-Level 1 may compete in Club, Regional and District Competitions.
2. At least three corners must be used when choreographing the dance.
3. 1<sup>st</sup> and 3<sup>rd</sup> basic positions may be separated.  
3<sup>rd</sup> position, child may press on only fingers, if not possible to flatten hands.
4. May use hands to recover from roll overs.
5. 0.5 Deduction if extra tricks are added to set dance.



Section <b>ACROTOT/ PRE-LEVEL 1</b>		Age Group	
Name		Judge Name	
Club/Region		Mark	
<u>Strech Stride Split</u> 		<u>1<sup>st</sup> Basic Position</u> 	<u>3<sup>rd</sup> Basic Position</u> 
<u>Front Roll Overs</u> 	<u>Bridge Position</u> 	<u>Fold-Up</u> 	<u>Basic Leg Up</u> 

# LEVEL 1

**AGE GROUP:**

6 years & Under  
8 years & Under  
10 years & Under  
11 years & Over

**MUSIC:**

Time limit – max 2 minutes  
No Vocals  
Music may be faded at 2 minutes

**DANCE:**

Set dance as per stick figures. Tricks to stay in same order as Adjacent page, set movements and Required turn to be placed by the teacher in the stick figure.

**SET MOVEMENTS:**

A choice of one of these movements

- Runs (6)
- Skips (4)
- March (4)
- Gallops (3)
- Step Ball Change (2)


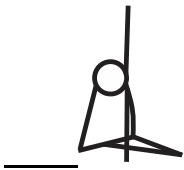
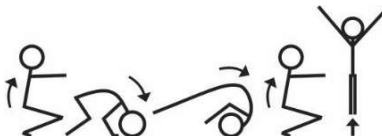
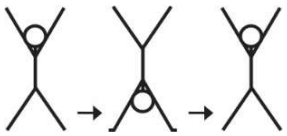
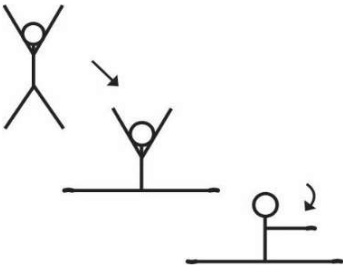

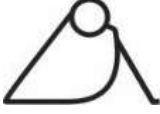
**REQUIRED TURN:**

A choice of one of these Category “A” turns

- Simple turn
- Stepping turn (8 steps)
- Basic turn

**NOTES:**

1. Level 1 may compete in Club, Regional, District and Nationals (should they qualify).
2. All four corners must be used when choreographing the dance.
3. 0.5 Deduction if extra tricks are added to set dance.

Section <b>LEVEL 1</b>		Age Group	
Name		Judge Name	
Club/Region		Mark	
<u>1<sup>st</sup> Basic Position</u>	<u>3<sup>rd</sup> Basic Position</u>	<u>Front Roll Over Stretch Jump</u>	<u>Cartwheel (x2)</u>
			
<u>Stride Splits Into Side Splits</u>		<u>Bridge Position Bridge into Triangle Position</u>	
			
<u>Fold-up</u>			
			

## LEVEL 2

**AGE GROUP:**

6 years & Under  
8 years & Under  
10 years & Under  
11 years & Over

**MUSIC:**

Time limit – max 2 ¼ minutes max  
No Vocals  
Music may be faded at 2 ¼ minutes

**DANCE:**

Set dance as per stick figures. Tricks to stay in same order as Adjacent page, set movements and Required turn to be placed by the teacher in the stick figure.

**SET MOVEMENTS:**

A choice of one of these movements

- Runs (6)
- Skips (4)
- March (4)
- Gallops (3)
- Step Ball Change (2)

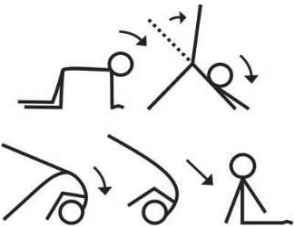
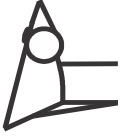

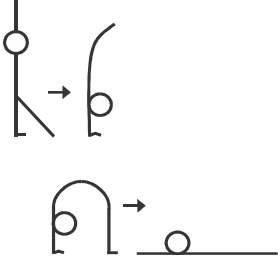

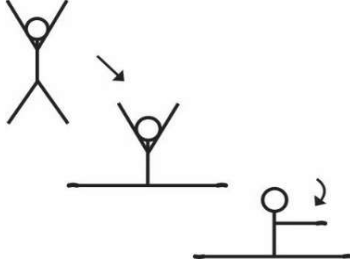
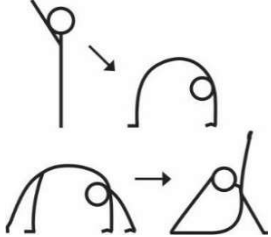
**REQUIRED TURN:**

A choice of one of these Category “A” turns

- Simple turn (1)
- Stepping turn (8 steps)
- Basic turn (1)
- Spring Turn (1)
- Quaver Turn (1)

**NOTES:**

1. Level 2 may complete in Club, Regional, District and Nationals (should they qualify).
2. All four corners must be used when choreographing the dance.
3. Stride split from standing position.
4. 0.5 Deduction if extra tricks are added to set dance.

Section <b>LEVEL 2</b>		Age Group	
Name		Judge Name	
Club/Region		Mark	
<u>Pitch Position and Roll</u> 	<u>2<sup>nd</sup> Basic Position</u> 	<u>Head Balance</u> 	<u>Front bend over preparation (X1)</u> 
<u>Continuous Cartwheels</u> Minimum 2 	<u>Stride Splits into Side Splits</u> 	<u>Bridge Walk into One Hand Fold-Up</u> 	

## LEVEL 3

### AGE GROUP:

8 years & Under  
10 years & Under  
11 years & Over

### MUSIC:

Time limit – max 2.5 minutes  
No Vocals  
Music may be faded

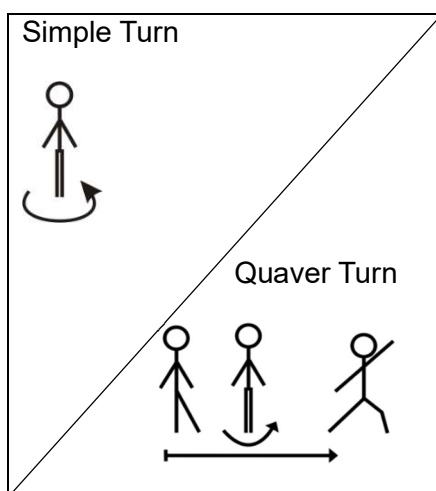
### DANCE:

**Optional trick order as long as each dance starts and ends differently; different music for each Acrobat and linking steps must be different.**

Level 3 tricks on next page in any order,  
Required turn and leap to be added to stick figure.

### REQUIRED TURN:

A choice of one of these Category “A” Turns  
Must be done consecutively (one after the other)  
Each turn must be allocated in one block on the stick figure sheet E.g.:



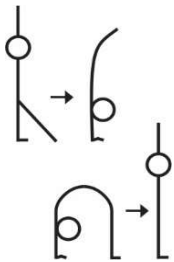
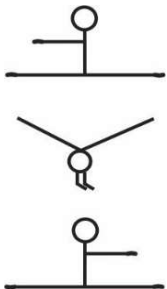
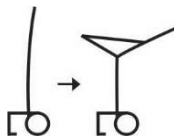
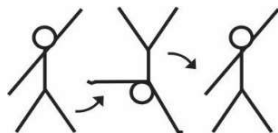
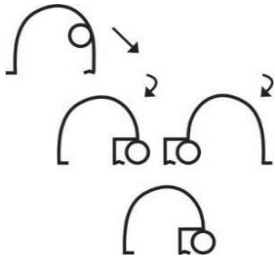
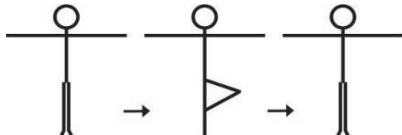
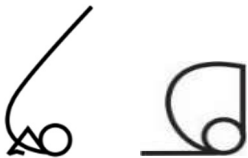

### REQUIRED JUMP/ LEAP:

A Choice of one of these Category “A” Jumps

- Step hop
- Tuck Jump
- Low Front Split Leap
- Stretch Jump

### NOTES:

1. Level 3 may compete in Club, Regional, District and Nationals (should they qualify).
2. 0.5 Deduction if extra tricks are added to set tricks for dance.

Section <b>LEVEL 3</b>		Age Group	
Name		Judge Name	
Club/Region		Mark	
<u>Front Bend Over (X2)</u> 	<u>Fan Kick Splits</u> 	<u>Head Balance Strait/ Triangle</u> 	<u>1 Hand Continuous Cartwheels (X2)</u> 
<u>Backbend Into Circular Head Rolls with Recovery</u> 		<u>Posé Balance</u> 	
<u>Chest or Chin Stand Strait OR on head</u> 		<u>Forearm Balance Strait OR Triangle OR Stag</u> 	

OR



## **LEVEL 4**

**AGE GROUP:**

8 years & Under  
10 years & Under  
11 years & Over

**MUSIC:**

Time limit – max 3 minutes  
No Vocals  
Music may **NOT** be faded  
Own dance and music per Acrobat

**DANCE:**

**Not a set Dance.** Competitors must have their own Dance and Music.  
Level 4 tricks on next page in any order.  
Required Turn and leap to be added to stick figures

**REQUIRED TURN:**

A choice of one of the Category “B” Turns

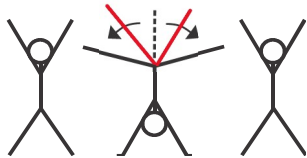
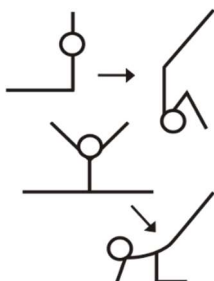
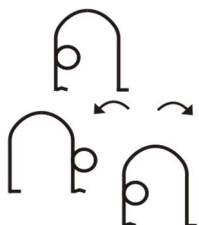
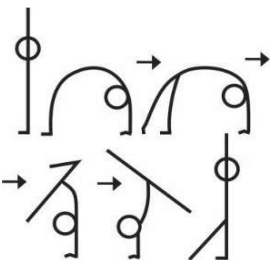
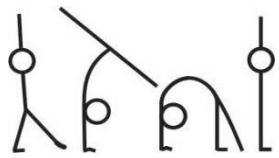
**REQUIRED JUMP/ LEAP:**

A Choice of one of these Category “A” Jumps

- Step hop
- Tuck Jump
- Low Front Split Leap
- Stretch Jump

**NOTES:**

1. Level 4 may compete in Club, Regional, District and Nationals (should they qualify).
2. One Category ‘A’ Split must be included in the dance.
3. One Category ‘A’ Balance must be included in the dance.
4. Must have one Category ‘A’ trick of their choice.
5. 0.5 Deduction if extra tricks are added to set tricks for dance may use dance movements.

Section <b>LEVEL 4</b>		Age Group
Name		Judge Name
Club/Region		Mark
<u>One Category 'A' Element</u> <u>SPLIT</u>	<u>One Category 'A' Element</u> <u>BALANCE</u>	<u>One Category 'A' Element OWN Choice</u>
<u>Cartwheel Click</u> (x2) 	<u>Back Rolls into Stride Splits</u> 	<u>Full Hand Rolls</u> (X2) 
<u>Back Bend Overs Preparation</u> (X2) 		<u>Front Walk over Preparation</u> (X2) 

**OR**

# LEVEL 5

**AGE GROUP:** 8 years & Under  
10 years & Under  
11 years and under 13  
13 years and over

**MUSIC:** Time limit – max 3:30 minutes  
No Vocals  
Music may **NOT** be faded  
Own dance and music per Acrobat

**DANCE:** **Not a set Dance.** Competitors must have their own Dance and Music.  
Teacher must Choose tricks from the following trick Combination.

A General	A Balance	B General	B Balance	C General	C Balance
7	1	2	-	-	-

**REQUIRED TURN:** A choice of one of the Category “B” Turns

Category ‘A’	Category ‘B’	Category ‘C’
-	1	-

**REQUIRED JUMP/ LEAP:** A Choice of one of the Category “A” Jumps

Category ‘A’	Category ‘B’	Category ‘C’
1	-	-

## **NOTES:**

1. Level 5 may compete in Club, Regional, District and Nationals (Should they qualify)
2. All routines must include split, over and the required balances.

## LEVEL 6

**AGE GROUP:**

8 years & Under  
 10 years & Under  
 11 years and under 13  
 13 years and under 16  
 16 years and over

**MUSIC:**

Time limit – max 4 minutes  
 No Vocals  
 Music may **NOT** be faded  
 Own dance and music per Acrobat

**DANCE:**

**Not a set Dance.** Competitors must have their own Dance and Music.  
 Teacher must Choose tricks from the following trick Combination.

A General	A Balance	B General	B Balance	C General	C Balance
5	1	4	-	-	-

**REQUIRED TURN:**

A choice of one of the Category “B” Turns

Category ‘A’	Category ‘B’	Category ‘C’
-	1	-

**REQUIRED JUMP/ LEAP:**

A Choice of one of the Category “B” Jumps

Category ‘A’	Category ‘B’	Category ‘C’
-	1	-

**NOTES:**

1. Level 6 may compete in Club, Regional, District and Nationals (Should they qualify)
2. All routines must include split, over and the required balances.

# LEVEL 7

**AGE GROUP:** 10 years & Under  
11 years and under 13  
13 years and under 16  
16 years and over

**MUSIC:** Time limit – max 4 minutes  
No Vocals  
Music may **NOT** be faded  
Own dance and music per Acrobat

**DANCE:** **Not a set Dance.** Competitors must have their own Dance and Music. Teacher must Choose tricks from the following trick Combination. Option A, B or C below

OPTION	A General	A Balance	B General	B Balance	C General	C Balance
A	2	1	6	-	1	-
B	3	1	4	-	2	-
C	2	1	5	-	2	-

**REQUIRED TURN:** A choice of one of the Category “B” Turns

Category ‘A’	Category ‘B’	Category ‘C’
-	1	-

**REQUIRED JUMP/ LEAP:** A Choice of one of the Category “B” Jumps

Category ‘A’	Category ‘B’	Category ‘C’
-	1	-

## NOTES:

1. Level 7 may compete in Club, Regional, District and Nationals (Should they qualify)
2. All routines must include split, over and the required balances.

# LEVEL 8

## AGE GROUP:

10 years & Under  
11 years and under 13  
13 years and under 16  
16 years and over

## MUSIC:

Time limit – max 4 minutes  
No Vocals, Music may **NOT** be faded  
Own dance and music per Acrobat

## DANCE:

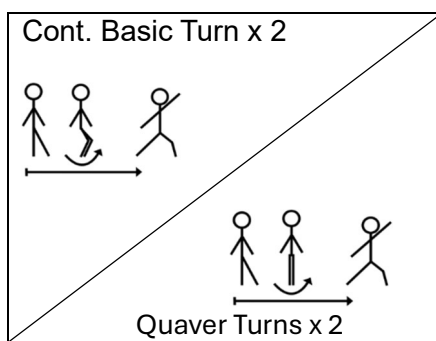
**Not a set Dance.** Competitors must have their own Dance and Music.  
Teacher must Choose tricks from the following trick Combination. Option A, or B below

OPTION	A General	A Balance	B General	B Balance	C General	C Balance
A	-	1	5	1	3	-
B	1	1	3	1	4	-

**REQUIRED TURN:** A Choice of **TWO** of the Category 'B' turns **OR** One of the Category 'C' turns

Category 'A'	Category 'B'	<b>OR</b>	Category 'C'
-	2		1

Must be done consecutively (one after the other)  
Each turn must be allocated in one block on the stick figure sheet  
E.g.: Only 2 of each when combined; lunge only at the end of the combo



## REQUIRED JUMP/ LEAP:

A Choice of one of **Two** Category "B" Jump

Category 'A'	Category 'B'	Category 'C'
-	2	-

## NOTES:

1. Level 8 may compete in Club, Regional, District and Nationals (Should they qualify)
2. All routines must include split, over and the required balances.

# LEVEL 9

**AGE GROUP:** 10 years & Under  
11 years and under 13  
13 years and under 16  
16 years and over

**MUSIC:** Time limit – max 4 minutes  
No Vocals, Music may **NOT** be faded  
Own dance and music per Acrobat

**DANCE:** **Not a set Dance.** Competitors must have their own Dance and Music. Teacher must Choose tricks from the following trick Combination. Option A, or B below

OPTION	A General	A Balance	B General	B Balance	C General	C Balance
A	-	-	3	2	5	-
B	-	-	3	1	6	-

**REQUIRED TURN:** A Choice of **TWO** of the Category 'C' turns

Category 'A'	Category 'B'	Category 'C'
-	-	1

**REQUIRED JUMP/ LEAP:** A Choice of one of **One** Category 'C' Jump

Category 'A'	Category 'B'	Category 'C'
-	-	1

## **NOTES:**

1. Level 9 may compete in Club, Regional, District and Nationals (Should they qualify)
2. All routines must include split, over and the required balances.



# LEVEL 10

**AGE GROUP:** 10 years & Under  
11 years and under 13  
13 years and under 16  
16 years and over

**MUSIC:** Time limit – max 4 minutes  
No Vocals, Music may **NOT** be faded  
Own dance and music per Acrobat

**DANCE:** **Not a set Dance.** Competitors must have their own Dance and Music. Teacher must Choose tricks from the following trick Combination below

A General	A Balance	B General	B Balance	C General	C Balance
-	-	2	1	6	1

**REQUIRED TURN:** A Choice of **One** of the Category 'C' turns

Category 'A'	Category 'B'	Category 'C'
-	-	1

**REQUIRED JUMP/ LEAP:** A Choice of one of **One** Category 'C' Jump

Category 'A'	Category 'B'	Category 'C'
-	-	1

## **NOTES:**

1. Level 10 may compete in Club, Regional, District and Nationals (Should they qualify)
2. All routines must include split, over and the required balances.

# ELITE

## AGE GROUP:

Under 13  
13 and under 16  
16 and under 18  
18 and over

## MUSIC:

Time limit – max 4 minutes  
No Vocals, Music may **NOT** be faded  
Own dance and music per Acrobat

## DANCE:

**Not a set Dance.** Competitors must have their own Dance and Music. Teacher must Choose tricks from the following trick Combination below

A General	A Balance	B General	B Balance	C General	C Balance
-	-	1	1	7	1

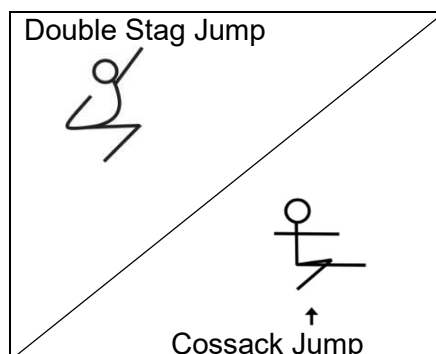
**REQUIRED TURN:** A Choice of **Two** of the Category 'C' turns

Category 'A'	Category 'B'	Category 'C'
-	-	2

**REQUIRED JUMP/ LEAP:** A Choice of one of **Two** Category 'C'

Category 'A'	Category 'B'	Category 'C'
-	-	2

Turn & Jumps must be done consecutively (one after the other), Each turn/Jump combo must be allocated in one block on the stick figure sheet. E.g.:



## NOTES:

1. Elite may compete in Club, Regional, District and Nationals (Should they qualify)
2. All routines must include split, over and the required balances.

# ADVANCED ELITE

## AGE GROUP:

Under 13  
13 and under 16  
16 and under 18  
18 and over

## MUSIC:

Time limit – max 4 minutes  
No Vocals, Music may **NOT** be faded  
Own dance and music per Acrobat

## DANCE:

**Not a set Dance.** Competitors must have their own Dance and Music. Teacher must Choose tricks from the following trick Combination below

A General	A Balance	B General	B Balance	C General	C Balance
-	-	-	-	8	2

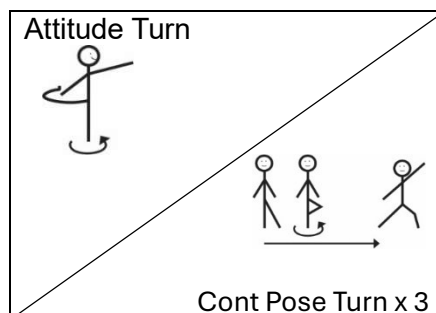
**REQUIRED TURN:** A Choice of **Two** of the Category 'C' turns

Category 'A'	Category 'B'	Category 'C'
-	-	2

**REQUIRED JUMP/ LEAP:** A Choice of one of **Two** Category 'C' Jumps – a category D jump may replace the 2x C Jumps

Category 'A'	Category 'B'	Category 'C'
-	-	2

Turn & Jumps must be done consecutively (one after the other), Each turn/Jump combo must be allocated in one block on the stick figure sheet. E.g.:



## NOTES:

1. Elite Advanced may compete in Club, Regional, District and Nationals (Should they qualify)
2. All routines must include split, over and the required balances.

## ADVANCED ELITE PLUS

***Acrobat must have competed in Advanced Elite before progressing to Advanced Elite Plus.***

**AGE GROUP:** 13 and under 16  
16 and under 18  
18 and over

**MUSIC:** Time limit – max 4 minutes  
No Vocals, Music may **NOT** be faded  
Own dance and music per Acrobat

**DANCE:** **Not a set Dance.** Competitors must have their own Dance and Music. Teacher must Choose tricks from the following trick Combination below.

A General	A Balance	B General	B Balance	C General & Balance	D
-	-	-	-	7	3

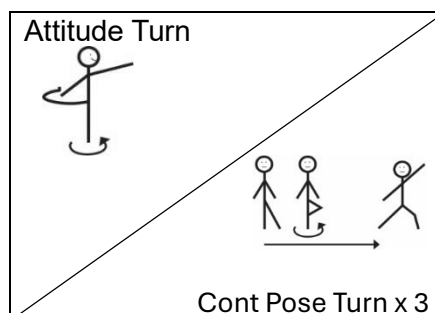
**REQUIRED TURN:** A Choice of **Two** of the Category 'C' turns

Category 'A'	Category 'B'	Category 'C'
-	-	2

**REQUIRED JUMP/ LEAP:** A Choice of one of **Two** Category 'C' Jumps (May do 2 Jumps that appear in the same block in the Jump list)

Category 'A'	Category 'B'	Category 'C'
-	-	2

Turn & Jumps must be done consecutively (one after the other), Each turn/Jump combo must be allocated in one block on the stick figure sheet. E.g.:



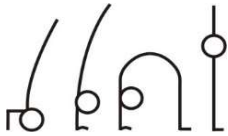
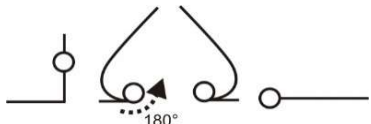
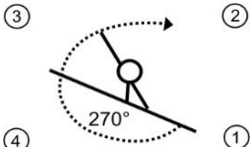
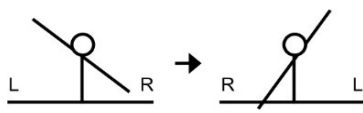

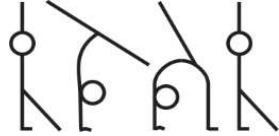
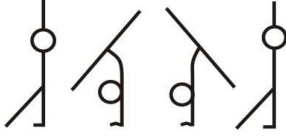
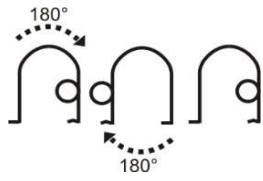
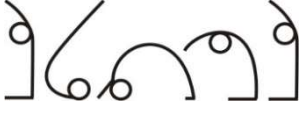




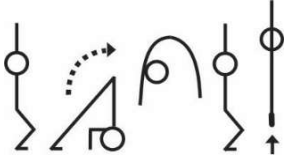


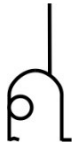

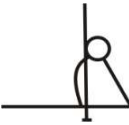

## NOTES:

1. Elite Advanced may compete in Club, Regional, District and Nationals (Should they qualify)
2. All routines must include split, over and two C balances.
3. Elements cannot be repeated in a routine. For example, if the front and side aerial combination is selected as a 'D', the side aerial and the front aerial cannot be included as 'C' elements in the same dance.
4. This does not apply to the Advanced back walk over, advanced back walk over with  $\frac{1}{2}$  turn end in front walk over, advanced bend over straight legs, where the advanced back walk over, the advanced bend over with straight legs, and the cartwheel/walkover 360 turn CAN be included as 'C' elements.

## Leaps and Jumps – Category 'D'

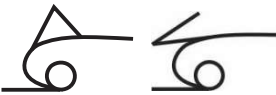

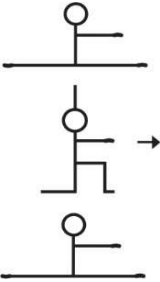
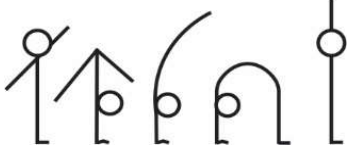

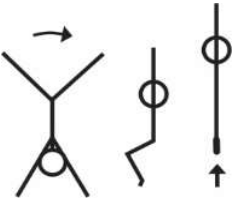
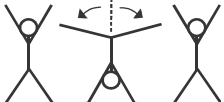
Deduction Table for Turns and Jumps			
ELEMENT	0.1	0.2	0.3
<b>2 x 360° TURNS</b>	<ul style="list-style-type: none"><li>➤ Posture/ alignment</li><li>➤ Heavy Landing</li><li>➤ Untidy arms</li><li>➤ Toes not pointed</li></ul>	<ul style="list-style-type: none"><li>➤ Not enough elevation</li><li>➤ Slight incorrect position of legs</li></ul>	<ul style="list-style-type: none"><li>➤ Bad Posture/ alignment</li><li>➤ Uncontrolled</li><li>➤ Legs incorrect position</li></ul>
<b>SWITCH LEAP (D) OR 2 X C JUMPS</b>	<ul style="list-style-type: none"><li>➤ Posture/ alignment</li><li>➤ Heavy landing</li><li>➤ untidy arms</li><li>➤ toes not pointed</li></ul>	<ul style="list-style-type: none"><li>➤ Not enough elevation</li><li>➤ Slight incorrect position of legs</li></ul>	<ul style="list-style-type: none"><li>➤ Bad posture/ alignment</li><li>➤ Uncontrolled</li><li>➤ Legs incorrect position</li></ul>

# GENERAL CATEGORY 'A' ELEMENTS

General Category 'A' Elements			
<b>FLIP UP AND OVER</b> 	<b>DOLPHIN ROLLS</b> Minimum 2 	<b>ROTATION SPLITS</b> 5 Splits 	<b>SCISSOR SPLITS</b> 4 times 
CAT 'A' No 1	CAT 'A' No 2	CAT 'A' No 3	CAT 'A' No 4
<b>CLOSE BACK BEND HOLDING</b> 	<b>FRONT WALK OVERS</b> Minimum 2 	<b>BACK WALK OVERS</b> Minimum 2 	<b>CIRCULAR HAND ROLLS</b> 2 times round 
CAT 'A' No 5	CAT 'A' No 6	CAT 'A' No 7	CAT 'A' No 8
<b>CHESTROLLS</b> 2 full Rolls 	<b>OUTLOOK ON SIDE HOLDING</b> 	<b>OUTLOOK HOLDING FEET</b> 	<b>CHICKEN POSITION</b> 
CAT 'A' No 9	CAT 'A' No 10	CAT 'A' No 11	CAT 'A' No 12
<b>BASKET</b> 	<b>HEAD SPRING</b> 	<b>HANDSPRING</b> 	<b>CARTWHEEL SNATCH</b> 
CAT 'A' No 13	CAT 'A' No 14	CAT 'A' No 15	CAT 'A' No 16
<b>FRONT MOUNT ON ARMS</b> 	<b>SPLIT FOOT UNDER CHIN 1ST POSITION</b> 	<b>3RD POSITION SPLIT</b> 	<b>CHEST STAND (ARMS UP)</b> 
CAT 'A' No 17	CAT 'A' No 18	CAT 'A' No 19	CAT 'A' No 20





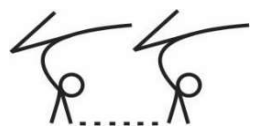
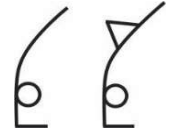

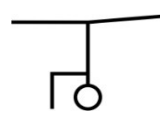
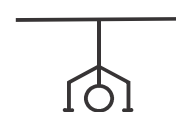

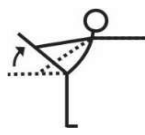
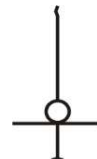


## General Category 'A' Elements Continued

### General Category 'A' Elements

<b>CHIN STAND TRIANGLE/STAG</b>  	<b>CHIN STAND DOUBLE TRIANGLE</b>  	<b>CRAWLING SPLIT</b> Minimum 3  	<b>STRIDE BEND OVER</b> Minimum 2  
CAT 'A' No 21	CAT 'A' No 22	CAT 'A' No 23	CAT 'A' No 24
<b>FOREARM CARTWHEEL</b>  	<b>ARAB SPRING STRETCH JUMP</b>  	<b>Click Cartwheel</b>  	
CAT 'A' No 25	CAT 'A' No 26	CAT 'A' No 27	

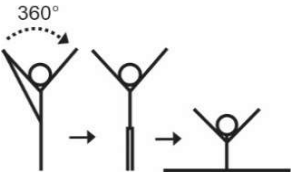


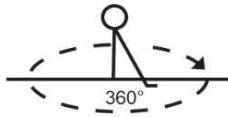
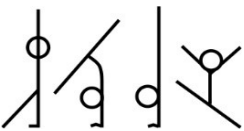
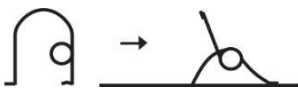
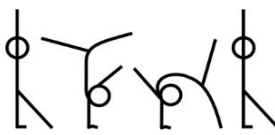
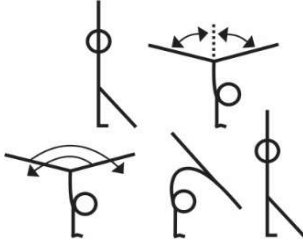

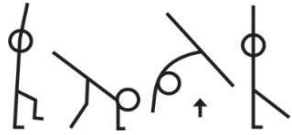
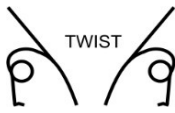

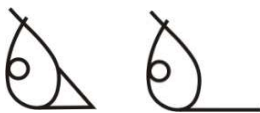





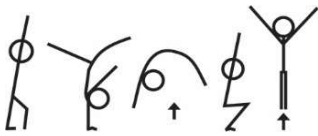
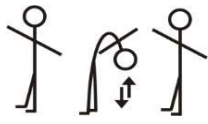


# BALANCE CATEGORY 'A' ELEMENTS

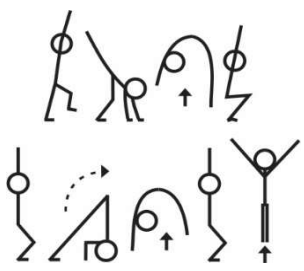


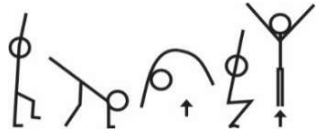



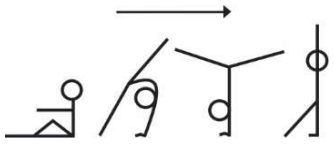
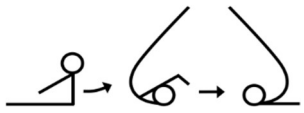
General Category 'A' Elements			
<b>SIDE MOUNT</b>  	<b>LEG SHOULDERING</b>  	<b>HAND WALKS</b> Straight  	<b>HAND WALKS</b> triangle  
BAL 'A' No 1	BAL 'A' No 2	BAL 'A' No 3 (A)	BAL 'A' No 3 (B)
<b>HAND WALKS</b> Stag  	<b>FOREARM BALANCE</b> STRAIGHT THEN TRIANGLE  	<b>HEAD BALANCE LOTUS</b>  	<b>HEAD BALANCE FULL SPLIT</b>  
BAL 'A' No 3 (C)	BAL 'A' No 4	BAL 'A' No 5	BAL 'A' No 6
<b>HEAD BALANCE</b> STRIDE WITH A ½ TURN  	<b>FOREARM BALANCE</b> DOUBLE TRIANGLE  	<b>SIDE STAR</b>  	<b>FRONT STAR</b>  
BAL 'A' No 7	BAL 'A' No 8	BAL 'A' No 9	BAL 'A' No 10
<b>FOREARM BALANCE</b> FEET ON HEAD  	<b>HEAD WALKS</b> Minimum 4  		
BAL 'A' No 11	BAL 'A' No 12		

# GENERAL CATEGORY 'B' ELEMENTS






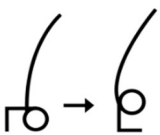

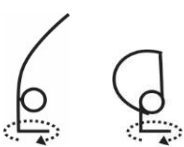


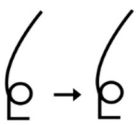
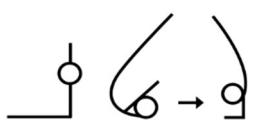

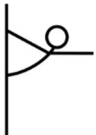
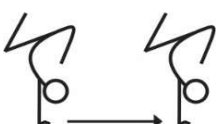


## General Category 'B' Elements

<b>CAN CAN JUMPS INTO SPLIT</b> 3 Circles 	<b>FRONT MOUNT ON FOREARMS</b> 	<b>CHEST/CHIN STAND LOTUS</b> 	<b>CIRCLING SPLITS</b> 4 times 
CAT 'B' No 1	CAT 'B' No 2	CAT 'B' No 3	CAT 'B' No 4
<b>BACK OVER INTO FRONT SPLIT</b> 	<b>BACKBEND INTO SPLIT ONE HAND</b> 	<b>ONE HAND WALK OVERS</b> Minimum 2 	<b>FRONT OVER VARIATION</b> 1 of each 
CAT 'B' No 5	CAT 'B' No 6	CAT 'B' No 7	CAT 'B' No 8
<b>ADVANCED BEND OVERS</b> Bend only Minimum 2 	<b>DIVE WALK OVER</b> 	<b>CONT. FRONT OVER HAND ROLLS</b> 2 full 	<b>WINGED OUTLOOK</b> 
CAT 'B' No 9	CAT 'B' No 10	CAT 'B' No 11	CAT 'B' No 12
<b>BACK MOUNT ON TUMMY TRIANGLE OR STRAIGHT</b> 	<b>ADVANCED OUTLOOK HOLDING FEET</b> 	<b>CHICKEN POSITION HOLDING CALVES</b> 	<b>REVERSED OUTLOOK</b> 
CAT 'B' No 13	CAT 'B' No 14	CAT 'B' No 15	CAT 'B' No 16
<b>SPRING FLIPS</b> Minimum 3 	<b>UPSTART</b> 	<b>ONE HAND HANDSPRING</b> 	<b>CLOSE BACKBEND ARMS TO SIDE</b> 
CAT 'B' No 17	CAT 'B' No 18	CAT 'B' No 19	CAT 'B' No 20




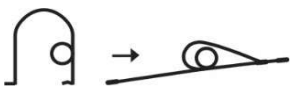
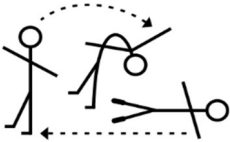
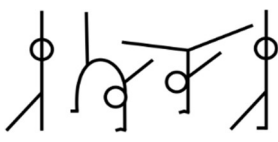
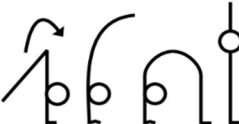


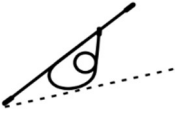




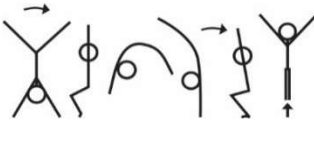

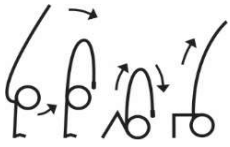



General Category 'B' Elements Continued

General Category 'B' Elements			
<b>HANDSPRING &amp; HEADSPRING COMB.</b> 1 of each 	<b>OUTLOOK ON SIDE NO HANDS</b> 	<b>TINSICA</b> 2 times 	<b>DIVE HANDSPRING</b> 
CAT 'B' No 21	CAT 'B' No 22	CAT 'B' No 23	CAT 'B' No 24
<b>CROSS-ARM BASKET</b> 	<b>OUTLOOK EXTENDED ARMS</b> 	<b>ADVANCED FRONT WALK OVERS</b> Minimum 2 	<b>VALDEZ</b> X2 - back 
CAT 'B' No 25	CAT 'B' No 26	CAT 'B' No 27	CAT 'B' No 28
<b>DOLPHIN ROLL INTO CHEST STAND</b> 			
CAT 'B' No 29			

# BALANCE CATEGORY 'B' ELEMENTS

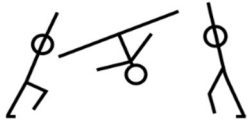
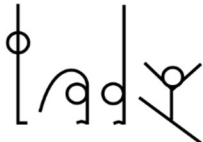

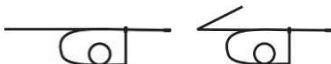


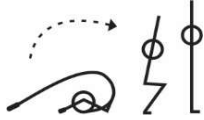
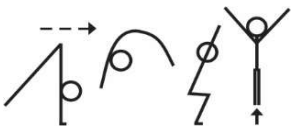


General Category 'B' Elements			
<b>FOREARM BALANCE ZIG ZAG</b>  	<b>FOREARM BALANCE FEET UNDER CHIN</b>  	<b>FOREARM BALANCE INTO CHIN STAND</b>  	<b>HAND BALANCE</b> Straight, triangle or stag  
BAL 'B' No 1	BAL 'B' No 2	BAL 'B' No 3	BAL 'B' No 4
<b>ADVANCED SIDE MOUNT</b>  	<b>HEAD BALANCE IN FOREARM BALANCE</b>  	<b>BACK MOUNT STANDING BENT LEG</b>  	<b>FOREARM BALANCE 180° TURN</b> (Straight legs OR feet on head)  
BAL 'B' No 5	BAL 'B' No 6	BAL 'B' No 7	BAL 'B' No 8
<b>HAND WALKS TAPPING HEAD</b> Minimum 6 walks  	<b>BACK ROLL HEAD BALANCE</b>  	<b>FOREARM BALANCE WALKS</b> Minimum 6 steps  	<b>BACK ROLL INTO FOREARM BALANCE</b>  
BAL 'B' No 9	BAL 'B' No 10	BAL 'B' No 11	BAL 'B' No 12
<b>FOREARM BALANCE LOTUS</b>  	<b>ADVANCED SIDE STAR</b>  	<b>HAND WALKS DOUBLE STAG</b>  	<b>HAND BALANCE DOUBLE STAG</b>  
BAL 'B' No 13	BAL 'B' No 14	BAL 'B' No 15	BAL 'B' No 15
<b>FOREARM BALANCE FRONT SPLIT</b>  			
BAL 'B' No 16			

# GENERAL CATEGORY 'C' ELEMENTS

General Category 'C' Elements			
<b>SPOTS – FORWARD</b> 	<b>SPOTS – BACKWARDS</b> Minimum 6 	<b>ROLLING SPLITS HALF CIRCLE</b> 	<b>BACK BEND INTO SPLIT BOTH HANDS HOLDING</b> 
CAT 'C' No 1	CAT 'C' No 2	CAT 'C' No 3	CAT 'C' No 4
<b>BACK SLIDE AND UP ARMS RELEASED</b> 	<b>ONE HAND BALK WALK OVER</b> 	<b>ADVANCED BEND OVES STRAIGHT LEGS</b> Minimum 2 	<b>ADVANCED BACK WALK OVS</b> Minimum 2 
CAT 'C' No 5	CAT 'C' No 6	CAT 'C' No 7	CAT 'C' No 8
<b>ADVANCED CHEST ROLLS</b> Minimum 2 	<b>BACK MOUNT ON CHEST SPLIT</b> 	<b>ADVANCED OUTLOOK EXTENDED LEGS</b> Hold 2 seconds 	<b>FRONT MOUNT ADVANCED LEG EXTENDED</b> 
CAT 'C' No 9	CAT 'C' No 10	CAT 'C' No 11	CAT 'C' No 12
<b>BACK MOUNT ON CHEST TRIANGLE</b> 	<b>ARAB SPRING WALK OUT</b> 	<b>ARAB SPRING FLICK FLACK</b> 	<b>CHICKEN POSITION AND WALK</b> Hold 3, walk 6 
CAT 'C' No 13	CAT 'C' No 14	CAT 'C' No 15	CAT 'C' No 16
<b>FRONT OVER CHEST ROLL HEAD BALANCE</b> 	<b>BACK CHICKEN ON FLOOR</b> 	<b>ADVANCED BOTTOM ON HEAD</b> 	<b>DOUBLE FOLD-UP</b> 
CAT 'C' No 17	CAT 'C' No 18	CAT 'C' No 19	CAT 'C' No 20




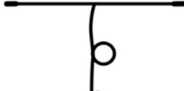


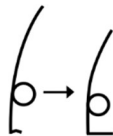
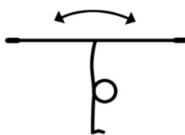
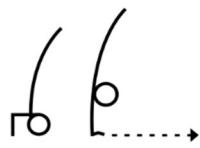
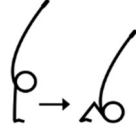

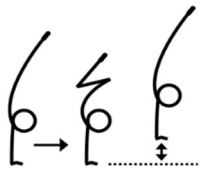
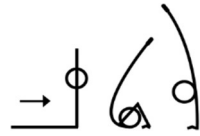
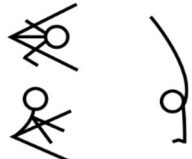
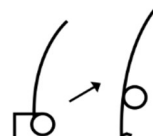




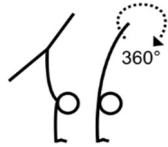
## General Category 'C' Elements Continued

### General Category 'C' Elements

<b>DANALOVA SIDE</b> 	<b>BACK OVER INTO STRIDE SPLIT BOTH LEGS</b> 	<b>CIRCULAR CHEST ROLLS</b> 2 circles 	<b>FRONT MOUNT ON CHEST</b> 
CAT 'C' No 21	CAT 'C' No 22	CAT 'C' No 23	CAT 'C' No 24
<b>CHEST STAND ZIG ZAG</b> 	<b>CHEST STAND STRIDE SPLIT</b> 	<b>UPSTART NO HANDS</b> 	<b>ADVANCED HANDSPRINGS</b> Minimum 2 
CAT 'C' No 25	CAT 'C' No 26	CAT 'C' No 27	CAT 'C' No 28
<b>ONE HAND SPOT OVERS</b> Minimum 4 	<b>DANALOVA FRONT</b> 		
CAT 'C' No 29	CAT 'C' No 30		

# BALANCE CATEGORY 'C' ELEMENTS


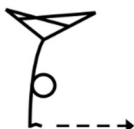
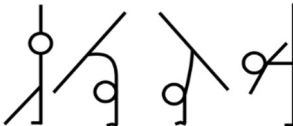

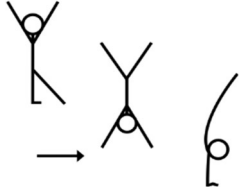

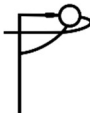



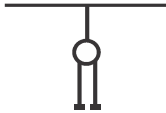
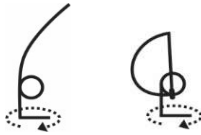
## General Category 'C' Elements

<b>HAND BALANCE ZIG ZAG</b>	<b>HAND BALANCE FEET UNDER CHING</b>	<b>HAND BALANCE BODY TWIST</b>	<b>HAND BALANCE FULL SPLIT</b>
			
BAL 'C' No 1	BAL 'C' No 2	BAL 'C' No 3	BAL 'C' No 4
<b>ADVANCED LEG SHOULDERING</b>	<b>BACK MOUNT STANDING LEG STRAIGHT</b>	<b>HAND BALANCE INTO FOREARM BALANCE</b>	<b>HAND WALKS LEG SWING</b> 6 steps
			
BAL 'C' No 5	BAL 'C' No 6	BAL 'C' No 7	BAL 'C' No 8
<b>FLIP UP INTO HAND WALKS</b> Minimum 6 steps	<b>CONTROLLED DOLPHIN DIVE</b>	<b>HAND WALKS ZIG ZAG</b> Minimum 6 steps	<b>HAND WALK HOPS</b> Minimum 4
			
BAL 'C' No 9	BAL 'C' No 10	BAL 'C' No 11	BAL 'C' No 12
<b>BACK ROLL INTO HAND BALANCE</b>	<b>PRESS TO HANDSTAND FROM STRIDE SPLIT</b>	<b>FLIP UP INTO HAND BALANCE</b>	<b>HAND BALANCE LOTUS</b>
			
BAL 'C' No 13	BAL 'C' No 14	BAL 'C' No 15	BAL 'C' No 16
<b>HAND WALK STRIDE</b> 6 Steps	<b>HAND WALKS FRONT SPLIT</b>	<b>HAND BALANCE OVER-ARCH</b>	<b>CARTWHEEL OR WALKOVER HANDWALKS 360° TURN</b>
			
BAL 'C' No 17	BAL 'C' No 18	BAL 'C' No 19	BAL 'C' No 20



## Balance Category 'C' Elements Continued

### General Category 'B' Elements

<b>HAND WALKS FEET UNDER CHIN</b>	<b>HAND WALKS LOTUS</b>	<b>BACK OVER INTO ADVANCED PITCH</b>	<b>BACK MOUNT TURNING</b>
			
BAL 'C' No 21	BAL 'C' No 22	BAL 'C' No 23	BAL 'C' No 24
<b>CARTWHEEL HAND BALANCE</b>	<b>HANDBALNCE PIKE</b>	<b>ADVANCED FLAMINGO</b>	<b>ADVANCED BACKOVER HANDBALANCE</b>
			
BAL 'C' No 25	BAL 'C' No 26	BAL 'C' No 27	BAL 'C' No 28
<b>FOREARM BALANCE DOUBLE FOLD-UP</b>	<b>HAND BALANCE DOUBLE FOLD-UP</b>	<b>HAND BALANCE STRIDE SPLIT</b>	<b>FOREARM BALANCE 360° TURN (straight legs OR feet under chin)</b>
			
BAL 'C' No 29	BAL 'C' No 30	BAL 'C' No 31	BAL 'C' No 32

# CATEGORY 'D' ELEMENTS

## General Category 'D' Elements

<b>Backbend into split roll into back mount on tummy X2</b>	<b>Adv back over with ½ turn end in front walk over and then adv bend over straight legs</b>	<b>Advanced one-hand back walkover x 2</b>	<b>Front over chest roll into head balance (must hold head balance 3 sec)</b>
CAT 'D' No 1	CAT 'D' No 2	CAT 'D' No 3	CAT 'D' No 4
<b>Hand balance body twist (feet on head, under chin or overarched)</b>	<b>Back roll into hand balance</b>	<b>Hand balance double fold up</b>	<b>Hand balance pike</b>
CAT 'D' No 5	CAT 'D' No 6	CAT 'D' No 7	CAT 'D' No 8
<b>Catch turn into Adv leg shouldering</b>	<b>3 X C hand walks combo</b>	<b>Any 2 C Hand balance combinations</b>	<b>Pike hand walks</b>
CAT 'D' No 9	CAT 'D' No 10	CAT 'D' No 11	CAT 'D' No 12
<b>Hand balance stride (3 seconds), cartwheel into Adv leg shouldering</b>	<b>1 hand, hand balance</b>	<b>Hand balance front split (hold seconds) front walk over into back mount standing</b>	<b>Adv leg shouldering into one hand cartwheel</b>
CAT 'D' No 13	CAT 'D' No 14	CAT 'D' No 15	CAT 'D' No 16
<b>Side hand walks (6 walks) into a C hand balance</b>	<b>Hand balance zig zag (hold 3 seconds) into zig zag stretch</b>	<b>Press to handstand</b>	<b>CHEST STAND (ARMS UP)</b>
CAT 'D' No 17	CAT 'D' No 18	CAT "D' No 19	CAT 'A' No 20

**General Category 'D' Elements continues**

<b>Adv leg shouldering into back mount standing vice versa</b>	<b>Hand balance into forearm into 360° turn</b>	<b>Back roll handstand into 360° exit optional</b>	<b>Valdez stop in hand stand 360° exit in front walk over</b>
CAT 'D' No 21	CAT 'D' No 22	CAT 'D' No 23	CAT 'D' No 24
<b>Flip up into hand walks (6 walks) into a 360° exit in front walk over</b>	<b>Back mount standing straight leg into adv front mount forearms</b>	<b>Adv handspring into upstart (no hands) into adv handspring</b>	<b>Valdez stop in hand stand 360° exit in front walk over</b>
CAT 'D' No 25	CAT 'D' No 26	CAT 'D' No 27	CAT 'D' No 28
<b>1 Hand spots forwards or back x6</b>	<b>Danilova/Aerial into flick</b>	<b>Front directly into side aerial</b>	<b>Layout or tuck</b>
CAT 'D' No 29	CAT 'D' No 30	CAT 'D' No 31	CAT 'D' No 32
<b>Back chicken into bottom on head or reverse</b>	<b>Double fold up chest rolls X2</b>	<b>Controlled adv chin extended</b>	<b>Chest stand split rotation (front split into stride into other front split)</b>
CAT 'D' No 33	CAT 'D' No 34	CAT 'D' No 35	CAT 'D' No 36
<b>Adv chest rolls into adv bottom on head</b>	<b>Chicken calves (hold 3) into bottom on head</b>	<b>Advanced chest rolls X 2 3rd stop into chicken</b>	<b>Back chicken (hold 3) into bottom on head</b>
CAT 'D' No 37	CAT 'D' No 38	CAT "D' No 39	CAT 'D' No 40
<b>Front mount on chest split</b>			
CAT 'D' No 41			

# **General Notes for All Routines Level 5 & Up**

## **General Note**

- All routines must include split, over and the required balances (even if no balance element in formula; there must always be a balance element in a routine.
- As far as possible tricks are to be performed at an angle visible to all judges.
- A balance element may be replaced with a higher balance element as long as it is stipulated on the formula bar at the bottom of the stick figure sheet.
- The required number of General tricks for your level may be selected from “General elements” or “Balance” elements’.

However, the required balance element **MUST** be chosen from “Balance elements” A balance.

## **Walkovers**

- NO walk overs may be done before a hand balance.
- May do a turn in between walk overs but NOT one of the required turns as elements.

## **Dolphin Roll into Chest Balance**

- Must go into chest balance first time **UNLESS** doing dolphin rolls then 2 (two) rolls as element must be done and the 3rd roll must be into Chest balance.

## **Backbend into Split**

- Category ‘B’ trick may leave 1(One) hand on the floor while sliding.
- Category ‘C’ trick may NOT slide backwards, nor may you move hands once slide starts

## **Hand Balance Category ‘C’**

- Optional - to get into trick.
- No Hand balance before or after hand walks.

## **Forearm Balance**

- Must be done from triangle, stag or straight position first.

## **Jumps and turns**

- No jump may be done directly before a required one.
- No turn may be done directly before a required one.

## **Re-attempts**

- After child has held the trick for at least 1 or two seconds the deduction will be a .2 not a .5 **ONLY** until Level 4.
- Standard .5 deduction for fallout with no static hold still stands as per rules. (If a re-attempt is done)

## **!! NB!! - No Combinations of the following:**

You may not do the basic and advanced versions of the same trick.

- Forearm balance – no 2 'A' Combinations unless done in two different parts in the routine
- Close backbend 'A' or 'B' or 'C' (One per routine)
- Outlook A / Advanced outlook B / Winged outlook B

(May do outlook extended arms with one of these but not as a combo)

- Split choose 1st or 3rd Positions.
- Chicken 'A' or 'B' or 'C'
- Outlook on side or Outlook on side with no hands
- Front mount 'A' or 'B' or 'C'
- Back mount Standing 'B' or 'C'
- Side mount and Tilt 'A', 'B' or 'C'
- Backbend into split 'B' or 'C'
- Chin balance double triangle or chin balance triangle/ stag
- Basket and crossed basket
- Leg shouldering and advanced leg shouldering.
- May not do both Arab spring step out and Arab spring flick flack.
- May not do Cartwheel Hand Walks 360 and Walkover Hand Walks 360
- No tricks in the same block may be done in one routine.
- May do leg shouldering (A) and Can-Can (B) but not as a combination. Must be separated.



## **CHECK THESE COMBINATIONS**

## **OVERS, SPLITS, BALANCES**

### **AND 2 SEC TRICKS**

#### **SPLITS:**

- Rotation Split
- Scissor Split
- Split 1st foot under chin
- Split 3rd foot behind head
- Crawling Split
- Can-Can Jumps into split
- Circling splits
- Back Over into split
- Backbend into Split one hand
- Rolling Splits
- Back Bend into both hands holding
- Back Over into Stride Split

#### **NOT SPLITS:**

- Head balance Split
- Head balance Stride Split with ½ turn
- Forearm Balance front split
- Advanced Side Star
- Back Mount on chest Split
- Chest Balance Stride Split
- Front Mount on chest split
- Hand Balance Split
- Advanced Leg Shouldering
- Back Mount Standing Straight leg
- Hand walk Leg Swing
- Hand walk stride split
- Hand walks front split
- Advanced flamingo
- Hand balance stride split
- Press handstand from stride split

#### **OVERS – must show 2:**

- Front Walk Over
- Back Walk Over
- Stride Bend Over
- 1 Hand walk Overs
- Front Over Variation
- Advanced Bend overs (bend only)
- Tinisha
- Advanced Front walk overs
- Spots Forward
- Spots backwards
- One hand back walk over
- Advanced Bend overs straight legs
- Advanced Bend walk overs
- One Hand spot overs
- One hand advanced back over half turn  
Front over followed by advanced bendover  
Straight
- Tinsica

#### **NOT OVERS:**

- Flip up and over
- Valdez
- Back over into front split
- Dive Walk over
- Fast front over hand rolls
- 1 hand Handspring
- Handspring & Headspring combo
- Dive Handspring
- Arab Spring flick Flack
- Arab Spring walk out
- Front over Chest roll head balance
- Back over into stride split both legs
- Advanced Handsprings
- Danalova front

## **BALANCES:**

- Side Mount
- Leg Shouldering
- Hand walks Straight, triangle or stag
- Head balance Lotus
- Head balance full split
- Head balance stride with ½ turn
- Forearm balance double triangle
- Side Star
- Head walks
- Front Star
- Forearm Balance feet on head
- Forearm Balance Zig Zag
- Forearm Balance feet under Chin
- Forearm Balance into chin balance
- Hand Balance straight, triangle or stag
- Advanced Side mount
- Head balance forearm balance
- Back mount Standing bent leg
- Forearm Balance 180° turn (straight legs or feet on head)
- Hand walks tapping head
- Back roll head balance
- Forearm Balance walks
- Back roll into forearm Balance
- Forearm balance lotus
- Advanced Side Star
- Hand walks double Stag
- Hand balance double stag
- Forearm balance front split
- Front over chest roll head balance
- Hand balance Zig Zag
- Hand balance feet under chin
- Hand balance body twist
- Hand balance full split
- Advanced leg Shouldering
- Back mount standing leg straight
- Hand balance into forearm balance
- Hand walk leg swing
- Flip up into hand walks
- Controlled dolphin dive
- Hand walks Zig Zag
- Hand Walks hops
- Back roll into hand balance
- Press to handstand from stride split
- Flip up into handstand
- Hand Balance lotus
- Hand walk stride
- Hand walks front split
- Hand Balance Over-Arch
- Cartwheel or walkover hand walks 360
- Hand walks Feet under chin
- Hand walks lotus
- Back over into advanced pitch
- Back mount turning
- Cartwheel hand balance

- Advanced Flamingo
- Advanced Back over Hand balance
- Forearm Balance double fold-up
- Hand balance double fold-up
- Hand balance stride split
- Forearm balance 360 turn (straight legs or feet under chin)

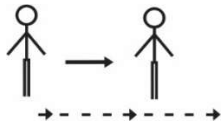
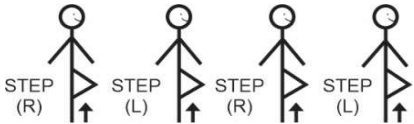

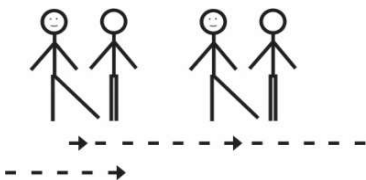
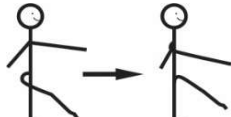
## **NOT BALANCES:**

- Chin balance (Stand) arms up
- Chin balance (stand) triangle or stag
- Chin balance (stand) double triangle
- Dolphin into chin balance (stand)
- Chest balance (stand) zig zag
- Chest balance (stand) stride split

## **2 SECOND TRICKS:**



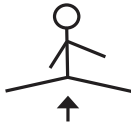

- Outlook extended arms
- Advanced outlook extended legs
- Back mount on chest triangle
- Advanced Bottom on head
- Double Fold up
- Front mount of chest split or stag
- Chest balance (stand) zig zag
- Chest balance (stand) stride Split

# Set Movement Acrotot to level 2

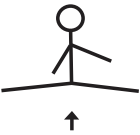
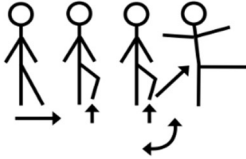

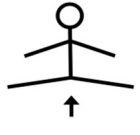
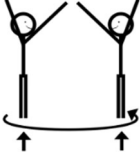
Deduction Table for Set Movements			
ELEMENT	0.1	0.2	0.3
<b>Runs (6)</b> Small running steps forward in the direction you are going on toes, optional Arms 	<ul style="list-style-type: none"> <li>➤ Not on toes</li> <li>➤ Untidy feet</li> <li>➤ Posture</li> <li>➤ Untidy arm lines</li> <li>➤ 0.1 for every run not done</li> </ul>	<ul style="list-style-type: none"> <li>➤ Rushed with bent legs.</li> <li>➤ Not Continuous</li> </ul>	<ul style="list-style-type: none"> <li>➤ Incorrect steps</li> </ul>
<b>Skips (4)</b> Alternating hops from one leg to the other, ending alternating knee must move forward and not up. 	<ul style="list-style-type: none"> <li>➤ Posture</li> <li>➤ Heavy Landing</li> <li>➤ Untidy arm lines</li> <li>➤ Toes not pointed</li> <li>➤ 0.1 for every skip not done</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs not lifted to knee (not high enough)</li> <li>➤ Kicking buttocks or toward buttocks</li> </ul>	<ul style="list-style-type: none"> <li>➤ Incorrect steps</li> </ul>
<b>MARCH (4)</b> Alternating steps from one leg to the other, bending alternating knee an opposite arm to bent knee forward 	<ul style="list-style-type: none"> <li>➤ Toes not pointed</li> <li>➤ Posture</li> <li>➤ Untidy arm lines</li> <li>➤ 0.1 for every march not done</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs not lifted up</li> <li>➤ Not in Harmony</li> </ul>	<ul style="list-style-type: none"> <li>➤ Incorrect Steps</li> </ul>
<b>GALLOPS (3)</b> Stepping to the side and joining with small jump feet together repeated more than once to form rhythmic motion 	<ul style="list-style-type: none"> <li>➤ Toes not pointed</li> <li>➤ Posture</li> <li>➤ Untidy arm lines</li> <li>➤ 0.1 for every gallop not done</li> </ul>	<ul style="list-style-type: none"> <li>➤ No push from one leg to the other</li> </ul>	<ul style="list-style-type: none"> <li>➤ Incorrect steps</li> </ul>
<b>STEP BALL CHANGE (2)</b> Two quick changes of weight from one ball of the foot to the other' repeated on the other leg making a chain of movements forward. *Level 3 must do Opposition 	<ul style="list-style-type: none"> <li>➤ Toes not pointed</li> <li>➤ posture</li> <li>➤ Untidy arm lines</li> <li>➤ Same arm as leg forward</li> <li>➤ 0.1 for every strep not done</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not opposition arms (level 3)</li> </ul>	<ul style="list-style-type: none"> <li>➤ Incorrect steps</li> </ul>





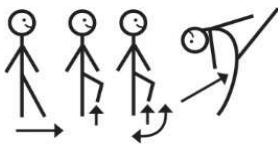
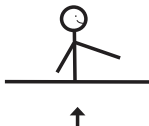
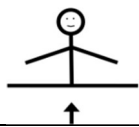
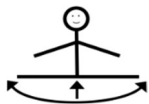

## Leaps and Jumps – Category ‘A’

Deduction Table for Set Movements			
ELEMENT	0.1	0.2	0.3
<b>STEP HOP</b> Must be on the spot. 	<ul style="list-style-type: none"> <li>➤ Posture</li> <li>➤ Heavy Landing</li> <li>➤ Untidy Arm lines</li> <li>➤ Toes not pointed.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Incorrect Foot placement</li> <li>➤ Not enough Elevation</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bad Posture</li> <li>➤ Uncontrolled Landing</li> <li>➤ Not on the Spot</li> <li>➤ Incorrect Alignment</li> </ul>
<b>TUCK JUMP</b> 	<ul style="list-style-type: none"> <li>➤ Posture</li> <li>➤ Heavy Landing</li> <li>➤ Untidy Arm lines</li> <li>➤ Toes not pointed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not enough elevation</li> <li>➤ Knees &amp; feet not together</li> <li>➤ Knees to chest – not feet to bum</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bad posture</li> <li>➤ Uncontrolled</li> </ul>
<b>LOW FRONT SPLIT LEAP</b> (may be higher) 	<ul style="list-style-type: none"> <li>➤ Posture</li> <li>➤ Heavy landing</li> <li>➤ Untidy arms (arms optional)</li> <li>➤ Toes not pointed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not enough elevation</li> <li>➤ Legs not stretched.</li> <li>➤ Legs not equal</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bad Posture</li> <li>➤ Uncontrolled</li> <li>➤ Badly bent legs</li> </ul>
<b>STRETCH JUMP</b> 	<ul style="list-style-type: none"> <li>➤ Posture (no arching)</li> <li>➤ Heavy landing</li> <li>➤ Untidy/ incorrect arms</li> <li>➤ Legs not stretched.</li> <li>➤ Toes not pointed.</li> <li>➤ Legs and toes not together</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not enough elevation</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bad posture</li> <li>➤ Uncontrolled</li> </ul>



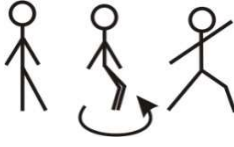
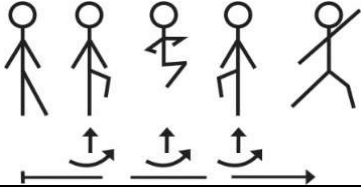
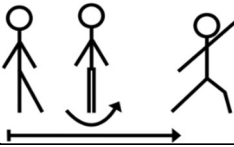
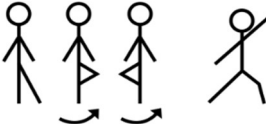
## Leaps and Jumps – Category ‘B’

Deduction Table for Set Movements			
ELEMENT	0.1	0.2	0.3
<b>FRONT SPLIT LEAP</b> (arms optional) 	<ul style="list-style-type: none"> <li>➤ Posture</li> <li>➤ Heavy landing</li> <li>➤ Untidy arms (arms optional)</li> <li>➤ Toes not pointed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not enough elevation</li> <li>➤ Legs not stretched</li> <li>➤ Legs not equal</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bad Posture</li> <li>➤ Uncontrolled Landing</li> <li>➤ Badly bent legs</li> </ul>
<b>HITCH KICK</b> (straight or unfolding) 	<ul style="list-style-type: none"> <li>➤ Posture</li> <li>➤ Heavy Landing</li> <li>➤ Untidy arm lines</li> <li>➤ Top leg not straight</li> <li>➤ Toes not pointed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not enough elevation</li> <li>➤ Leg not high enough</li> <li>➤ Both feet not off the floor</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bad posture – body not up</li> <li>➤ Uncontrolled</li> </ul>
<b>STAG LEAP OR JUMP</b> (arms optional) 	<ul style="list-style-type: none"> <li>➤ Posture/alignment</li> <li>➤ Heavy landing</li> <li>➤ Untidy arm lines</li> <li>➤ Toes not pointed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not enough elevation</li> <li>➤ Stag position not shown in air</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bad Posture/alignment</li> <li>➤ Uncontrolled</li> <li>➤ Position of legs incorrect</li> </ul>
<b>SIDE LEAP</b> (May unfold) 	<ul style="list-style-type: none"> <li>➤ Posture/Alignment</li> <li>➤ Heavy Landing</li> <li>➤ Untidy arm lines</li> <li>➤ Toes not Pointed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not enough elevation</li> <li>➤ Uneven Legs</li> <li>➤ Legs not straight</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bad posture/Alignment</li> <li>➤ Uncontrolled</li> </ul>
<b>STRETCH JUMP WITH ½ TURN</b> 	<ul style="list-style-type: none"> <li>➤ Posture/alignment</li> <li>➤ Heavy landing</li> <li>➤ Untidy arms</li> <li>➤ Legs not straight</li> <li>➤ Toes not pointed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not enough elevation (at least 10cm elevation)</li> <li>➤ Over twisting</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bad Posture/Alignment</li> <li>➤ Uncontrolled</li> </ul>

## Leaps and Jumps – Category ‘C’

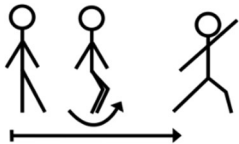
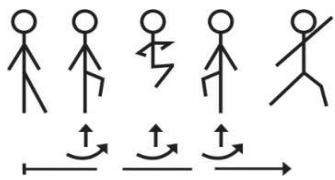
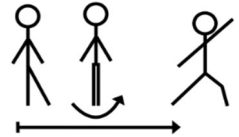
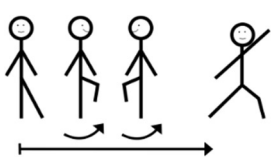
Deduction Table for Set Movements			
ELEMENT	0.1	0.2	0.3
<b>DOUBLE STAG LEAP OR JUMP</b> 	<ul style="list-style-type: none"> <li>➤ Posture/ alignment</li> <li>➤ Heavy Landing</li> <li>➤ Untidy arms</li> <li>➤ Toes not pointed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not enough elevation</li> <li>➤ Slight incorrect position of legs</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bad Posture/ alignment</li> <li>➤ Uncontrolled</li> <li>➤ Legs incorrect position</li> </ul>
<b>COSSACK LEAP OR JUMP/ METEOR LEAP</b> 	<ul style="list-style-type: none"> <li>➤ Posture/ alignment</li> <li>➤ Heavy landing</li> <li>➤ untidy arms</li> <li>➤ toes not pointed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not enough elevation</li> <li>➤ Slight incorrect position of legs</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bad posture/ alignment</li> <li>➤ Uncontrolled</li> <li>➤ Legs incorrect position</li> </ul>
<b>HITCH KICK WITH LAYOUT</b> 	<ul style="list-style-type: none"> <li>➤ Posture/ alignment</li> <li>➤ Heavy landing</li> <li>➤ Untidy arm lines</li> <li>➤ Toes not pointed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not enough elevation</li> <li>➤ Head not back with leg still up</li> <li>➤ Layout slightly wrong</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bad Posture/ alignment</li> <li>➤ Layout incorrect</li> </ul>
<b>ADV FRONT SPLIT LEAP</b> 	<ul style="list-style-type: none"> <li>➤ Posture/ Alignment</li> <li>➤ Heavy Landing</li> <li>➤ Untidy arm lines</li> <li>➤ Toes not Pointed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not enough elevation</li> <li>➤ Legs not in perfect split or past</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bad posture/ Alignment</li> <li>➤ Uncontrolled</li> <li>➤ Split line incorrect</li> </ul>
<b>STRIDE LEAP OR STRADDLE JUMP (prep allowed)</b> 	<ul style="list-style-type: none"> <li>➤ Posture/ alignment</li> <li>➤ Heavy landing</li> <li>➤ Untidy arms</li> <li>➤ Toes not pointed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not enough elevation</li> <li>➤ Hip line wrong</li> <li>➤ Legs uneven</li> <li>➤ Feet not together on landing</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not held in air for split second</li> <li>➤ Legs not the same height</li> </ul>
<b>SWITCH LEAP (unfolding optional)</b> 	<ul style="list-style-type: none"> <li>➤ Posture/ alignment</li> <li>➤ Heavy landing</li> <li>➤ Untidy arm lines</li> <li>➤ Toes not pointed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Note enough elevation</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bad posture/ alignment</li> <li>➤ Uncontrolled</li> <li>➤ Legs not the same height</li> </ul>
<b>360 STRETCH JUMP</b> 	<ul style="list-style-type: none"> <li>➤ Posture and alignment</li> <li>➤ For each hop taken</li> <li>➤ Untidy arm lines</li> <li>➤ Feet not together</li> <li>➤ Not starting and ending in a high V</li> </ul>	<ul style="list-style-type: none"> <li>➤ No use of head</li> <li>➤ Incorrect body placement</li> </ul>	<ul style="list-style-type: none"> <li>➤ Incorrect posture</li> <li>➤ Circle not completed</li> </ul>

# Turns - Category 'A'

Deduction Table for Set Movements			
ELEMENT	0.1	0.2	0.3
<b>SIMPLE TURNS</b> <b>(hand optional)</b> 	<ul style="list-style-type: none"> <li>➤ Posture/ alignment</li> <li>➤ Not ending in same point started</li> </ul>	<ul style="list-style-type: none"> <li>➤ Incomplete turn</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bad Control</li> </ul>
<b>STEPPING TURN</b> <b>(8 steps)</b> 	<ul style="list-style-type: none"> <li>➤ For each step not done</li> <li>➤ Moving out of spot</li> </ul>	<ul style="list-style-type: none"> <li>➤ No use of head (L3 &amp; Up)</li> <li>➤ Lifting of feet and knees</li> <li>➤ Incorrect posture</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bad posture</li> </ul>
<b>BASIC TURN – Must Lunge</b> 	<ul style="list-style-type: none"> <li>➤ Incorrect Posture</li> <li>➤ Feet not joined while turning</li> </ul>	<ul style="list-style-type: none"> <li>➤ No Full use of Head (L3 &amp; up)</li> <li>➤ Not controlled</li> <li>➤ Feet to impulse (should be almost flat)</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bad control</li> <li>➤ Knees not bent</li> </ul>
<b>1 x SPRING TURN – must lunge</b> 	<ul style="list-style-type: none"> <li>➤ Posture &amp; Alignment</li> <li>➤ Toes not pointed</li> </ul>	<ul style="list-style-type: none"> <li>➤ No use head (L3 &amp; up)</li> <li>➤ Incorrect landing</li> <li>➤ Knees not up past hips</li> <li>➤ Heavy landing</li> </ul>	<ul style="list-style-type: none"> <li>➤ Posture and Control</li> <li>➤ Knees not up</li> </ul>
<b>1 x QUAVER TURN – must lunge</b> 	<ul style="list-style-type: none"> <li>➤ Posture/ alignment</li> <li>➤ Feet not joined while turning</li> </ul>	<ul style="list-style-type: none"> <li>➤ No use of head (L3 &amp; up)</li> <li>➤ Not controlled</li> </ul>	<ul style="list-style-type: none"> <li>➤ Knees not straight</li> </ul>
<b>1 x PICK UP TURN – must lunge</b> <b>(x1) – must lunge</b> 	<ul style="list-style-type: none"> <li>➤ Posture/ alignment</li> <li>➤ Control</li> <li>➤ Toes not pointed</li> </ul>	<ul style="list-style-type: none"> <li>➤ No use of Head (L3 &amp; Up)</li> <li>➤ Knees not up (both knees in turn)</li> <li>➤ Foot not next to knee</li> <li>➤ Knee not turned in; must be parallel line</li> </ul>	<ul style="list-style-type: none"> <li>➤ Incorrect steps</li> </ul>

Note: Spotting with the use of your head is required from Level 3 and up, Turns must finish off in a lunge (0.1 deduction if no lunge)

## Turns - Category 'B'





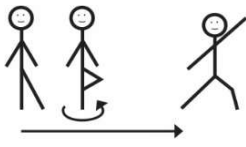
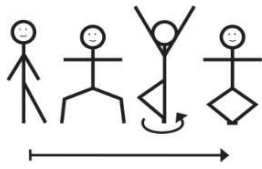
Deduction Table for Set Movements			
ELEMENT	0.1	0.2	0.3
<b>CONTINUOUS BASIC TURNS</b> (3 times) – must lunge 	<ul style="list-style-type: none"> <li>➤ Posture/alignment</li> <li>➤ Feet not joined</li> </ul>	<ul style="list-style-type: none"> <li>➤ No use of head</li> <li>➤ Not controlled</li> <li>➤ Not staying low on turn</li> </ul>	<ul style="list-style-type: none"> <li>➤ Posture and control</li> <li>➤ For each one not done</li> </ul>
<b>SPRING TURN</b> (3 times) – must lunge 	<ul style="list-style-type: none"> <li>➤ Posture</li> <li>➤ Toes not pointed</li> </ul>	<ul style="list-style-type: none"> <li>➤ No use of head</li> <li>➤ Knees not up past hips</li> <li>➤ Heavy landing</li> </ul>	<ul style="list-style-type: none"> <li>➤ Posture and control</li> <li>➤ Incorrect landing</li> <li>➤ Knees not up</li> <li>➤ For each one not done</li> </ul>
<b>CONTINUOUS QUAVER TURNS</b> (3 times) – must lunge 	<ul style="list-style-type: none"> <li>➤ Posture</li> <li>➤ Feet not Joined</li> </ul>	<ul style="list-style-type: none"> <li>➤ No use of head</li> </ul>	<ul style="list-style-type: none"> <li>➤ Knees not strait</li> <li>➤ Uncontrolled</li> <li>➤ For each one not done</li> </ul>
<b>CONTINUOUS PICK UP TURN</b> (2 times) must lunge 	<ul style="list-style-type: none"> <li>➤ Posture &amp; Alignment</li> <li>➤ For each hop taken</li> <li>➤ Untidy arm line</li> <li>➤ Toes not pointed</li> </ul>	<ul style="list-style-type: none"> <li>➤ No use of head</li> <li>➤ Incorrect body placement</li> <li>➤ Knees not up (both knees in turn)</li> <li>➤ Foot not next to knee</li> <li>➤ Knee not turned in; must be parallel line</li> </ul>	<ul style="list-style-type: none"> <li>➤ For each one not done</li> <li>➤ Knees not up</li> </ul>

### NOTE:

- When doing singular turn 3 turns to be executed.
- When doing a combo only 2 x each turn needs to be executed
- Turns must finish off in a lunge (0.1 deduction if no lunge)

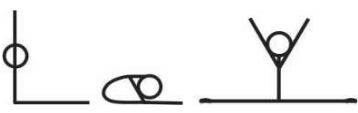



## Turns - Category 'C'

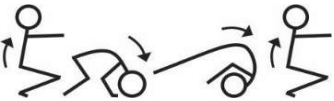
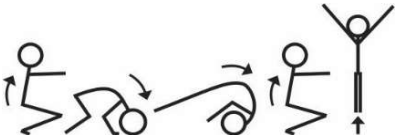
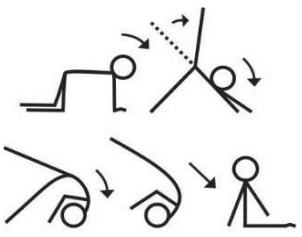

**Deduction Table for Set Movements**

ELEMENT	0.1	0.2	0.3
<b>COMPASS TURN (360)</b> 	<ul style="list-style-type: none"> <li>➤ Posture and alignment</li> <li>➤ for each hop taken</li> <li>➤ untidy arm lines</li> </ul>	<ul style="list-style-type: none"> <li>➤ No use of head</li> <li>➤ Incorrect body placement</li> <li>➤ Knee remaining bent at end of turn</li> </ul>	<ul style="list-style-type: none"> <li>➤ Incorrect Posture</li> <li>➤ Circle not completed</li> </ul>
<b>PASSÉ (360)</b> 	<ul style="list-style-type: none"> <li>➤ Posture and alignment</li> <li>➤ For each hop taken</li> <li>➤ Untidy arm lines</li> </ul>	<ul style="list-style-type: none"> <li>➤ No use of head</li> <li>➤ Incorrect body placement</li> </ul>	<ul style="list-style-type: none"> <li>➤ Incorrect Posture</li> <li>➤ Circle not completed</li> <li>➤ Knee turned out</li> </ul>
<b>PIROUETTE (360)</b> 	<ul style="list-style-type: none"> <li>➤ Posture and alignment</li> <li>➤ For each hop taken</li> <li>➤ Untidy arm lines</li> </ul>	<ul style="list-style-type: none"> <li>➤ No use of head</li> <li>➤ Incorrect body placement</li> </ul>	<ul style="list-style-type: none"> <li>➤ Knee turned in</li> </ul>
<b>ATTITUDE TURN (360)</b> 	<ul style="list-style-type: none"> <li>➤ For each hop taken</li> <li>➤ Posture and alignment</li> <li>➤ Untidy arm lines</li> <li>➤ Leg alignment (foot and knee should be in line)</li> </ul>	<ul style="list-style-type: none"> <li>➤ No use of head</li> <li>➤ Incorrect body placement</li> <li>➤ Leg not in line with hip or above</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bad alignment</li> </ul>
<b>CONTINUEOUS POSÉ (3 times)</b> 	<ul style="list-style-type: none"> <li>➤ For each hop taken</li> <li>➤ Posture and alignment</li> <li>➤ Untidy arm lines</li> <li>➤ Toes not pointed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Foot not at knee (in front, side or back)</li> </ul>	<ul style="list-style-type: none"> <li>➤ For each one not done</li> <li>➤ support leg bent</li> <li>➤ knee incorrect (must be turned out)</li> </ul>
<b>CHASSÉ COUPÉ (2 times)</b> 	<ul style="list-style-type: none"> <li>➤ For each hop taken</li> <li>➤ posture and alignment</li> </ul>	<ul style="list-style-type: none"> <li>➤ incorrect foot position</li> <li>➤ Bad landing</li> <li>➤ Chasse slide incorrect or not shown</li> </ul>	<ul style="list-style-type: none"> <li>➤ No jump/ Elevation</li> <li>➤ For each one not done</li> </ul>


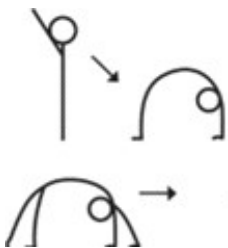
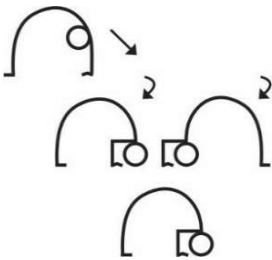
# TRICK DEDUCTIONS

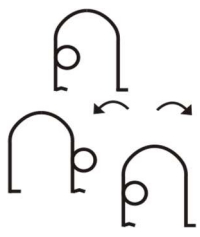



## Acrotot to level 4

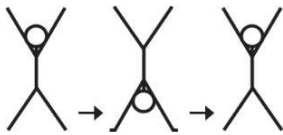
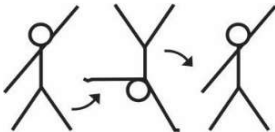
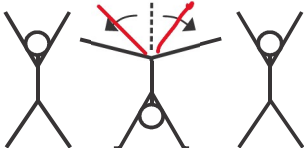
Acrotot to level 4 Deduction Table			
ELEMENT	0.1	0.2	0.3
<b>STRETCH STRIDE SPLIT</b> 	<ul style="list-style-type: none"> <li>➤ Toes not pointed</li> <li>➤ Sickie foot/feet/ per Leg</li> <li>➤ Legs not completely stretched</li> <li>➤ Poor posture</li> </ul>	<ul style="list-style-type: none"> <li>➤ Left out the stretch forward</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs very badly bent</li> </ul>
<b>1<sup>ST</sup> BASIC POSITION</b> 	<ul style="list-style-type: none"> <li>➤ Foot not properly under chin</li> <li>➤ Arms not in correct alignment (opposition arms) diagonal</li> <li>➤ Legs do not open in a flat position (child may sit on knee)</li> </ul>	<ul style="list-style-type: none"> <li>➤ One arm on the floor</li> <li>➤ Slip of the foot from under chin</li> </ul>	<ul style="list-style-type: none"> <li>➤ Foot below shoulder and not under chin</li> <li>➤ Holding leg</li> <li>➤ Body lifted too far above the ground</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
<b>2<sup>nd</sup> BASIC POSITION</b> 	<ul style="list-style-type: none"> <li>➤ Head not facing forward</li> <li>➤ Arms incorrect alignment (shoulder level)</li> <li>➤ Foot slightly not touching head</li> <li>➤ Top elbow folded forward</li> </ul>	<ul style="list-style-type: none"> <li>➤ Arm not lifted off the floor</li> <li>➤ Foot next to or away from head</li> <li>➤ Shoulders not turned to correct position</li> </ul>	<ul style="list-style-type: none"> <li>➤ Foot very far from head</li> <li>➤ Head not bent towards the foot</li> <li>➤ <b>Foot fall down to floor</b></li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
<b>3<sup>rd</sup> BASIC POSITION</b> 	<ul style="list-style-type: none"> <li>➤ Head not back properly (must be looking at roof)</li> <li>➤ Foot slightly away from head (must be on Head)</li> <li>➤ Hand on the floor not facing correct way Hand lifted (Acrotot hand does not have to be flat)</li> </ul>	<ul style="list-style-type: none"> <li>➤ Foot next to or away from head</li> <li>➤ Foot hanging to side</li> <li>➤ Shoulders not turned to correct position</li> <li>➤ Arm not lifted</li> </ul>	<ul style="list-style-type: none"> <li>➤ Head not back at all</li> <li>➤ Foot completely past head</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>

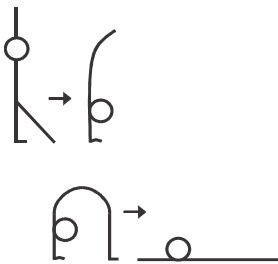
ELEMENT	0.1	0.2	0.3
<b>FRONT ROLL OVERS</b> Minimum 2 – Crouch to crouch (Acrotot – L1 may use hands) 	<ul style="list-style-type: none"> <li>➤ Legs slightly bent</li> <li>➤ Toes not pointed</li> <li>➤ Knees slightly apart</li> </ul>	<ul style="list-style-type: none"> <li>➤ If not from crouch to crouch</li> <li>➤ Not continuous</li> <li>➤ Legs incorrect</li> <li>➤ If feet first touch before pulling legs in</li> <li>➤ Feet in flex position</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs not stretched at all</li> <li>➤ Knees not together at any point</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
<b>FRONT ROLL OVERS STRETCH JUMP</b> Roll over, stretch jump, Roll over) 	<ul style="list-style-type: none"> <li>➤ Legs slightly bent</li> <li>➤ Toes not pointed</li> <li>➤ Knees Slightly apart</li> <li>➤ Untidy arms in stretch jump</li> </ul>	<ul style="list-style-type: none"> <li>➤ If not from crouch to crouch</li> <li>➤ Not flowing in one motion</li> <li>➤ If feet first touch before pulling legs in</li> <li>➤ Feet in flex position</li> <li>➤ Poor elevation in stretch jump</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs not stretched at all</li> <li>➤ Knees not together at any point</li> <li>➤ Stretch jump not shown</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
<b>PITCH POSITION AND ROLL</b> (optional Leg entry) 	<ul style="list-style-type: none"> <li>➤ Legs no strait</li> <li>➤ Slight leg drop before roll</li> <li>➤ Incorrect landing</li> <li>➤ Head not up in pitch</li> <li>➤ Legs not joined before landing</li> <li>➤ Body twisting</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not starting on knees</li> <li>➤ Uncontrolled</li> <li>➤ Pitch lower than 90°</li> <li>➤ Not holding pitch</li> <li>➤ Not showing end sitting position</li> </ul>	<ul style="list-style-type: none"> <li>➤ Leg drops down completely before roll</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
<b>BRIDGE POSITION</b> Must push up into bridge 	<ul style="list-style-type: none"> <li>➤ Arms slightly bent</li> <li>➤ Head not back</li> <li>➤ Arms and feet too far apart or too close</li> <li>➤ Fingers not facing feet</li> <li>➤ Feet turned out</li> <li>➤ Head facing audience</li> </ul>	<ul style="list-style-type: none"> <li>➤ Too Wide arch in bridge</li> <li>➤ Bridge not shown side on</li> <li>➤ Hands turned to face away from feet</li> </ul>	<ul style="list-style-type: none"> <li>➤ Arms very bent (head close to floor)</li> <li>➤ Head lifted towards chest</li> <li>➤ Head only slightly off floor</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>

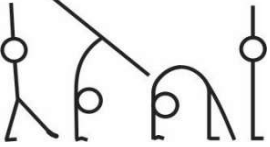
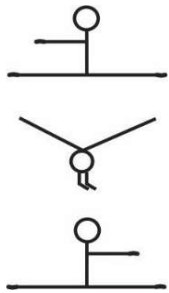
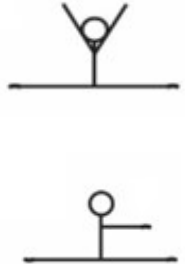


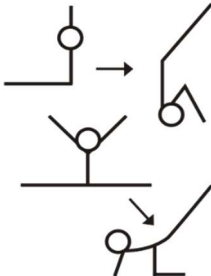
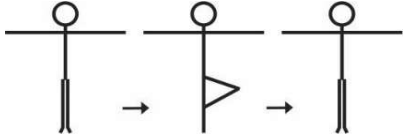

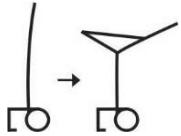
ELEMENT	0.1	0.2	0.3
<b>BRIDGE WITH TRIANGLE POSITION</b> 	<ul style="list-style-type: none"> <li>➤ Arms slightly bent</li> <li>➤ Head not back</li> <li>➤ Arms and feet too far apart or too close</li> <li>➤ Fingers not facing feet</li> <li>➤ Feet turned out</li> <li>➤ Head facing audience</li> <li>➤ Incorrect leg lifted (back leg must be up)</li> <li>➤ Toe drops below the knee</li> <li>➤ Foot hidden</li> <li>➤ Heel resting on leg</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bridge not held before leg lifted</li> <li>➤ Too wide arch in bridge</li> <li>➤ Bridge not shown side on</li> <li>➤ Hands turned to face away from feet</li> </ul>	<ul style="list-style-type: none"> <li>➤ Arms very bent (head close to floor)</li> <li>➤ Head lifted towards chest</li> <li>➤ Head only slightly off floor</li> <li>➤ <b>No triangle</b></li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
<b>BRIDGE WALK</b> Minimum 4 steps (Must be done from Standing) 	<ul style="list-style-type: none"> <li>➤ For every step less than 4</li> <li>➤ Not continuous</li> <li>➤ Arms slightly bent</li> <li>➤ Head not back</li> <li>➤ Arms and feet too far apart or too close</li> <li>➤ Fingers not facing feet</li> <li>➤ Feet turned out</li> <li>➤ Head facing audience</li> </ul>	<ul style="list-style-type: none"> <li>➤ Too wide arch in bridge</li> <li>➤ Walking on heels</li> <li>➤ Dragging feet</li> <li>➤ Doesn't travel/ stays on spot</li> </ul>	<ul style="list-style-type: none"> <li>➤ Arms very bent (head close to floor)</li> <li>➤ Head lifted towards chest</li> <li>➤ Head only slightly off floor</li> <li>➤ <b>Recovery is through backbend</b></li> <li>➤ <b>Walks in wrong direction</b></li> <li>➤ <b>Not done from standing</b></li> <li>➤ <b>Walks are left out</b></li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
<b>BACK BEND INTO CIRVULAR HEAD ROLLS WITH RECOVERY</b> 	<ul style="list-style-type: none"> <li>➤ Arms slightly bent</li> <li>➤ Head not back</li> <li>➤ Arms and feet too far apart or too close</li> <li>➤ Fingers not facing feet</li> <li>➤ Feet turned out</li> <li>➤ Step out on recovery</li> <li>➤ Moving hands</li> <li>➤ Toes not pointed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Back bend not held</li> <li>➤ Uncontrolled</li> <li>➤ Not continuous</li> <li>➤ Incomplete circle on recovery</li> <li>➤ Lifting hand off floor</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>No recovery</b></li> <li>➤ <b>Not done from standing</b></li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>






ELEMENT	0.1	0.2	0.3
<b>HAND ROLLS</b> X2 	<ul style="list-style-type: none"> <li>➤ Arms slightly bent</li> <li>➤ Head not back</li> <li>➤ Arms and feet too far apart or too close</li> <li>➤ Fingers not facing feet</li> <li>➤ Feet turned out</li> <li>➤ Step out on recovery.</li> <li>➤ Moving hands</li> <li>➤ Toes not pointed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Arms and feet not in line</li> <li>➤ Not continuous</li> <li>➤ Not in straight line</li> <li>➤ Unsteady on recovery</li> <li>➤ Dipping Hips</li> <li>➤ Bad Alignment</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>No entry and recovery through back bend standing</b></li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
<b>1 HAND FOLD UP</b> 	<ul style="list-style-type: none"> <li>➤ Arm alignment</li> <li>➤ Incorrect arm lifted</li> <li>➤ Shoulders not aligned</li> <li>➤ Crossed feet</li> <li>➤ Fingers not facing forward</li> <li>➤ Feet slightly away from head</li> <li>➤ Hand on floor not flat</li> <li>➤ Thighs not on floor</li> </ul>	<ul style="list-style-type: none"> <li>➤ Arm 2<sup>nd</sup> lift – swopped arms</li> <li>➤ Arm held and re-lifted</li> <li>➤ Feet first away from head</li> <li>➤ Head up and not back</li> </ul>	<ul style="list-style-type: none"> <li>➤ Feet very far away from head</li> <li>➤ Hips/ thighs lifted too far of the ground</li> <li>➤ <b>One arm not lifted</b></li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
<b>FOLD UP</b> 	<ul style="list-style-type: none"> <li>➤ Arm alignment</li> <li>➤ Incorrect arm lifted</li> <li>➤ Shoulders not aligned</li> <li>➤ Crossed feet</li> <li>➤ Fingers not facing forward</li> <li>➤ Hands not flat</li> <li>➤ Feet slightly away from head</li> </ul>	<ul style="list-style-type: none"> <li>➤ Feet fist away from head</li> <li>➤ Head up and not back</li> </ul>	<ul style="list-style-type: none"> <li>➤ Feet very far away from head</li> <li>➤ Hips/ thighs lifted too far of the ground</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
<b>BASIC LEG UP</b> (front leg must be up) 	<ul style="list-style-type: none"> <li>➤ Top leg bent</li> <li>➤ Toe not pointed</li> <li>➤ Hip not on floor</li> <li>➤ Head not up</li> <li>➤ Incorrect leg lifted (front leg must be up)</li> <li>➤ Stretched foot not pointed on knee</li> </ul>	<ul style="list-style-type: none"> <li>➤ Body alignment incorrect</li> </ul>	<ul style="list-style-type: none"> <li>➤ Top leg bent at 90°</li> <li>➤ Bad direction</li> <li>➤ Hips and tummy of the floor</li> <li>➤ Leg falls to ground then lifted again</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>

ELEMENT	0.1	0.2	0.3
<b>CHARTWHEELS (Level 1)</b> Minimum 2 	<ul style="list-style-type: none"> <li>➤ Not in straight line</li> <li>➤ Hips not square</li> <li>➤ Leg lifted before start</li> <li>➤ Hand not in high V at start and finish</li> <li>➤ Legs slightly bent</li> <li>➤ Toes not pointed</li> <li>➤ Hands not in correct alignment</li> <li>➤ Face looking at audience</li> <li>➤ Changing weight on feet (Land pointed toe)</li> <li>➤ Per cartwheel in the wrong direction</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not Continuous</li> <li>➤ Not hand, hand, Foot, foot</li> <li>➤ Legs badly bent</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs bent 90°</li> <li>➤ Complete twist in hips during and at landing</li> <li>➤ Incorrect direction/ facing wrong way</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
<b>CONTINUOUS CARTWHEELS</b> 2 on each side 	<ul style="list-style-type: none"> <li>➤ Not in straight line</li> <li>➤ Hips not square</li> <li>➤ Leg lifted before start</li> <li>➤ Hands not in High V at start and finish</li> <li>➤ Legs slightly bent</li> <li>➤ Toes not pointed</li> <li>➤ Hand not in correct alignment</li> <li>➤ Face looking at audience.</li> <li>➤ Changing weight on feet (land pointed toe)</li> <li>➤ Per cartwheel in the wrong direction</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not continuous</li> <li>➤ Not hand, hand foot, foot</li> <li>➤ Legs badly bent</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs bent to 90°</li> <li>➤ Complete twist in hips during and at landing</li> <li>➤ Incorrect direction/ Facing wrong way</li> <li>➤ Only one shown</li> <li>➤ Hand touches floor</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
<b>CARTWHEEL CLICK</b> X2  <p>the click cartwheels in Level 4 are required to show a join of the feet in the handstand, followed by a regular exit (not necessary to show a 'V' position with the legs after the click)</p>	<ul style="list-style-type: none"> <li>➤ Not in straight line</li> <li>➤ Hips not square</li> <li>➤ Leg lifted before start</li> <li>➤ Hands not in High V at start and Finish</li> <li>➤ Legs slightly bent</li> <li>➤ Toes not pointed</li> <li>➤ Hands not in correct alignment</li> <li>➤ Face looking at audience</li> <li>➤ Changing weight on feet (land pointed toes)</li> <li>➤ Per cartwheel in the wrong direction</li> </ul>	<ul style="list-style-type: none"> <li>➤ No Centre click</li> <li>➤ Not hand, hand, foot, foot</li> <li>➤ Legs badly bent</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs bent to 90°</li> <li>➤ Complete twist in hips during and at landing</li> <li>➤ Incorrect direction/ facing wrong way</li> <li>➤ Only one shown</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>

ELEMENT	0.1	0.2	0.3
<b>FRONT BEND OVER PREPERATION (X1)</b>  	<ul style="list-style-type: none"> <li>➤ Alignment incorrect</li> <li>➤ Heavy landing</li> <li>➤ Backbend incorrect</li> <li>➤ Hands facing the wrong way</li> <li>➤ Head not lifted</li> <li>➤ Legs not stretched on kick up</li> </ul>	<ul style="list-style-type: none"> <li>➤ No control</li> <li>➤ Unsteady</li> <li>➤ Feet and legs not together upon join</li> <li>➤ Feet slip on landing.</li> <li>➤ Not holding backbend</li> <li>➤ Hands lift off floor on over landing</li> <li>➤ Moving hands and feet to adjust in backbend</li> </ul>	<ul style="list-style-type: none"> <li>➤ No lay down from backbend</li> <li>➤ Recovery through back bend</li> <li>➤ Only half shown</li> <li>➤ All not repeated after fall out</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
<b>FRONT BEND OVERS</b> Minimum 2 (Do not need to recover immediately) (Are allowed to move hands closer to feet in backbend before recovery)	<ul style="list-style-type: none"> <li>➤ Unsteady recovery</li> <li>➤ Not controlled and rocking</li> <li>➤ Toes not pointed</li> <li>➤ Legs not together at 90°</li> <li>➤ Head not lifted</li> </ul>	<ul style="list-style-type: none"> <li>➤ Kick up</li> <li>➤ No Control shown</li> <li>➤ Fall back after 90°</li> </ul>	<ul style="list-style-type: none"> <li>➤ Fall on knees upon recovery</li> <li>➤ One bend over not shown</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
<b>BACK BEND OVERS</b> Minimum 2	<ul style="list-style-type: none"> <li>➤ Unsteady recover</li> <li>➤ Not controlled and rocking</li> <li>➤ Toes not pointed</li> <li>➤ Triangle instead of stag</li> <li>➤ Head not lifted</li> <li>➤ Legs slightly bent</li> </ul>	<ul style="list-style-type: none"> <li>➤ Kick up</li> <li>➤ No control shown</li> <li>➤ Legs very bent</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>Re-attempt after fall out</b></li> </ul>

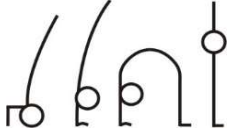
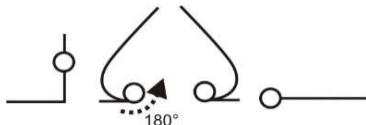
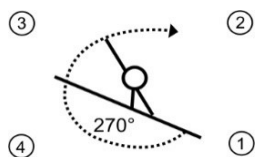
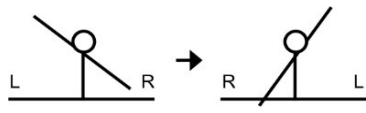

ELEMENT	0.1	0.2	0.3
<b>FRONT WALK OVER PREP</b> Minimum 2 	<ul style="list-style-type: none"> <li>➤ Legs incorrect</li> <li>➤ Head not lifted</li> <li>➤ Not controlled</li> <li>➤ Heavy landing</li> <li>➤ Head dropped in line with arms</li> <li>➤ Legs slightly bent</li> </ul>	<ul style="list-style-type: none"> <li>➤ Kick up</li> <li>➤ No control shown</li> <li>➤ Holding backbend too long</li> <li>➤ Legs very bent</li> </ul>	<ul style="list-style-type: none"> <li>➤ Foot landing next to and not in front</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
<b>FAN KICK SPLIT</b> 	<ul style="list-style-type: none"> <li>➤ Incorrect arm lifted</li> <li>➤ Hips not facing side in split</li> <li>➤ Legs not in correct alignment</li> <li>➤ Toes not pointed</li> <li>➤ Legs bent</li> <li>➤ Split not flat (.1 per fist height)</li> </ul>	<ul style="list-style-type: none"> <li>➤ Arm not lifted</li> <li>➤ Uneven legs open in fan</li> <li>➤ Each split not held</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not flat on one side</li> <li>➤ One split not shown</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
<b>STRIDE INTO SIDE SPLIT</b> Level 2 must be flat Must be from standing 	<ul style="list-style-type: none"> <li>➤ Incorrect arm lifted</li> <li>➤ Hips not facing side in split</li> <li>➤ Legs not in correct alignment</li> <li>➤ Arms not in correct alignment</li> <li>➤ Legs not strait</li> <li>➤ Body bent forward not in upright position</li> <li>➤ Toes not pointed/sickle</li> <li>➤ Split not flat (.1 per fist height)</li> <li>➤ Front toe in a flex position</li> <li>➤ Arm drop and re-lift</li> </ul>	<ul style="list-style-type: none"> <li>➤ Arm not lifted</li> <li>➤ Each split not held</li> </ul>	<ul style="list-style-type: none"> <li>➤ Split done back to front or wrong direction</li> <li>➤ not done from standing</li> <li>➤ jumping into stride</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>

ELEMENT	0.1	0.2	0.3
<b>BACK ROLLS INTO STRIDE SPLIT</b> (May go over shoulder OR head) 	<ul style="list-style-type: none"> <li>➤ Split position incorrect</li> <li>➤ Legs not together</li> <li>➤ Legs bent after shoulder stand</li> <li>➤ Toes not pointed</li> <li>➤ Arms not straight on end knee position</li> <li>➤ Leg not going straight through in last position</li> </ul>	<ul style="list-style-type: none"> <li>➤ Split not held</li> <li>➤ End position on knee not held</li> <li>➤ Toes in flex position</li> <li>➤ Top leg touches floor on end</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs bent badly throughout</li> <li>➤ Leg up not done</li> <li>➤ If one is not shown</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
<b>POSÉ BALANCE</b> (Leg must go up & Down other leg) 	<ul style="list-style-type: none"> <li>➤ Toes not pointed on knee</li> <li>➤ Arms incorrect alignment</li> <li>➤ Support knee slightly bent</li> <li>➤ Unsteady</li> </ul>	<ul style="list-style-type: none"> <li>➤ Leg and foot not turned out</li> <li>➤ Not held</li> <li>➤ Leg not going up and down other leg</li> <li>➤ Hopping, shifting support foot</li> <li>➤ Support knee bent</li> </ul>	<ul style="list-style-type: none"> <li>➤ Fall over</li> <li>➤ Completely parallel legs</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
<b>HEAD BALANCE</b> Kick up or Unfolding optional 	<ul style="list-style-type: none"> <li>➤ Hands on head not in triangle</li> <li>➤ Back overarched</li> <li>➤ Fingers not facing head</li> <li>➤ Feet and legs not together</li> <li>➤ Legs bent</li> <li>➤ Toes not pointed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Kick up</li> <li>➤ Not balancing on head but on forehead</li> <li>➤ Hands turned away from head</li> <li>➤ Balance not held</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs and feet very far apart</li> <li>➤ Legs bent to 90°</li> <li>➤ Fall over into backbend</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
<b>HEAD BALANCE</b> Optional getting into and out of 	<ul style="list-style-type: none"> <li>➤ Hands and head not in triangle</li> <li>➤ Back overarched</li> <li>➤ Fingers not facing head</li> <li>➤ Feet and legs not together</li> <li>➤ Legs bent</li> <li>➤ Toes not pointed</li> <li>➤ Triangle not touching or behind</li> </ul>	<ul style="list-style-type: none"> <li>➤ Kick up</li> <li>➤ Not balancing on head but on forehead</li> <li>➤ hands turned away from head</li> <li>➤ each balance not held</li> <li>➤ knee dropping below hip height</li> </ul>	<ul style="list-style-type: none"> <li>➤ No triangle shown</li> <li>➤ Not straight shown</li> <li>➤ Re-attempt after fall out</li> </ul>

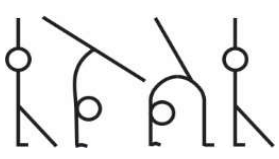
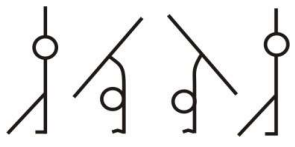
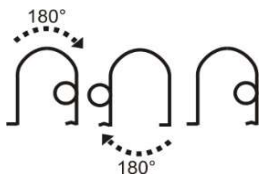

ELEMENT	0.1	0.2	0.3
<b>CHEST OR CHIN STAND STRAIGHT OR ON HEAD</b>   <b>OR</b> 	<ul style="list-style-type: none"> <li>➤ Legs or knees bent</li> <li>➤ Legs or feet not together</li> <li>➤ toes not pointed</li> <li>➤ shoulders not on floor</li> <li>➤ for each second not held</li> <li>➤ feel slightly not on head if option is chosen</li> </ul>	<ul style="list-style-type: none"> <li>➤ No going through straight before feet on head if option chosen</li> <li>➤ Feet far from head if option chosen</li> </ul>	<ul style="list-style-type: none"> <li>➤ Kick up and not roll up</li> <li>➤ Feet touch floor (over) on entry</li> <li>➤ Legs bent to 90°</li> <li>➤ Legs very far apart</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
<b>FOREARM BALANCE STRAIGHT, TRIANGLE OR STAG</b>   <b>OR</b>  <b>OR</b> 	<ul style="list-style-type: none"> <li>➤ Legs not together</li> <li>➤ Legs not stretched</li> <li>➤ Toes not pointed or sickled</li> <li>➤ Back overarched</li> <li>➤ Unsteady</li> </ul>	<ul style="list-style-type: none"> <li>➤ Head not lifted</li> <li>➤ Kick up</li> </ul>	<ul style="list-style-type: none"> <li>➤ Head on the floor</li> <li>➤ Legs very far apart</li> <li>➤ Legs bent at 90°</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>





# CATEGORY 'A' GENERAL DEDUCTIONS

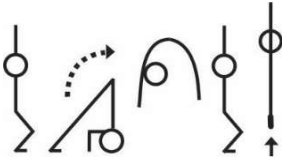


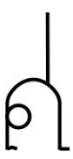
General Category 'A' Deduction Table

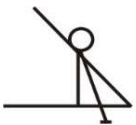
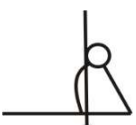

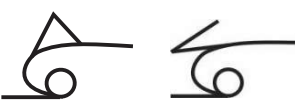
ELEMENT	0.1	0.2	0.3
<b>FLIP UP AND OVER</b> 	<ul style="list-style-type: none"> <li>➤ Heavy landing</li> <li>➤ Not enough push</li> <li>➤ Arms bent</li> <li>➤ Hands not in proper position</li> </ul>	<ul style="list-style-type: none"> <li>➤ Head not lifted in hand stand position</li> <li>➤ Not continuous</li> <li>➤ Head balance not held before flip</li> </ul>	<ul style="list-style-type: none"> <li>➤ Head barely lifted off floor</li> <li>➤ No recovery through backbend</li> <li>➤ No head stand shown</li> <li>➤ Re-attempt after fall out</li> </ul>
No 1			
<b>DOLPHIN ROLLS</b> Minimum 2 	<ul style="list-style-type: none"> <li>➤ Legs apart in shoulder stand</li> <li>➤ Heavy landing</li> <li>➤ Untidy landing</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not continuous</li> <li>➤ Legs not straight</li> </ul>	<ul style="list-style-type: none"> <li>➤ Landing on side</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 2			
<b>ROTATION SPLITS</b> 5 Splits 	<ul style="list-style-type: none"> <li>➤ For each corner not shown</li> <li>➤ Incorrect alignment</li> <li>➤ Legs not straight</li> <li>➤ Turning into stride (0.1 deduction on each one)</li> <li>➤ Wrong arm line</li> </ul>	<ul style="list-style-type: none"> <li>➤ Arm not off the ground</li> </ul>	<ul style="list-style-type: none"> <li>➤ Split not flat</li> <li>➤ Back foot not folded under</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 3			
<b>SCISSOR SPLITS</b> 4 Times 	<ul style="list-style-type: none"> <li>➤ Front or back leg bent</li> <li>➤ Incorrect alignment</li> </ul>	<ul style="list-style-type: none"> <li>➤ Arms incorrectly placed (opposition arms)</li> <li>➤ N forward Movements</li> <li>➤ Not Continuous</li> <li>➤ Sliding backwards</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs do not cross at 90°</li> <li>➤ One split not flat</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 4			
<b>CLOSE BACK BEND HOLDING</b> 	<ul style="list-style-type: none"> <li>➤ Feet move</li> <li>➤ Step out on recovery</li> <li>➤ Head not first</li> <li>➤ Legs too wide</li> </ul>	<ul style="list-style-type: none"> <li>➤ Head not back from start to finish</li> </ul>	<ul style="list-style-type: none"> <li>➤ Head does not touch floor</li> <li>➤ Bang head on floor</li> <li>➤ Roll neck while head is on the floor</li> <li>➤ Fall on knees on recovery</li> <li>➤ Re-attempt after fall out</li> <li>➤ Head higher than 2 first is a</li> </ul>




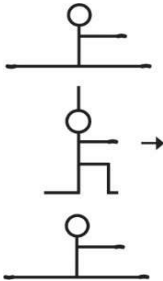
No 5			fall out
ELEMENT	0.1	0.2	0.3
<b>FRONT WALK OVER</b> Minimum 2 	<ul style="list-style-type: none"> <li>➤ Incorrect line</li> <li>➤ Bent legs</li> <li>➤ Toes not pointed</li> <li>➤ Recover, arms and head</li> <li>➤ Supporting leg on to upon recovery</li> </ul>	<ul style="list-style-type: none"> <li>➤ Kick up</li> <li>➤ No control shown</li> <li>➤ Legs very bent</li> <li>➤ Top let not going through point on landing</li> <li>➤ Foot land in flat position</li> </ul>	<ul style="list-style-type: none"> <li>➤ No step out on landing</li> <li>➤ Body twisting</li> <li>➤ Knees in bent position</li> <li>➤ If feet are placed next to each other during or after recovery</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 6			
<b>BACK WALK OVERS</b> Minimum 2 	<ul style="list-style-type: none"> <li>➤ Incorrect line</li> <li>➤ Legs bent</li> <li>➤ Toes not pointed</li> <li>➤ Recovery head not lifted</li> <li>➤ Foot goes flat with bend back</li> <li>➤ Foot lifted on entry</li> </ul>	<ul style="list-style-type: none"> <li>➤ Kick up</li> <li>➤ No control shown</li> <li>➤ Legs very bent</li> </ul>	<ul style="list-style-type: none"> <li>➤ Leg bent in triangle on kick</li> <li>➤ Head dropped in front of arms</li> <li>➤ Body twisting</li> <li>➤ Foot is placed on floor and dragged back before kicking</li> <li>➤ Re- attempt after fall out</li> <li>➤ <b>Only one shown</b></li> </ul>
No 7			
<b>CIRCULAR HAND ROLLS</b> 2 Times round 	<ul style="list-style-type: none"> <li>➤ Hand lifted</li> <li>➤ Per circle not complete</li> <li>➤ Leg lifted too high</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not continuous</li> <li>➤ Dropping body line low</li> </ul>	<ul style="list-style-type: none"> <li>➤ Fall on knees</li> <li>➤ Collapse onto back</li> <li>➤ One Circle not done</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 8			
<b>CHEST ROLLS</b> 2 full rolls 	<ul style="list-style-type: none"> <li>➤ Not continuous</li> <li>➤ Head not back</li> <li>➤ Not in straight line</li> <li>➤ Feet incorrect</li> <li>➤ Feet not in line with ears</li> </ul>	<ul style="list-style-type: none"> <li>➤ Push off knee</li> </ul>	<ul style="list-style-type: none"> <li>➤ Collapse onto back or side during roll</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 9			

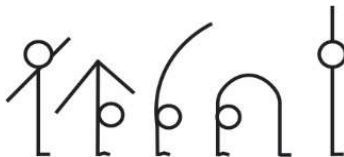
ELEMENT	0.1	0.2	0.3
<b>OUTLOOK ON SIDE HOLDING</b> 	<ul style="list-style-type: none"> <li>➤ Foot slips out</li> <li>➤ Feet not at least in line with ears</li> <li>➤ Arm Alignment</li> <li>➤ Hands not the same</li> </ul>	<ul style="list-style-type: none"> <li>➤ Head not back</li> <li>➤ Feet Uneven</li> </ul>	<ul style="list-style-type: none"> <li>➤ Feet not touching head</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 10			
<b>OUTLOOK HOLDING FEET</b> 	<ul style="list-style-type: none"> <li>➤ Toes not tip on floor</li> <li>➤ Feet not touching floor</li> <li>➤ Hands not on outside</li> <li>➤ Feet not against face</li> </ul>	<ul style="list-style-type: none"> <li>➤ Chin not on floor</li> </ul>	<ul style="list-style-type: none"> <li>➤ Feet above ears</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 11			
<b>CHICKEN POSITION</b> 	<ul style="list-style-type: none"> <li>➤ Head not in correct position</li> <li>➤ Unsteady</li> <li>➤ Step taken</li> </ul>	<ul style="list-style-type: none"> <li>➤ Hand slips off ankle</li> <li>➤ Not pulled up</li> <li>➤ Not holding ankles</li> </ul>	<ul style="list-style-type: none"> <li>➤ Head dropped in front of arms</li> <li>➤ Any part of hand touches floor</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 12			
<b>BASKET</b> 	<ul style="list-style-type: none"> <li>➤ Head not in correct position</li> <li>➤ Toes not pointed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Wrong alignment (roll on upper legs)</li> <li>➤ Legs very bent</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bad Alignment</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 13			


ELEMENT	0.1	0.2	0.3
<b>HEAD SPRING</b> 	<ul style="list-style-type: none"> <li>➤ Not Steady on landing</li> <li>➤ Legs not straight in 90° Movement</li> <li>➤ Toes not pointed</li> <li>➤ Heavy landing</li> <li>➤ Legs not together</li> <li>➤ Arms not over head in recovery</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not continuous</li> <li>➤ No proper join on end</li> <li>➤ No finishing off position</li> <li>➤ Stepping forward on landing</li> </ul>	<ul style="list-style-type: none"> <li>➤ One hand left behind</li> <li>➤ Bouncing on bottom</li> <li>➤ Knees fall on floor</li> <li>➤ Using one hand on landing (fall out if on bottom – must redo)</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 14			
<b>HAND SPRING</b> 	<ul style="list-style-type: none"> <li>➤ Bent legs</li> <li>➤ Legs not together</li> <li>➤ Not enough push</li> <li>➤ Heavy landing</li> <li>➤ Legs not together</li> <li>➤ Arms not over head in recovery</li> </ul>	<ul style="list-style-type: none"> <li>➤ No proper Join on end</li> <li>➤ No finishing off position</li> <li>➤ Stepping forward on landing</li> </ul>	<ul style="list-style-type: none"> <li>➤ Leaving one hand behind</li> <li>➤ Bottom touches the floor</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 15			
<b>CARTWHEEL SNATCH</b> 	<ul style="list-style-type: none"> <li>➤ Hands to leave floor before feet land</li> <li>➤ Legs bent</li> <li>➤ Incorrect landing</li> <li>➤ Alignment incorrect</li> <li>➤ Arms not in high V on landing</li> </ul>	<ul style="list-style-type: none"> <li>➤ Poor elevation</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs bent to 90°</li> <li>➤ Very unsteady landing</li> <li>➤ No snatch or normal cartwheel shown</li> <li>➤ Direction fault (not landing sideways)</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 16			
<b>FRONT MOUNT ON ARMS</b> 	<ul style="list-style-type: none"> <li>➤ Toes not pointed</li> <li>➤ Legs not straight</li> <li>➤ Head not back</li> <li>➤ Hands and feet incorrect</li> <li>➤ Arms slightly bent</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bad twist</li> </ul>	<ul style="list-style-type: none"> <li>➤ Top leg below 90°</li> <li>➤ Very bent arms</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 17			

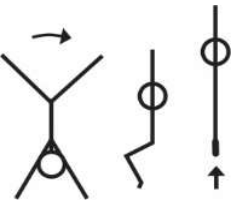
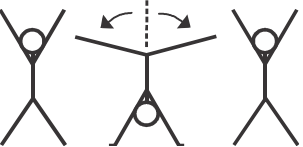
<b>SPLIT FOOT UNDER CHIN 1<sup>ST</sup> POSITION</b> 	<ul style="list-style-type: none"> <li>➤ Legs not stretched</li> <li>➤ Toes not pointed</li> <li>➤ Feet sickle or rolled leg</li> <li>➤ Alignment incorrect (opposition arms)</li> <li>➤ Bottom hand doesn't face forward</li> <li>➤ Untidy exit</li> </ul>	<ul style="list-style-type: none"> <li>➤ Foot not under chin</li> <li>➤ Face not to the side/ Angle of shoulder</li> <li>➤ Foot slip from under chin</li> </ul>	<ul style="list-style-type: none"> <li>➤ Split not flat</li> <li>➤ Top hand not released</li> <li>➤ Holding knee or foot</li> <li>➤ Front toe flexed</li> <li>➤ <b>Lifted leg falls to ground</b></li> <li>➤ <b>Re-attempt after fall out</b></li> <li>➤ <b>1 - .3 depending on the severity of not being flat (not a general .3 deduction if splits not flat)</b></li> </ul>
No 18			
<b>SPLIT FOOT ON HEAD 3<sup>RD</sup> POSITION SPLIT</b> 	<ul style="list-style-type: none"> <li>➤ Foot not on head</li> <li>➤ Sickle feet</li> <li>➤ Fingers not facing forward</li> <li>➤ Top arm bent or not to ceiling</li> <li>➤ Incorrect alignment of body</li> </ul>	<ul style="list-style-type: none"> <li>➤ Shoulders not square</li> <li>➤ Foot under neck or on side of head</li> </ul>	<ul style="list-style-type: none"> <li>➤ Front toe flexed</li> <li>➤ One arm not up</li> <li>➤ Foot far from head or flopping to the side</li> <li>➤ <b>Re-attempt after fall out</b></li> <li>➤ <b>1 - .3 depending on the severity of not being flat (not a general .3 deduction if splits not flat)</b></li> </ul>
No 19			
<b>CHEST STAND (ARMS UP)</b> 	<ul style="list-style-type: none"> <li>➤ Legs not together</li> <li>➤ Legs bent</li> <li>➤ Alignment incorrect</li> </ul>	<ul style="list-style-type: none"> <li>➤ Rocking (unsteady)</li> <li>➤ Touch hands on floor and re-lift</li> </ul>	<ul style="list-style-type: none"> <li>➤ Feet on head</li> <li>➤ Legs badly bent</li> <li>➤ Arms not at 45°</li> <li>➤ Feet touch floor (over) on entry</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 20			
<b>CHIN STAND TRIANGLE OR STAG</b> 	<ul style="list-style-type: none"> <li>➤ Toes not pointed</li> <li>➤ Triangle not touching</li> <li>➤ Incorrect alignment</li> </ul>	<ul style="list-style-type: none"> <li>➤ Rocking (unsteady)</li> </ul>	<ul style="list-style-type: none"> <li>➤ Front foot touches floor</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 21			

<div>CHIN STAND DOUBLE TRIANGLE</div> <div></div>	<div><div>➤ Toes not pointed</div><div>➤ Top foot not touching knee</div><div>➤ Bottom foot not on head</div></div>	<div><div>➤ Foot does not touch knee and head</div></div>	<div><div>➤ Front foot touches floor</div><div>➤ <b>Re-attempt after fall out</b></div></div>
No 22			

<div>CRAWLING SPLIT</div> <div>Minimum 3 (Allowed to start with bum to front) May use hand when changing</div> <div></div>	<div><div>➤ Knee does not pass knee</div><div>➤ Arms not in opposition</div><div>➤ Toe not pointed</div><div>➤ Legs bent</div><div>➤ For each one not shown</div></div>	<div><div>➤ Moving backwards</div><div>➤ Not holding first split 3 sec</div><div>➤ No forward movement</div><div>➤ Leg lifted – no slide</div></div>	<div><div>➤ Splits not flat</div><div>➤ <b>Re-attempt after fall out</b></div></div>
No 23			



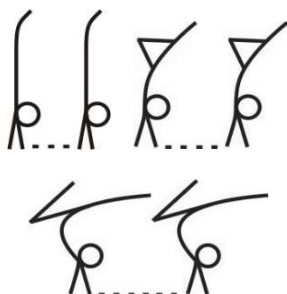
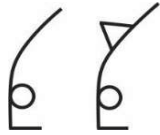
<div>STRIDE BEND OVER</div> <div>Minimum 2</div> <div></div>	<div><div>➤ Knees bent</div><div>➤ Feet and legs not together at start and in handstand</div><div>➤ No shoulder pull shown</div></div>	<div><div>➤ Not controlled</div><div>➤ Head not lifted</div></div>	<div><div>➤ No Control</div><div>➤ Legs bent to 90°</div><div>➤ <b>Re-attempt after fall out</b></div></div>
No 24			


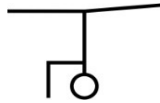


<div>FOREARM CARTWHEEL</div> <div>May land with 1 leg stretched out, before going onto knees for 2<sup>nd</sup> cartwheel (optional) Minimum 2</div> <div></div>	<div><div>➤ Not in a straight line</div><div>➤ Hips not square</div><div>➤ Arms incorrect</div><div>➤ Legs bent</div><div>➤ Toes not pointed</div></div>	<div><div>➤ Not flowing into next head not lifted</div><div>➤ Knees incorrect on landing</div><div>➤ If 1<sup>st</sup> one is not from standing</div></div>	<div><div>➤ Legs bent to 90°</div><div>➤ Complete twist in hips during and at landing</div><div>➤ Only one shown</div><div>➤ <b>Re-attempt after fall out</b></div></div>
No 25			

<b>ARAB SPRING STRETCH JUMP</b>  	<ul style="list-style-type: none"> <li>➤ Legs bent in cartwheel</li> <li>➤ Feet not together on landing</li> <li>➤ Arms not in High V or 5<sup>th</sup></li> </ul>	<ul style="list-style-type: none"> <li>➤ Not enough elevation</li> <li>➤ Definite pause in-between</li> <li>➤ Stretch jump not on spot</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs very bent</li> <li>➤ Bad landing</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 26			
<b>CARTWHEEL CLICK X2</b>  	<ul style="list-style-type: none"> <li>➤ Not in straight line</li> <li>➤ Hips not square</li> <li>➤ Leg lifted before start</li> <li>➤ Hands not in High V at start and Finish</li> <li>➤ Legs slightly bent</li> <li>➤ Toes not pointed</li> <li>➤ Hands not in correct alignment</li> <li>➤ Face looking at audience</li> <li>➤ Changing weight on feet (land pointed toes)</li> <li>➤ Per cartwheel in the wrong direction</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not enough elevation</li> <li>➤ Definite pause in-between</li> <li>➤ Stretch jump not on spot</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs bent to 90°</li> <li>➤ Complete twist in hips during and at landing</li> <li>➤ Incorrect direction/ facing wrong way</li> <li>➤ Only one shown</li> <li>➤ <b>Re-attempt after fall out</b></li> <li>➤ <b>the click cartwheel does not show a stride after the feet join</b></li> </ul>
No 27			

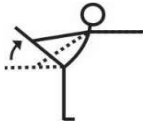
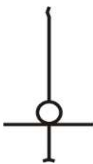

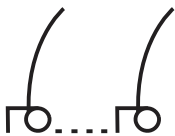
# CATEGORY 'A' BALANCE DEDUCTIONS

Balance Category 'A' Deduction Table

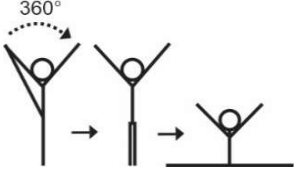


ELEMENT	0.1	0.2	0.3
<b>SIDE MOUNT</b> 	<ul style="list-style-type: none"> <li>➤ Supporting leg bent</li> <li>➤ Foot not under chin</li> <li>➤ Hips not square</li> <li>➤ Per hop taken</li> </ul>	<ul style="list-style-type: none"> <li>➤ Body not upright position</li> <li>➤ Foot slip and re-hold</li> </ul>	<ul style="list-style-type: none"> <li>➤ Holding knee</li> <li>➤ Foot on shoulder</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 1			
<b>LEG SOULDERING</b> 	<ul style="list-style-type: none"> <li>➤ Per hop taken</li> <li>➤ Head not centre</li> <li>➤ Arm not lifted</li> <li>➤ Legs top or bottom bent</li> <li>➤ Not in correct alignment</li> <li>➤ Bottom foot not flat – or twisted</li> </ul>	<ul style="list-style-type: none"> <li>➤ Holding foot behind instead of front</li> <li>➤ Leg slip and re-hold</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs very bent</li> <li>➤ Losing balance</li> <li>➤ Holding knee</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 2			
<b>HAND WALKS</b> Straight, Triangle or Stag 	<ul style="list-style-type: none"> <li>➤ Bent knees</li> <li>➤ Toes not pointed</li> <li>➤ Each step not done</li> <li>➤ Incorrect alignment</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs floppy – position not still</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs very bent at 90°</li> <li>➤ Bad control</li> <li>➤ Legs very far apart</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 3			
<b>FOREARM BALANCE</b> <b>STRAIGHT THEN TRIANGLE</b> 	<ul style="list-style-type: none"> <li>➤ Legs not together</li> <li>➤ Legs bent</li> <li>➤ Head not lifted</li> <li>➤ Toes not pointed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Triangle not touching knee</li> <li>➤ Not straight first then triangle</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs bent to 90°</li> <li>➤ Bad control</li> <li>➤ Legs very far apart</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 4			

ELEMENT	0.1	0.2	0.3
<b>HEAD BALANCE LOTUS</b>  	<ul style="list-style-type: none"> <li>➤ Incorrect alignment</li> <li>➤ Knees not past 90°</li> <li>➤ Hand placement incorrect</li> <li>➤ Feet protruding</li> </ul>	<ul style="list-style-type: none"> <li>➤ Foot slips</li> </ul>	<ul style="list-style-type: none"> <li>➤ Fall onto knees</li> <li>➤ Bad alignment</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 5			
<b>HEAD BALANCE</b> Front split  	<ul style="list-style-type: none"> <li>➤ Bent legs</li> <li>➤ Toes not pointed</li> <li>➤ Alignment incorrect</li> <li>➤ Hand placement wrong</li> <li>➤ Unsteady line</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs not joined before split</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 6			
<b>HEAD BALANCE STRIDE &amp; ½ TURN</b>  	<ul style="list-style-type: none"> <li>➤ Bent legs</li> <li>➤ Toes not pointed</li> <li>➤ Alignment incorrect</li> <li>➤ Hand placement wrong</li> <li>➤ Unsteady line</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs not joined before split and for recovery</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 7			
<b>FOREARM BALANCE DOUBLE TRIANGLE</b>  	<ul style="list-style-type: none"> <li>➤ Foot does not touch head</li> <li>➤ Triangle not touching (toes not touch knee)</li> <li>➤ Head not lifted</li> </ul>	<ul style="list-style-type: none"> <li>➤ Feet far from head</li> <li>➤ Not showing straight or triangle first</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 8			

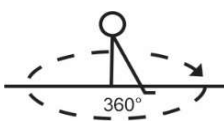
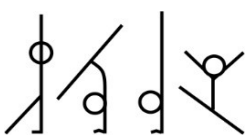
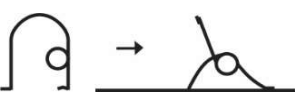


ELEMENT	0.1	0.2	0.3
<b>SIDE STAR</b> 	<ul style="list-style-type: none"> <li>➤ Supporting leg bent</li> <li>➤ Back leg turned into socket</li> <li>➤ Leg bent</li> <li>➤ Toes not pointed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Body drops forward</li> <li>➤ Hand slip and re-hold</li> </ul>	<ul style="list-style-type: none"> <li>➤ Leg under hip height</li> <li>➤ Leg bent at 90°</li> <li>➤ Hand holding leg on thigh</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 9			
<b>FRONT STAR</b> 	<ul style="list-style-type: none"> <li>➤ Supporting leg bent</li> <li>➤ Arms not shoulder level</li> <li>➤ Unsteady</li> </ul>	<ul style="list-style-type: none"> <li>➤ Foot not seen above head</li> <li>➤ Leg not above hip level</li> </ul>	<ul style="list-style-type: none"> <li>➤ Shoulders drop below hop level</li> <li>➤ bad balance</li> <li>➤ leg bent to 90°</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 10			
<b>FOREARM BALANCE FEET ON HEAD</b> 	<ul style="list-style-type: none"> <li>➤ Feet not on head</li> <li>➤ Head not lifted</li> <li>➤ Alignment incorrect</li> <li>➤ Feet not at least touching top of head</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not done through straight, stag or triangle position</li> </ul>	<ul style="list-style-type: none"> <li>➤ Feet far from head</li> <li>➤ Feet touch floor (over) on entry</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 11			
<b>HEAD WALKS</b> Minimum 4 	<ul style="list-style-type: none"> <li>➤ See deductions for head balance</li> <li>➤ Overarch back to keep balance</li> <li>➤ For each walk not done</li> <li>➤ Unsteady</li> <li>➤ Feet not together</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs bent over</li> <li>➤ No flow of movement</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 12			

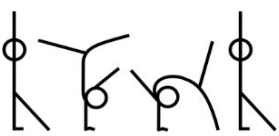
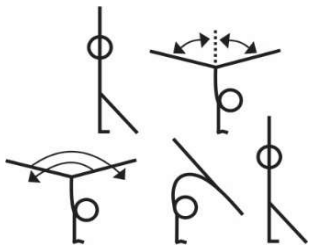

# CATEGORY 'B' GENERAL DEDUCTIONS

General Category 'B' Deduction Table			
ELEMENT	0.1	0.2	0.3
<b>CAN CAN JUMPS INTO SPLIT</b> 3 Circles 	<ul style="list-style-type: none"> <li>➤ Legs bent</li> <li>➤ Toes not pointed</li> <li>➤ Free arm below shoulder level</li> <li>➤ Not hopping on toes</li> </ul>	<ul style="list-style-type: none"> <li>➤ Sliding backwards</li> <li>➤ Split not held</li> <li>➤ Not showing the leg shouldering</li> <li>➤ Each circle not completed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Holding knee</li> <li>➤ Not flat in split</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 1			
<b>FRONT MOUNT ON FOREARMS</b> 	<ul style="list-style-type: none"> <li>➤ Head not lifted</li> <li>➤ Toe not pointed</li> <li>➤ Leg not stretched</li> <li>➤ Lower than 90°</li> </ul>	<ul style="list-style-type: none"> <li>➤ Lifting foot, foot must be flat</li> <li>➤ Fingers touching floor slightly</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not holding ankle</li> <li>➤ Hands resting on the floor</li> <li>➤ head down between arms or on the floor</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 2			
<b>CHEST/ CHIN STAND LOTUS</b> 	<ul style="list-style-type: none"> <li>➤ Alignment</li> <li>➤ See deductions for chest balance</li> </ul>	<ul style="list-style-type: none"> <li>➤ One-foot slips</li> <li>➤ Chest not on floor</li> </ul>	<ul style="list-style-type: none"> <li>➤ Both feet slip</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 3			

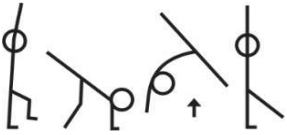
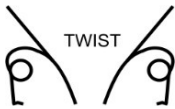

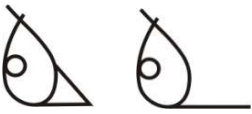
### General Category 'B' Deduction Table

ELEMENT	0.1	0.2	0.3
<b>CIRCLING SPLITS</b> 4 Circles 	<ul style="list-style-type: none"> <li>➤ For every circle not shown</li> <li>➤ Definite pause between circles</li> <li>➤ Back leg bent</li> <li>➤ Foot alignment incorrect</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not holding first split for 3 sec</li> <li>➤ Body not upright</li> <li>➤ Split position not shown at beginning and end</li> <li>➤ Front toes flexed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Split not flat</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 4			
<b>BACK OVER INTO FRONT SPLIT</b> 	<ul style="list-style-type: none"> <li>➤ Not enough control in back before lowering into split</li> <li>➤ Legs bent</li> <li>➤ Toes not pointed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Both hands not off the floor in the split</li> <li>➤ No control</li> <li>➤ Legs and feet not joined before opening in split</li> <li>➤ Kick up</li> <li>➤ Feet don't land at the same time</li> <li>➤ Legs not at hands when</li> </ul>	<ul style="list-style-type: none"> <li>➤ Split not flat</li> <li>➤ Incorrect landing</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 5			
<b>BACKBEND INTO SPLIT ONE HAND</b> 	<ul style="list-style-type: none"> <li>➤ Split in a straight line</li> <li>➤ Front foot sickles</li> <li>➤ Body not twisted back</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not holding before sliding</li> <li>➤ Sliding backwards</li> </ul>	<ul style="list-style-type: none"> <li>➤ Split not flat</li> <li>➤ Back foot not on floor</li> <li>➤ No slide into split shown</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 6			





### General Category 'B' Deduction Table

ELEMENT	0.1	0.2	0.3
<b>ONE HAND WALK OVER</b> Minimum 2 	<ul style="list-style-type: none"> <li>➤ Free arm untidy</li> <li>➤ See deductions for front walk over</li> </ul>	<ul style="list-style-type: none"> <li>➤ Supporting foot not on toe upon recovery</li> </ul>	<ul style="list-style-type: none"> <li>➤ Free arm touches floor at any point during walk over</li> <li>➤ Body twisted</li> <li>➤ Both overs not started with the same leg</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 7			
<b>FRONT OVER VARIATION</b> (1 <sup>st</sup> over Click, 2 <sup>nd</sup> Over Swop) One of each 	<ul style="list-style-type: none"> <li>➤ Legs do not move together</li> <li>➤ One hand lifts off the ground</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs do not cross on middle line</li> <li>➤ Legs do not touch on centre</li> <li>➤ Stepping back between</li> <li>➤ Steps or moves in between</li> </ul>	<ul style="list-style-type: none"> <li>➤ One or the other not shown</li> <li>➤ Incorrect leg used</li> <li>➤ Click not done first</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 8			
<b>ADVANCED BEND OVERS</b> (Bent only) Minimum 2 	<ul style="list-style-type: none"> <li>➤ Knee apart up to 90°</li> <li>➤ Heavy landing</li> <li>➤ Not controlled</li> <li>➤ No shoulder pull shown</li> </ul>	<ul style="list-style-type: none"> <li>➤ If knees not bent all the way</li> <li>➤ Feet don't go towards head (does not have to touch)</li> <li>➤ Very heavy landing</li> </ul>	<ul style="list-style-type: none"> <li>➤ No recovery on second one</li> <li>➤ No control</li> <li>➤ Pause in back bend in recovery</li> <li>➤ Kick off one leg at a time</li> <li>➤ Only one shown</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 9			

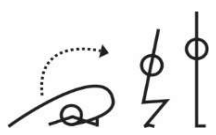
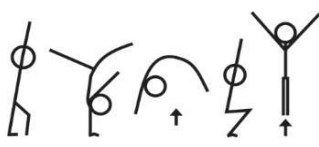
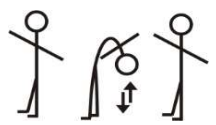
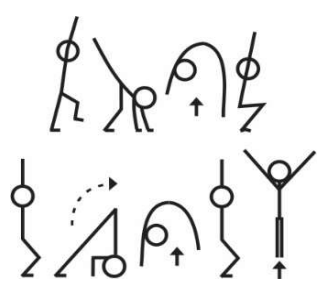
### General Category 'B' Deduction Table

ELEMENT	0.1	0.2	0.3
<b>DIVE WALK OVER</b> (Only 1)  	<ul style="list-style-type: none"> <li>➤ See deductions for front walk overs</li> </ul>	<ul style="list-style-type: none"> <li>➤ Distinct pause on landing (no flow)</li> <li>➤ Minimum Elevation</li> <li>➤ Walkover position not maintained (supporting foot may be flat on recovery)</li> </ul>	<ul style="list-style-type: none"> <li>➤ No elevation</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 10			
<b>CONTINUOUS FRONT OVER HAND ROLLS</b> (2 full)  	<ul style="list-style-type: none"> <li>➤ Head not lifted</li> <li>➤ Hands are not always in contact with floor</li> <li>➤ For everyone less than 4 halves</li> </ul>	<ul style="list-style-type: none"> <li>➤ Does not twist to the direction that last leg went down</li> <li>➤ Definite pause on twist before kicking</li> </ul>	<ul style="list-style-type: none"> <li>➤ Sitting on twist position</li> <li>➤ Dropping onto knees</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 11			
<b>WINGED OUTLOOK</b>  	<ul style="list-style-type: none"> <li>➤ Feet not by cheeks (need not touch floor)</li> <li>➤ Arms unsteady when lifted</li> <li>➤ Alignment of arms</li> <li>➤ Sickled feet</li> </ul>	<ul style="list-style-type: none"> <li>➤ Feet twisted or uneven</li> </ul>	<ul style="list-style-type: none"> <li>➤ Arms not above 45° off the ground</li> <li>➤ Feet in wrong position or above ears</li> <li>➤ Total collapse to side or forward</li> <li>➤ Feet on top of head</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 12			
<b>BACK MOUNT ON TUMMY TRIANGLE OR STRAIT</b>  	<ul style="list-style-type: none"> <li>➤ Bottom leg does not touch top leg if lifted</li> <li>➤ Toes not pointed</li> <li>➤ Feet sickle</li> <li>➤ Head not back</li> </ul>	<ul style="list-style-type: none"> <li>➤ Angle not correct.</li> <li>➤ Basic basket line not shown</li> </ul>	<ul style="list-style-type: none"> <li>➤ Top leg not above head</li> <li>➤ Fall to either side</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 13			



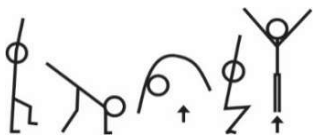

**General Category 'B' Deduction Table**

ELEMENT	0.1	0.2	0.3
<b>ADVANCED OUTLOOK HOLDING FEET</b> Feet/ toes must touch – can be flat feet as well 	<ul style="list-style-type: none"> <li>➤ Hands not holding feet</li> <li>➤ Toes not on the floor</li> </ul>	<ul style="list-style-type: none"> <li>➤ Feet wider than shoulders</li> </ul>	<ul style="list-style-type: none"> <li>➤ Head not lifted off floor</li> <li>➤ Shoulders not lifted off floor</li> <li>➤ Collapse to side or backwards</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 14			
<b>CHICKEN POSITION HOLDING CALVES</b> 	<ul style="list-style-type: none"> <li>➤ Head not in correct position</li> <li>➤ Feet turned out</li> <li>➤ Per step taken</li> <li>➤ Elbows incorrect</li> <li>➤ Head Incorrect</li> </ul>	<ul style="list-style-type: none"> <li>➤ Hand Slips</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not holding calves</li> <li>➤ No pull up shown</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 15			
<b>REVERSED OUTLOOK</b> 	<ul style="list-style-type: none"> <li>➤ Arms Unsteady</li> <li>➤ Arms not showing V line</li> <li>➤ Both arms must be lifted</li> </ul>	<ul style="list-style-type: none"> <li>➤ Feet not under chin</li> <li>➤ Arms not released over 90°</li> <li>➤ Foot slips out</li> </ul>	<ul style="list-style-type: none"> <li>➤ Total Collapse to either side</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 16			
<b>SPRING FLIPS</b> (Minimum 3) 	<ul style="list-style-type: none"> <li>➤ Step Forward or backward on landing</li> <li>➤ Toes not pointed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Minimum elevation</li> <li>➤ Feet do not attempt to touch head (do not necessarily need to touch head)</li> </ul>	<ul style="list-style-type: none"> <li>➤ Definite pause between flips</li> <li>➤ For each one not shown</li> <li>➤ Using hands to steady yourself on landing</li> <li>➤ No elevation</li> <li>➤ Landing on knees or bottom</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 17			

**General Category 'B' Deduction Table**


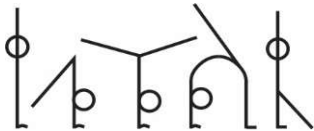
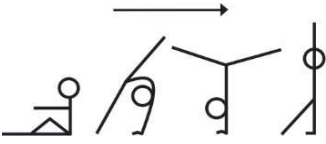
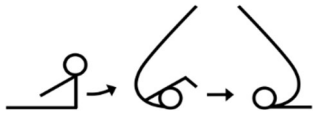
ELEMENT	0.1	0.2	0.3
<b>UPSTART</b>  	<ul style="list-style-type: none"> <li>➤ Step forward or backwards on landing</li> <li>➤ Toes not pointed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Minimum elevation</li> <li>➤ Not showing finishing off position</li> </ul>	<ul style="list-style-type: none"> <li>➤ Using Hands to steady yourself on landing</li> <li>➤ No elevation</li> <li>➤ Leaving one hand behind</li> <li>➤ Landing on knees or bottom</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 18			
<b>ONE HAND HANDSPRING</b>  	<ul style="list-style-type: none"> <li>➤ One step Forward or backward on landing</li> <li>➤ Toes not pointed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Minimum Elevation</li> <li>➤ Not showing finishing off position</li> </ul>	<ul style="list-style-type: none"> <li>➤ Using hands to steady yourself on landing</li> <li>➤ No elevation</li> <li>➤ Leaving one hand behind</li> <li>➤ Landing on knees or bottom</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 19			
<b>CLOSE BACKBEND ARMS TO SIDE</b>  	<ul style="list-style-type: none"> <li>➤ Arms do not stay in 45° or shoulder level position</li> <li>➤ Unsteady recovery</li> </ul>	<ul style="list-style-type: none"> <li>➤ Head not back from start to finish</li> </ul>	<ul style="list-style-type: none"> <li>➤ Head does not touch floor</li> <li>➤ Audible bump and pause before recovery</li> <li>➤ Neck roll</li> <li>➤ Hand touches floor</li> <li>➤ Drop onto knees on recovery</li> <li>➤ Press up to recovery</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 20			
<b>HANDSPRING AND HEADSPRING COMBINATION (1 OF EACH)</b>  	<ul style="list-style-type: none"> <li>➤ See deductions for headspring and handsprings</li> <li>➤ Step taken between</li> </ul>	<ul style="list-style-type: none"> <li>➤ Feet not placed together after landing in finishing off position</li> <li>➤ Not continuous</li> <li>➤ Hand left behind</li> <li>➤ Hand touching floor on recovery</li> </ul>	<ul style="list-style-type: none"> <li>➤ Definite pause between movements</li> <li>➤ One or the other not done</li> <li>➤ Knees on floor</li> <li>➤ Both hands touch floor on recovery</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 21			

### General Category 'B' Deduction Table

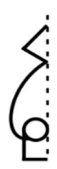




ELEMENT	0.1	0.2	0.3
<b>OUTLOOK ON SIDE NO HANDS</b>  	<ul style="list-style-type: none"> <li>➤ See deductions for outlook on side Group A</li> <li>➤ Wrong arm alignment</li> </ul>	<ul style="list-style-type: none"> <li>➤ Head not back</li> </ul>	<ul style="list-style-type: none"> <li>➤ Only one arm released</li> <li>➤ Both arms not released</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 22			
<b>TINSICA</b> (2 times) May be used as an over  	<ul style="list-style-type: none"> <li>➤ See walkover for deductions</li> <li>➤ Cartwheel alignment</li> <li>➤ Walkover Alignment</li> </ul>	<ul style="list-style-type: none"> <li>➤ Feet not joined before Walkover</li> <li>➤ Not controlled</li> </ul>	<ul style="list-style-type: none"> <li>➤ Loss of Control of Leg</li> <li>➤ Wrong alignment</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 23			
<b>DIVE HANDSPRING</b>  	<ul style="list-style-type: none"> <li>➤ Toes not pointed</li> <li>➤ Feet not placed together after landing</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not Controlled</li> <li>➤ Hard landing</li> <li>➤ Very low front-over dive</li> <li>➤ Feet not Joined during Handspring</li> <li>➤ Not showing Finishing off Position</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not Sufficient Height</li> <li>➤ No dive onto hands</li> <li>➤ Leaving one hand on floor</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 24			
<b>CROSS-ARM BASKET</b> Cross between wrists and elbows  	<ul style="list-style-type: none"> <li>➤ Head not in correct position</li> <li>➤ Wrong alignment</li> <li>➤ Toes not pointed</li> <li>➤ Crossed at hands or Elbows</li> <li>➤ May cross on hands not wrists</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs very bent</li> <li>➤ Foot slips out</li> </ul>	<ul style="list-style-type: none"> <li>➤ Very bad alignment</li> <li>➤ No attempt to pull up</li> <li>➤ Feet crossed (wrong Trick)</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 25			

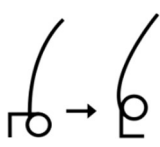

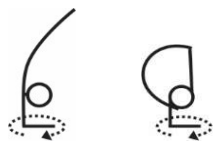

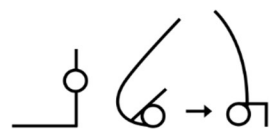


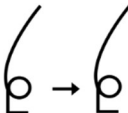


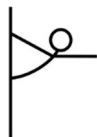
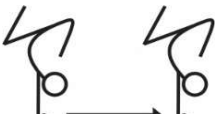
### General Category 'B' Deduction Table



ELEMENT	0.1	0.2	0.3
<b>OUTLOOK EXTENDED ARMS</b> <b>2 SEC</b> 	<ul style="list-style-type: none"> <li>➤ Feet not touching floor</li> <li>➤ Hands to be on outside</li> <li>➤ Arms not straight</li> </ul>	<ul style="list-style-type: none"> <li>➤ Foot slips</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 26			
<b>ADVANCED FRONT WALK OVERS</b> <b>Minimum 2</b> 	<ul style="list-style-type: none"> <li>➤ No Shoulder pull shown</li> <li>➤ Knees bent</li> <li>➤ Not controlled</li> <li>➤ Incorrect line in walk over</li> <li>➤ Supporting leg on the toe upon recovery</li> </ul>	<ul style="list-style-type: none"> <li>➤ Feet and legs not together in kick-up</li> <li>➤ Top leg not going through point on landing</li> </ul>	<ul style="list-style-type: none"> <li>➤ No step out on landing</li> <li>➤ Body twisting</li> <li>➤ if feet are placed next to each other during or after recovery</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 27			
<b>VALDEZ</b> <b>X2 back (may reverse before 2<sup>nd</sup> back)</b> 	<ul style="list-style-type: none"> <li>➤ Legs not straight in kick-up</li> <li>➤ Heavy landing</li> </ul>	<ul style="list-style-type: none"> <li>➤ Pause in back bend before kicking over</li> <li>➤ Bad alignment</li> <li>➤ Not controlled</li> </ul>	<ul style="list-style-type: none"> <li>➤ Twisting badly</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 28			
<b>DOLPHIN ROLL INTO CHEST STAND</b> 	<ul style="list-style-type: none"> <li>➤ Slight over balance in transition onto chin/chest balance</li> <li>➤ Legs not strait and together in balance</li> <li>➤ Toes not pointed</li> <li>➤ For each second the balance is not held (3 Sec)</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs not together up to shoulder stand</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs do not pass through 90°</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 29			

# CATEGORY 'B' BALANCE DEDUCTIONS



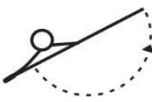
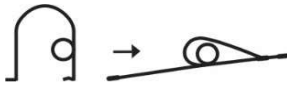
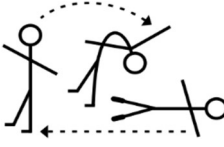
ELEMENT	0.1	0.2	0.3
<b>FOREARM BALANCE ZIG ZAG</b> 	<ul style="list-style-type: none"> <li>➤ Feet slightly before or pas the centre line</li> <li>➤ Head not lifted</li> <li>➤ For every second not held</li> <li>➤ Toes not pointed</li> <li>➤ Unsteady</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bad zig zag line or hardly one shown</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs do not bend to form a 'Z'</li> <li>➤ Legs and bottom completely passed the centre line</li> <li>➤ Head dropped between arms</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 1			
<b>FOREARM BALANCE FEET UNDER CHIN</b> 	<ul style="list-style-type: none"> <li>➤ Head not lifted</li> <li>➤ Unsteady Balance</li> <li>➤ For each second not held</li> <li>➤ Toes not pointed</li> <li>➤ Feet not aligned</li> </ul>	<ul style="list-style-type: none"> <li>➤ Feet not under chin but above ears</li> </ul>	<ul style="list-style-type: none"> <li>➤ Head Dropped between arms</li> <li>➤ Feet on top of head</li> <li>➤ Toes touching the ground</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 2			
<b>FOREARM BALANCE INTO CHIN STAND</b> 	<ul style="list-style-type: none"> <li>➤ Legs not straight</li> <li>➤ Legs not together in transition</li> <li>➤ Toes not pointed</li> <li>➤ May initially go onto check but must turn onto chin</li> </ul>	<ul style="list-style-type: none"> <li>➤ Shoulders not touching in chin balance</li> </ul>	<ul style="list-style-type: none"> <li>➤ No Control shown</li> <li>➤ Feet touch the ground in transition</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 3			
<b>HAND BALANCE STRAIGHT, TRIANGLE OR STAG</b> 	<ul style="list-style-type: none"> <li>➤ Step forward or backward to keep balance</li> <li>➤ Toes not pointed</li> <li>➤ Legs not stretched</li> <li>➤ For each second not held</li> </ul>	<ul style="list-style-type: none"> <li>➤ Knee turned out in triangle</li> </ul>	<ul style="list-style-type: none"> <li>➤ Several steps to keep balance</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 4			
<b>ADVANCED SIDE MOUNT</b> 	<ul style="list-style-type: none"> <li>➤ Supporting leg is bent</li> <li>➤ Per hop taken</li> <li>➤ For each second not held</li> <li>➤ Hips not square</li> </ul>	<ul style="list-style-type: none"> <li>➤ Foot is not behind head</li> <li>➤ Bad alignment</li> </ul>	<ul style="list-style-type: none"> <li>➤ Foot far away from head</li> <li>➤ Body alignment in back mount instead of side mount</li> <li>➤ <b>Re- attempt after fall out</b></li> </ul>
No 5			

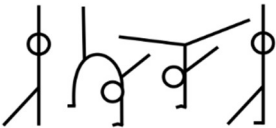
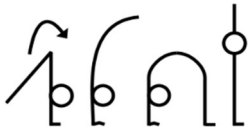


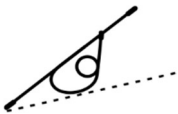
ELEMENT	0.1	0.2	0.3
<b>HEAD BALANCE IN FOREARM BALANCE</b>  	<ul style="list-style-type: none"> <li>➤ Legs not straight</li> <li>➤ Legs not together in transition</li> <li>➤ Alignment incorrect</li> </ul>	<ul style="list-style-type: none"> <li>➤ Head not lifted in forearm balance</li> </ul>	<ul style="list-style-type: none"> <li>➤ No Control Shown</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 6			
<b>BACK MOUNT STANDING BENT LEG</b>  	<ul style="list-style-type: none"> <li>➤ Supporting Leg bent</li> <li>➤ Toe not Pointed</li> <li>➤ Body and let off Centre line</li> <li>➤ Unsteady Balance</li> </ul>	<ul style="list-style-type: none"> <li>➤ Head not behind or in line with arms</li> <li>➤ Foot not above head</li> </ul>	<ul style="list-style-type: none"> <li>➤ Foot not in line or above the head</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 7			
<b>FOREARM BALANCE 180° TURN</b> (straight legs OR feet on head)  	<ul style="list-style-type: none"> <li>➤ Legs not straight</li> <li>➤ Legs not together in transition</li> <li>➤ Toes not pointed</li> <li>➤ May initially go onto check but must turn onto chin</li> </ul>	<ul style="list-style-type: none"> <li>➤ Shoulders not touching in chin balance</li> </ul>	<ul style="list-style-type: none"> <li>➤ No Control shown</li> <li>➤ Feet touch the ground in transition</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 8			
<b>HAND BALANCE STRAIGHT, TRIANGLE OR STAG</b>  	<ul style="list-style-type: none"> <li>➤ For every Step less than 6</li> <li>➤ Back not arched</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not Continuous</li> <li>➤ Feet not attempting to tap head (need not touch)</li> </ul>	<ul style="list-style-type: none"> <li>➤ Definite pause in tapping head</li> <li>➤ Swing past other knee</li> <li>➤ No attempt to touch head</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 9			
<b>BACK ROLL HEAD BALANCE</b>  	<ul style="list-style-type: none"> <li>➤ Bent legs in head balance</li> <li>➤ Legs not together in head balance</li> <li>➤ See deductions for head balance</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs open too wide in roll (may open slightly)</li> </ul>	<ul style="list-style-type: none"> <li>➤ Overarched back to maintain balance</li> <li>➤ Triangle in head balance</li> <li>➤ <b>Re- attempt after fall out</b></li> </ul>
No 10			


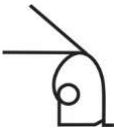

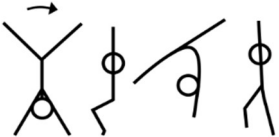
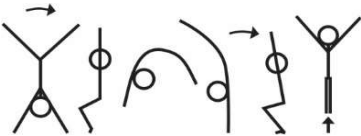

ELEMENT	0.1	0.2	0.3
<b>FOREARM BALANCE WALKS</b> Minimum 6 steps 	<ul style="list-style-type: none"> <li>➤ For every step less than 6</li> <li>➤ Legs not Stretched</li> <li>➤ Toes not Pointed</li> <li>➤ Legs not Together</li> </ul>	<ul style="list-style-type: none"> <li>➤ Head not Lifted</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs swing apart when walking</li> <li>➤ Legs bent to 90°</li> <li>➤ Not walking in a straight line</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 11			
<b>BACK ROLL INTO FOREARM BALANCE</b> 	<ul style="list-style-type: none"> <li>➤ Bent legs</li> <li>➤ Toes not pointed</li> <li>➤ Unsteady in forearm balance</li> </ul>	<ul style="list-style-type: none"> <li>➤ Head not lifted</li> <li>➤ Badly bent legs</li> </ul>	<ul style="list-style-type: none"> <li>➤ Overarch in back to maintain balance</li> <li>➤ One leg in triangle</li> <li>➤ Legs too far apart</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 12			
<b>FOREARM BALANCE LOTUS</b> 	<ul style="list-style-type: none"> <li>➤ Alignment incorrect</li> <li>➤ Standard deductions for forearm balance</li> </ul>	<ul style="list-style-type: none"> <li>➤ Head not lifted</li> <li>➤ One foot slips</li> <li>➤ Body line hanging far over</li> </ul>	<ul style="list-style-type: none"> <li>➤ Both feet slip (fall out)</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 13			
<b>ADVANCED SIDE STAR</b> 	<ul style="list-style-type: none"> <li>➤ Leg line slightly out</li> <li>➤ Supporting leg bent</li> <li>➤ Arm to low</li> </ul>	<ul style="list-style-type: none"> <li>➤ Holding below knee</li> <li>➤ Body dropped too low</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bad leg Line – not 180°</li> <li>➤ Very bad alignment</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 14			
<b>HAND WALKS DOUBLE STAG</b> Min X6 	<ul style="list-style-type: none"> <li>➤ For Every step less than 6</li> <li>➤ Slight poor alignment</li> </ul>	<ul style="list-style-type: none"> <li>➤ Head not lifted</li> <li>➤ Unsteady / Uneven leg line</li> </ul>	<ul style="list-style-type: none"> <li>➤ No Control Shown</li> <li>➤ Both legs incorrect</li> <li>➤ Foot resting on head</li> <li>➤ <b>Re- attempt after fall out</b></li> </ul>
No 15			

ELEMENT	0.1	0.2	0.3
<b>HAND BALANCE DOUBLE STAG</b> 	<ul style="list-style-type: none"> <li>➤ Moving hands – every step</li> <li>➤ Slight poor alignment</li> </ul>	<ul style="list-style-type: none"> <li>➤ Head not lifted</li> <li>➤ Unsteady/uneven leg line</li> </ul>	<ul style="list-style-type: none"> <li>➤ No Control Shown</li> <li>➤ Both legs incorrect</li> <li>➤ Foot resting on head</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 16	<ul style="list-style-type: none"> <li>➤ Standard deductions for Forearm balance</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not in correct split alignment incorrect</li> <li>➤ Head not lifted</li> <li>➤ Not through Triangle, Stag or Straight first</li> </ul>	<ul style="list-style-type: none"> <li>➤ Split not flat</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
<b>FOREARM BALANCE FRONT SPLIT</b> 			
No 17			

# CATEGORY 'C' GENERAL DEDUCTIONS

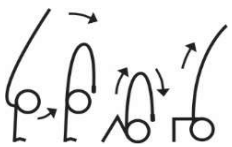




ELEMENT	0.1	0.2	0.3
<b>SPOTS - FORWARD</b> Minimum 6 	<ul style="list-style-type: none"> <li>➤ Legs bent</li> <li>➤ Toes not pointed</li> <li>➤ Incorrect footing</li> <li>➤ For each one less than 6</li> <li>➤ Arms not above head in final recovery</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not Continuous</li> </ul>	<ul style="list-style-type: none"> <li>➤ Long Pause between spots</li> <li>➤ Moving forwards or backwards</li> <li>➤ Putting foot down in between</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 1			
<b>SPOTS – BACKWARDS</b> Minimum 6 	<ul style="list-style-type: none"> <li>➤ Legs bent</li> <li>➤ Toes not pointed</li> <li>➤ Incorrect footing</li> <li>➤ For each one less than 6</li> <li>➤ Arms on recovery</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not continuous</li> </ul>	<ul style="list-style-type: none"> <li>➤ Long Pause between spots</li> <li>➤ Moving forwards or backwards</li> <li>➤ Putting foot down in between</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 2			
<b>ROLLING SPLITS HALF CIRCLE</b> 	<ul style="list-style-type: none"> <li>➤ Back foot moving out of centre</li> <li>➤ Body not forward over leg</li> <li>➤ Toes not pointed</li> <li>➤ Legs bent</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not continuous</li> <li>➤ Not holding split for 3sec before rolling and showing split on end</li> <li>➤ Circle roll too wide</li> </ul>	<ul style="list-style-type: none"> <li>➤ Body far away from leg</li> <li>➤ Not fully in split</li> <li>➤ Back foot moving far out of centre</li> <li>➤ Circle not complete</li> <li>➤ Knee bent when rolling over</li> <li>➤ Hands above calf</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 3			
<b>BACK BEND INTO SPLIT BOTH HANDS HOLDING</b> 	<ul style="list-style-type: none"> <li>➤ Incorrect alignment</li> <li>➤ Sickie feet</li> </ul>	<ul style="list-style-type: none"> <li>➤ Hand slips</li> <li>➤ Slide not continuous</li> <li>➤ Sliding before holding</li> </ul>	<ul style="list-style-type: none"> <li>➤ Split not flat</li> <li>➤ No slide</li> <li>➤ 1 hand touches the floor during slide</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 4			
<b>BACK SLIDE AND UP ARMS RELEASE</b> 	<ul style="list-style-type: none"> <li>➤ Knees not Straight after slide</li> <li>➤ Unsteady</li> </ul>	<ul style="list-style-type: none"> <li>➤ Head not back at start and finish</li> <li>➤ Not continuous</li> <li>➤ Slide legs out</li> </ul>	<ul style="list-style-type: none"> <li>➤ Holding thighs</li> <li>➤ Arms touch the ground at anytime</li> <li>➤ Bad recovery but not a fall</li> <li>➤ Arms parallel 1<sup>st</sup> position</li> <li>➤ Drop on to knees on recovery</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 5			

ELEMENT	0.1	0.2	0.3
<b>ONE HAND BACK WALK OVERS</b> Minimum 2 	<ul style="list-style-type: none"> <li>➤ Check backwalk over deductions</li> </ul>	<ul style="list-style-type: none"> <li>➤ Arm not back with head</li> <li>➤ Not Flowing</li> <li>➤ Twisting to one side</li> </ul>	<ul style="list-style-type: none"> <li>➤ Twisting completely out of position</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 6			
<b>ADVANCED BEND OVERS STRAIGHT LEGS</b> Minimum 2 	<ul style="list-style-type: none"> <li>➤ Arms not up</li> <li>➤ No shoulders pull down</li> <li>➤ Knees bent</li> <li>➤ Not Controlled</li> <li>➤ Toes not pointed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Feet and legs not together</li> <li>➤ Legs open too wide</li> </ul>	<ul style="list-style-type: none"> <li>➤ Preparation Jump</li> <li>➤ Pause in back bend in recovery</li> <li>➤ Kick off one leg at a time</li> <li>➤ No Control</li> <li>➤ Legs bent to 90°</li> <li>➤ No recovery on second one</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 7			
<b>ADVANCED BACK WALK OVERS</b> Minimum 2 	<ul style="list-style-type: none"> <li>➤ Extended leg drops in backward movement</li> <li>➤ Supporting leg bent</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not controlled onto arms</li> <li>➤ Arms not back with head</li> <li>➤ Leg not over hip height</li> <li>➤ Hip height not held</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bad alignment</li> <li>➤ Leg below 90°</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 8			
<b>ADVANCED CHEST ROLLS</b> Minimum 2 	<ul style="list-style-type: none"> <li>➤ Not controlled</li> <li>➤ Toes not pointed</li> <li>➤ Untidy entry/recovery</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not continuous</li> <li>➤ Hand slips</li> <li>➤ Each one not completed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Rolling without holding</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 9			
<b>BACK MOUNT ON CHEST SPLIT</b> 	<ul style="list-style-type: none"> <li>➤ Legs bent</li> <li>➤ Back foot sickle</li> <li>➤ Toes not pointed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not Enough forward pull</li> <li>➤ Bad alignment</li> </ul>	<ul style="list-style-type: none"> <li>➤ Split line not shown</li> <li>➤ Top leg bent to 90°</li> <li>➤ Back knee of the floor</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 10			

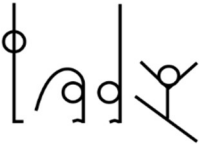



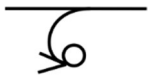
ELEMENT	0.1	0.2	0.3
<b>ADVANCED OUTLOOK</b> <b>EXTENDE LEGS</b> (Hold 2 sec) 	<ul style="list-style-type: none"> <li>➤ Legs bent</li> <li>➤ Toes not pointed</li> <li>➤ For each Second not held</li> </ul>	<ul style="list-style-type: none"> <li>➤ Feet not on Floor</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs bent to 90°</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 11			
<b>FRONT MOUNT</b> <b>ADVANCED LEG</b> <b>EXTENDED</b> 	<ul style="list-style-type: none"> <li>➤ Leg not straight back but to the side</li> <li>➤ Toe not pointed</li> <li>➤ For each second not held</li> <li>➤ Head drops</li> </ul>	<ul style="list-style-type: none"> <li>➤ Foot lifts off floor</li> <li>➤ Bad Alignment</li> </ul>	<ul style="list-style-type: none"> <li>➤ Leg not passed 135°</li> <li>➤ Leg bent to 90°</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 12			
<b>BACK MOUNT ON CHET</b> <b>TRIANGLE</b> 	<ul style="list-style-type: none"> <li>➤ Leg not straight</li> <li>➤ Incorrect alignment</li> </ul>	<ul style="list-style-type: none"> <li>➤ Toe not touching</li> <li>➤ Arms not extended</li> </ul>	<ul style="list-style-type: none"> <li>➤ No Triangle</li> <li>➤ Very bad Alignment</li> <li>➤ Arms not extended but bent up on elbows</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 13			
<b>ARAB SPRING WALK OUT</b> 	<ul style="list-style-type: none"> <li>➤ Leg's bent in Arab spring</li> <li>➤ Legs bent in Walk out</li> </ul>	<ul style="list-style-type: none"> <li>➤ Definite pause in-between Arab spring and Walk out</li> <li>➤ Bent Arms</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs very bent</li> <li>➤ Bad landing</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 14			
<b>ARAB SPRING FLICK FLACK</b> 	<ul style="list-style-type: none"> <li>➤ Legs bent in Arab Spring</li> <li>➤ Legs bent in flick flack</li> <li>➤ Feet not together on landing</li> <li>➤ Definite pause in-between Arab Spring and Flick Flack</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs not together</li> <li>➤ No finishing off position</li> <li>➤ Bent arms</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs very bent</li> <li>➤ Legs wide apart</li> <li>➤ Bad landing</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 15			
<b>CHICKEN POSITION AND WALK</b> Hold 3, walk 6 	<ul style="list-style-type: none"> <li>➤ For each second not held</li> <li>➤ for each step less than 5</li> <li>➤ unsteady</li> </ul>	<ul style="list-style-type: none"> <li>➤ Walks not continuous</li> <li>➤ Hand slip</li> </ul>	<ul style="list-style-type: none"> <li>➤ No Control</li> <li>➤ Not holding calves in chicken position</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 16			




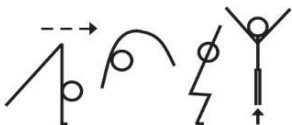


### General Category 'C' Deduction Table

ELEMENT	0.1	0.2	0.3
<b>FRONT OVER CHEST ROLL HEAD BALANCE</b> (2 chestrolls allowed) 	<ul style="list-style-type: none"> <li>➤ See deductions for head balance</li> <li>➤ Heavy landing on knees</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs not together and head not up in front over</li> <li>➤ No smooth transition from one to the other</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs bent to 90° to maintain</li> <li>➤ No balance shown</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 17			
<b>BACK CHICKEN ON FLOOR</b> 	<ul style="list-style-type: none"> <li>➤ Toes not pointed</li> <li>➤ For each second not held</li> <li>➤ Incorrect alignment</li> </ul>	<ul style="list-style-type: none"> <li>➤ Head not back</li> <li>➤ Ankles not down</li> <li>➤ Legs bent or too wide</li> <li>➤ Arms twisted (elbows not upward)</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs bent to 90°</li> <li>➤ Head above arms</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 18			
<b>ADVANCED BOTTOM ON HEAD</b> 	<ul style="list-style-type: none"> <li>➤ Toes not pointed</li> <li>➤ Legs bent</li> <li>➤ For every second not held</li> <li>➤ Head alignment</li> </ul>	<ul style="list-style-type: none"> <li>➤ Elbows on floor</li> <li>➤ Arms not at right (90°) Angle</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs bent to 90°</li> <li>➤ Holding below calves</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 19			
<b>DOUBLE FOLD-UP</b> 	<ul style="list-style-type: none"> <li>➤ For every second not held</li> </ul>	<ul style="list-style-type: none"> <li>➤ No pull over</li> <li>➤ Foot slips out</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 20			
<b>DANALOVA SIDE</b> 	<ul style="list-style-type: none"> <li>➤ Legs bent</li> <li>➤ Toes not pointed</li> <li>➤ Unsteady landing</li> <li>➤ Untidy arms</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not enough elevation</li> <li>➤ Bad alignment</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs bent to 90°</li> <li>➤ Landing on knees</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 21			

### General Category 'C' Deduction Table




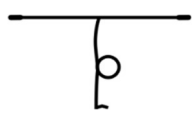
ELEMENT	0.1	0.2	0.3
<b>BACK OVER INTO STRIDE SPLIT BOTH LEGS</b>  	<ul style="list-style-type: none"> <li>➤ Not enough control in back</li> <li>➤ Unsteady balance</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs more than shoulder width apart</li> <li>➤ Legs not together at 90°</li> <li>➤ Not Continuous</li> </ul>	<ul style="list-style-type: none"> <li>➤ Kick up with one leg</li> <li>➤ Split not flat</li> <li>➤ Legs bend to 90° to maintain balance</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 22			
<b>CIRCULAR CHEST ROLLS</b> 2 Circles  	<ul style="list-style-type: none"> <li>➤ Alignment incorrect on recovery</li> <li>➤ 1 shoulder not down at all times</li> </ul>	<ul style="list-style-type: none"> <li>➤ Circle not complete</li> </ul>	<ul style="list-style-type: none"> <li>➤ Collapse on left or right side</li> <li>➤ each circle not done</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 23			
<b>FRONT MOUNT ON CHEST</b> (full split or stag)  	<ul style="list-style-type: none"> <li>➤ Toes not pointed</li> <li>➤ Legs bent</li> <li>➤ For every second not held</li> </ul>	<ul style="list-style-type: none"> <li>➤ Elbows on floor at right angle</li> <li>➤ Leg not in correct alignment</li> </ul>	<ul style="list-style-type: none"> <li>➤ Collapse to left or right side</li> <li>➤ Leg not passed 135°</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 24			
<b>CHEST STAND ZIG ZAG</b>  	<ul style="list-style-type: none"> <li>➤ Untidy</li> <li>➤ Toes not pointed</li> <li>➤ Slightly out of line</li> </ul>	<ul style="list-style-type: none"> <li>➤ Incorrect alignment</li> <li>➤ Feet not together</li> <li>➤ Not through straight position first</li> <li>➤ One shoulder off floor</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bad alignment</li> <li>➤ Shoulders lifted (both)</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 25			
<b>CHEST STAND STRIDE SPLIT</b>  	<ul style="list-style-type: none"> <li>➤ Alignment</li> <li>➤ Toes not pointed</li> <li>➤ unsteady</li> </ul>	<ul style="list-style-type: none"> <li>➤ Shoulder lifted slightly off floor</li> <li>➤ Legs not joined before split</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bad alignment</li> <li>➤ Split not flat</li> <li>➤ Shoulders lifted (both)</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 26			

**General Category 'C' Deduction Table**



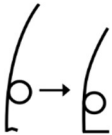
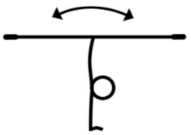
ELEMENT	0.1	0.2	0.3
<b>UPSTART NO HANDS</b> 	<ul style="list-style-type: none"> <li>➤ Untidy</li> <li>➤ Toes not pointed</li> <li>➤ Feet flexed</li> <li>➤ Per step or stumble</li> </ul>	<ul style="list-style-type: none"> <li>➤ No finishing off position</li> <li>➤ Legs bent before 90°</li> <li>➤ Fingers touch floor at any point</li> </ul>	<ul style="list-style-type: none"> <li>➤ Hand touches the floor</li> <li>➤ Fall onto knee</li> <li>➤ Over rotation and hands touch floor in front</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 27			
<b>ADVANCED HANDSPRINGS</b> Minimum 2 	<ul style="list-style-type: none"> <li>➤ Untidy</li> <li>➤ Toes not pointed</li> <li>➤ Feet flexed</li> <li>➤ Per step or stumble</li> </ul>	<ul style="list-style-type: none"> <li>➤ No finishing off position</li> <li>➤ Feet not together</li> <li>➤ Stepping forward to correct over-spin</li> </ul>	<ul style="list-style-type: none"> <li>➤ Alignment</li> <li>➤ Untidy landing</li> <li>➤ Landing on bottom 0.5</li> <li>➤ Not done from standing</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 28			
<b>ONE HAND SPOT OVERS</b> Minimum 4 	<ul style="list-style-type: none"> <li>➤ See deductions form spot overs</li> </ul>	<ul style="list-style-type: none"> <li>➤ No proper recovery Hands over head in last over</li> <li>➤ For each one less than 4</li> </ul>	<ul style="list-style-type: none"> <li>➤ If both hands are placed on the floor</li> <li>➤ See deductions for spot overs</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 29			
<b>DANALOVA FRONT</b> 	<ul style="list-style-type: none"> <li>➤ Legs bent</li> <li>➤ Toes not pointed</li> <li>➤ Unsteady landing</li> <li>➤ Untidy arms</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not enough elevation</li> <li>➤ Head not back</li> </ul>	<ul style="list-style-type: none"> <li>➤ Landing on knees</li> <li>➤ Legs bent to 90°</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 30			

# CATEGORY 'C' BALANCE DEDUCTIONS

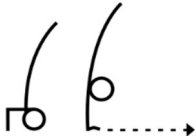
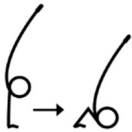

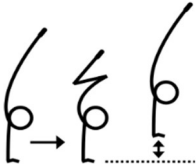
Balance Category 'C' Deduction Table

ELEMENT	0.1	0.2	0.3
<b>HAND BALANCE ZIG ZAG</b> 	<ul style="list-style-type: none"> <li>➤ Step forward to balance</li> <li>➤ Unsteady balance</li> <li>➤ For each second</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs and bottom not in line</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs and bottom completely passed centre line</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 1			
<b>HAND BALANCE FEET UNDER CHIN</b> 	<ul style="list-style-type: none"> <li>➤ Step forward or backward for balance</li> <li>➤ For each second not held</li> <li>➤ Toes not pointed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Incorrect level of feet (minimum under ears)</li> </ul>	<ul style="list-style-type: none"> <li>➤ Feet on head above ears</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 2			
<b>HAND BALANCE BODY TWIST</b> May be on head, under chin, or over arch 	<ul style="list-style-type: none"> <li>➤ Walking to maintain balance (per step)</li> <li>➤ Unsteady balance</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not enough twist</li> <li>➤ Legs not stretched position or on head</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not held in twist long enough</li> <li>➤ No return from twist</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
(2 seconds) (3 Seconds)			
No 3			
<b>HAND BALANCE FULL SPLIT</b> 	<ul style="list-style-type: none"> <li>➤ Walk to maintain balance</li> <li>➤ Alignment incorrect</li> <li>➤ For every second not held</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not in correct split</li> <li>➤ Bad split line</li> </ul>	<ul style="list-style-type: none"> <li>➤ Split not flat</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 4			

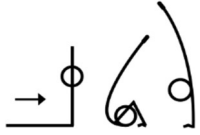
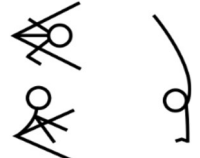
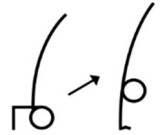

**Balance Category 'C' Deduction Table**

ELEMENT	0.1	0.2	0.3
<b>ADVANCED LEG SHOULDERING</b> 	<ul style="list-style-type: none"> <li>➤ Supporting leg bent</li> <li>➤ Unsteady balance</li> <li>➤ Top leg bent</li> <li>➤ Toe not pointed</li> <li>➤ Per hop and second not held</li> </ul>	<ul style="list-style-type: none"> <li>➤ Extended leg not in split line</li> <li>➤ Hips not aligned</li> </ul>	<ul style="list-style-type: none"> <li>➤ Body and leg very far from centre line</li> <li>➤ Top leg not behind shoulder</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 5			
<b>BACK MOUNT STANDING LEG STRAIT</b> 	<ul style="list-style-type: none"> <li>➤ Top leg bent</li> <li>➤ Supporting leg bent</li> <li>➤ For every second not held</li> <li>➤ Alignment incorrect</li> <li>➤ unsteady</li> </ul>	<ul style="list-style-type: none"> <li>➤ Head not back or in line with arms</li> <li>➤ Leg slip, re-hold</li> </ul>	<ul style="list-style-type: none"> <li>➤ Top leg and body far from centre line</li> <li>➤ head in from of arms</li> <li>➤ bad alignment</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 6			
<b>HAND BALANCE INTO FOREARM BALANCE</b> (2 seconds) (3 Seconds) 	<ul style="list-style-type: none"> <li>➤ Walking to maintain balance (per step)</li> <li>➤ Unsteady balance</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not enough twist</li> <li>➤ Legs not stretched position or on head</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not held in twist long enough</li> <li>➤ No return from twist</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 7			
<b>HAND WALK LEG SWING</b> (6 Step) 	<ul style="list-style-type: none"> <li>➤ For each step less than 6</li> </ul>	<ul style="list-style-type: none"> <li>➤ Leg swing not continuous</li> <li>➤ Incorrect alignment</li> <li>➤ Legs not passing next to each other</li> <li>➤ Hips not kept square</li> <li>➤ Split not flat on at least 1 side</li> </ul>	<ul style="list-style-type: none"> <li>➤ No Control shown and body twisting badly</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 8			

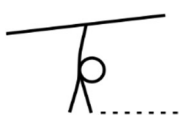
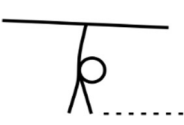

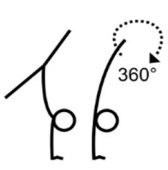
**Balance Category 'C' Deduction Table**

ELEMENT	0.1	0.2	0.3
<b>FLIP UP INTO HAND WALKS</b> (Minimum 6 steps) 	<ul style="list-style-type: none"> <li>➤ Flip up unsteady into hand balance</li> <li>➤ Hand walks untidy</li> </ul>	<ul style="list-style-type: none"> <li>➤ Did triangle position</li> <li>➤ uncontrolled</li> </ul>	<ul style="list-style-type: none"> <li>➤ No control shown</li> <li>➤ Severe Over arch</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 9			
<b>CONTROLLED DOLPHIN DIVE</b> (2 seconds) (3 seconds) 	<ul style="list-style-type: none"> <li>➤ Uncontrolled descent to chest</li> <li>➤ Legs bent</li> <li>➤ Toes not pointed</li> <li>➤ Unsteady recovery</li> </ul>	<ul style="list-style-type: none"> <li>➤ Chin balance not held</li> <li>➤ Shoulders not on floor</li> <li>➤ Not turning onto chin</li> </ul>	<ul style="list-style-type: none"> <li>➤ Loss of control</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 10			
<b>HAND WALKS ZIG ZAG</b> (Minimum 6 Steps) 	<ul style="list-style-type: none"> <li>➤ For every step not taken</li> <li>➤ Unsteady balance</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs and bottom not in line with head</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs and bottom very far off centre</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 11			
<b>HAND WALK HOPS</b> (Minimum 4) 	<ul style="list-style-type: none"> <li>➤ Legs not neat</li> <li>➤ For each hop not done</li> <li>➤ For each step taken</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not continuous</li> <li>➤ Not Enough elevation</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs and feet very untidy</li> <li>➤ No elevation</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 12			

**Balance Category 'C' Deduction Table**


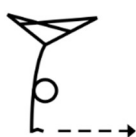


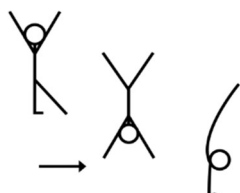
ELEMENT	0.1	0.2	0.3
<b>BACK ROLL INTO HAND BALANCE</b> (3 seconds) 	<ul style="list-style-type: none"> <li>➤ Legs bent in hand balance</li> <li>➤ For every step taken to maintain balance</li> <li>➤ For every second not held</li> <li>➤ Untidy</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not Controlled</li> </ul>	<ul style="list-style-type: none"> <li>➤ Overarched back to maintain balance</li> <li>➤ Legs not 90°</li> <li>➤ No Triangle allowed</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 13			
<b>PRESS TO HANDSTAND FROM STRIDE SPLIT</b> (3 seconds) 	<ul style="list-style-type: none"> <li>➤ Untidy</li> <li>➤ Unsteady</li> <li>➤ For each step taken</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs not joined in handstand</li> <li>➤ Not continuous</li> </ul>	<ul style="list-style-type: none"> <li>➤ Starting position, bottom higher than shoulders</li> <li>➤ Foot touches floor</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 14			
<b>FLIP UP INTO HAND BALANCE</b> (3 seconds) 	<ul style="list-style-type: none"> <li>➤ Bent legs</li> <li>➤ Per step taken to maintain balance</li> <li>➤ Unsteady</li> <li>➤ Untidy</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs open</li> <li>➤ Overarch</li> <li>➤ Not holding head balance for 2 sec</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 15			
<b>HAND BALANCE LOTUS</b> 	<ul style="list-style-type: none"> <li>➤ Alignment</li> <li>➤ Untidy</li> <li>➤ Unsteady</li> <li>➤ Uneven Feet</li> </ul>	<ul style="list-style-type: none"> <li>➤ Foot slips</li> <li>➤ Head not lifted</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bad alignment</li> <li>➤ Both feet slips</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 16			

**Balance Category 'C' Deduction Table**



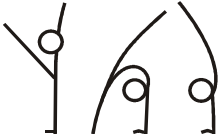


ELEMENT	0.1	0.2	0.3
<b>HAND WALK STRIDE</b> (Minimum 6 steps) 	<ul style="list-style-type: none"> <li>➤ Alignment</li> <li>➤ Each step not taken</li> </ul>	<ul style="list-style-type: none"> <li>➤ Head not lifted</li> <li>➤ Unsteady leg line</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bad Alignment</li> <li>➤ Split not flat</li> <li>➤ Legs not in line with arms</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 17			
<b>HAND WALKS FRONT SPLIT</b> (Minimum 6 steps and 4 leg swings) 	<ul style="list-style-type: none"> <li>➤ Alignment</li> <li>➤ Each step not taken</li> </ul>	<ul style="list-style-type: none"> <li>➤ Head not lifted</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bad alignment</li> <li>➤ Split not flat</li> <li>➤ Legs not in proper split</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 18			
<b>HAND BALANCE OVER ARCH</b> 	<ul style="list-style-type: none"> <li>➤ Alignment out</li> <li>➤ Knees bent</li> <li>➤ Untidy</li> </ul>	<ul style="list-style-type: none"> <li>➤ Head not lifted</li> </ul>	<ul style="list-style-type: none"> <li>➤ Feet not in line with shoulders 90° min</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 19			
<b>CHARTWHEEL OR WALKOVER HANDWALKS 360° TURN</b> 	<ul style="list-style-type: none"> <li>➤ Alignment</li> <li>➤ Untidy</li> <li>➤ Unsteady</li> </ul>	<ul style="list-style-type: none"> <li>➤ Feet not joined at 90°</li> <li>➤ Recovery not in the same direction as kick up</li> <li>➤ Circle too wide</li> </ul>	<ul style="list-style-type: none"> <li>➤ 360° not completed</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 20			



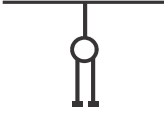

### Balance Category 'C' Deduction Table

ELEMENT	0.1	0.2	0.3
<b>HAND WALKS FEET UNDER CHIN</b> 	<ul style="list-style-type: none"> <li>➤ See hand balance feet under chin</li> <li>➤ Untidy</li> </ul>	<ul style="list-style-type: none"> <li>➤ foot slips out</li> </ul>	<ul style="list-style-type: none"> <li>➤ Feet not under chin or behind ears</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 21			
<b>HAND WALKS LOTUS</b> (6 Steps min, With legs in lotus) 	<ul style="list-style-type: none"> <li>➤ Alignment</li> <li>➤ Untidy</li> <li>➤ Unsteady</li> <li>➤ Uneven feet</li> </ul>	<ul style="list-style-type: none"> <li>➤ Foot slips</li> <li>➤ Head not lifted</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bad alignment</li> <li>➤ Both feet slip</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 22			
<b>BACK OVER INTO ADVANCED PITCH</b> 	<ul style="list-style-type: none"> <li>➤ Legs bent</li> <li>➤ Toes not Pointed</li> </ul>	<ul style="list-style-type: none"> <li>➤ Incorrect line</li> <li>➤ Head not lifted in recovery</li> <li>➤ Unsteady</li> <li>➤ Tanking more than 3 sec to get into final position</li> </ul>	<ul style="list-style-type: none"> <li>➤ Leg not in a straight line</li> <li>➤ Hand still on floor</li> <li>➤ No balance shown</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 23			
<b>BACK MOUNT TURNING</b> 	<ul style="list-style-type: none"> <li>➤ Line incorrect</li> <li>➤ Arms optional but at least shoulder level</li> </ul>	<ul style="list-style-type: none"> <li>➤ Turn not continuous</li> </ul>	<ul style="list-style-type: none"> <li>➤ Extreme over-balance</li> <li>➤ Turn not completed</li> <li>➤ Toe not in line with bottom leg</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 24			
<b>CARTWHEEL HAND BALANCE</b> 	<ul style="list-style-type: none"> <li>➤ See cartwheel for deduction</li> <li>➤ Per second not held</li> <li>➤ Hands not over head</li> </ul>	<ul style="list-style-type: none"> <li>➤ Legs not joined in hand balance</li> </ul>	<ul style="list-style-type: none"> <li>➤ Over-arched hand balance</li> <li>➤ Balance less than 2 sec = fall out</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 25			

**Balance Category 'C' Deduction Table**

ELEMENT	0.1	0.2	0.3
<b>HAND BALANCE PIKE</b> (head & kick up optional) 	<ul style="list-style-type: none"> <li>➤ Knees bent</li> <li>➤ Untidy</li> <li>➤ Per second not held</li> </ul>	<ul style="list-style-type: none"> <li>➤ Alignment out</li> </ul>	<ul style="list-style-type: none"> <li>➤ Feet drop in line with shoulders</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 26			
<b>ADVANCED FLAMINGO</b> 	<ul style="list-style-type: none"> <li>➤ Foot not at least behind head</li> <li>➤ Per second not held</li> <li>➤ Free arm below shoulder</li> <li>➤ Shoulders not square to front</li> </ul>	<ul style="list-style-type: none"> <li>➤ Upper knee not in line with bottom</li> </ul>	<ul style="list-style-type: none"> <li>➤ Chest does not tilt down</li> <li>➤ Alignment not to front</li> <li>➤ No tilt = Fall out</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 27			
<b>ADVANCED BACK OVER HANDBALANCE</b> 	<ul style="list-style-type: none"> <li>➤ Incorrect line</li> <li>➤ Legs bent</li> <li>➤ Toes not pointed</li> <li>➤ Supporting leg bent</li> <li>➤ Extended leg drops in backward movement</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not controlled onto arms</li> <li>➤ Arms not ack with head</li> <li>➤ Leg not over hip height</li> <li>➤ Hip not height not held</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bad alignment</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 28			
<b>FOREARM BALANCE DOUBLE FOLD UP</b> 	<ul style="list-style-type: none"> <li>➤ Check forearm balance deduction</li> </ul>	<ul style="list-style-type: none"> <li>➤ Foot slips</li> <li>➤ Foot not behind shoulders</li> </ul>	<ul style="list-style-type: none"> <li>➤ Foot touches floor (over)</li> <li>➤ Recover reverse kick up</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 29			
<b>HAND BALANCE DOUBLE FOLD UP</b> 	<ul style="list-style-type: none"> <li>➤ Check forearm balance Deduction</li> <li>➤ For each step taken to maintain balance</li> </ul>	<ul style="list-style-type: none"> <li>➤ Foot slips</li> <li>➤ Foot not behind shoulders</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 30			

**Balance Category 'C' Deduction Table**

ELEMENT	0.1	0.2	0.3
<b>HAND BALANCE STRIDE SPLIT</b>  	<ul style="list-style-type: none"> <li>➤ For each step taken to maintain balance</li> </ul>	<ul style="list-style-type: none"> <li>➤ Bad Alignment</li> </ul>	<ul style="list-style-type: none"> <li>➤ Split line very bad</li> <li>➤ Split not flat</li> <li>➤ Very bad alignment</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 31			
<b>FOREARM BALANCE 360° TURN</b> (straight legs OR feet under chin)  	<ul style="list-style-type: none"> <li>➤ See deductions for forearm balance</li> </ul>	<ul style="list-style-type: none"> <li>➤ Feet not together or under chin</li> <li>➤ Knees and legs bent on straight version</li> <li>➤ Not continuous</li> <li>➤ Circle not complete</li> <li>➤ Circle too wide</li> <li>➤ Recovery not in the same position as kick up</li> </ul>	<ul style="list-style-type: none"> <li>➤ Foot touches floor (over) Recover reverse kick up</li> <li>➤ <b>Re-attempt after fall out</b></li> </ul>
No 32			

Section				Age Group			
Name				Judge Name			
Club/Region				Mark			
Formula		Category 'A'		Category 'B'		Category 'C'	
Turns	Leap/Jump	General	Balance	General	Balance	General	Balance