

AERIALS SUMMER STARS

Floor

Level 1	Level 2	Level 3	Level 4	Level 5
<ol style="list-style-type: none"> FORWARD ROLL TO PIKE SIT PIKE FOLD (2 SEC HOLD) LONG LIE DISH SHAPE (2 SEC HOLD), ROLL OVER TO ARCH (2 SEC HOLD) PUSH TO FRONT SUPPORT (2 SEC HOLD) JUMP TO STAND, IMMEDIATE STRAIGHT JUMP SPIN PREP POSITION (2 SEC HOLD) CARTWHEEL (BONUS SKILL) 	<ol style="list-style-type: none"> CARTWHEEL JOIN FEET TOGETHER JUMP 1/2 TURN FORWARD ROLL TO PIKE SIT PIKE FOLD (2 SEC HOLD) LONG LIE DISH SHAPE (2 SEC HOLD) ROLL OVER TO ARCH (2 SEC HOLD) PUSH TO FRONT SUPPORT (2 SEC HOLD) JUMP TO STAND, IMMEDIATE TUCK JUMP SPIN PREP POSITION (2 SEC HOLD) 	<ol style="list-style-type: none"> SPLIT HANDSTAND, RETURN TO LUNGE, THEN JOIN FEET TOGETHER FORWARD ROLL TO STRADDLE SIT PANCAKE LONG LIE PUSH TO BRIDGE (2 SEC HOLD) LONG LIE SHOULDER STAND (2 SEC HOLD), IMMEDIATE STRETCH JUMP SPIN PREP POSITION (2 SEC HOLD ON TOE) CARTWHEEL JUMP 1/1 TURN 	<ol style="list-style-type: none"> SPLIT HANDSTAND, RETURN TO LUNGE JOIN FEET TOGETHER ARABESQUE BACKWARD ROLL TO STRADDLE STAND PLACE HANDS ON FLOOR AND SLIDE TO BOX SPLIT (150 DEGREES) TURN TO STRADDLE/PIKE SIT PANCAKE OR PIKE FOLD LONG LIE PUSH TO BRIDGE SHOULDER STAND, IMMEDIATE TUCK JUMP CARTWHEEL, STEP CARTWHEEL 	<ol style="list-style-type: none"> HANDSTAND IMMEDIATE JUMP 1/2 TURN ARABESQUE BACKWARD ROLL TO STRADDLE STAND SLIDE TO BEST SPLITS* (150 DEGREES) LONG LIE, DISH SHAPE, ROLL OVER TO ARCH PUSH TO FRONT SUPPORT JUMP TO STAND, TUCK JUMP CARTWHEEL SKIP CARTWHEEL
Level 6	Level 7	Level 8	Level 9	Level 10
<ol style="list-style-type: none"> HANDSTAND BACK TO STAND ARABESQUE FORWARD ROLL TO STRADDLE STAND TURN TO RIGHT OR LEFT SPLITS* (BONUS FOR 180) LONG LIE PUSH TO BRIDGE KICKOVER* OR SIT UP AND BACKWARD ROLL JUMP 1/1 TURN CARTWHEEL SKIP CARTWHEEL 	<ol style="list-style-type: none"> FULL SPIN HANDSTAND BACK TO STAND FORWARD ROLL STRAIGHT JUMP ONE HANDED CARTWHEEL BACKWARD ROLL STRADDLE FROM STRADDLE STAND, BACKWARD ROLL JUMP 1/1 TURN ROUND OFF, REBOUND JUMP 	<ol style="list-style-type: none"> FULL SPIN HANDSTAND FORWARD ROLL STRAIGHT JUMP ONE HANDED CARTWHEEL BACKWARD ROLL STRADDLE FROM STRADDLE STAND, BACKWARD ROLL JUMP 1/1 TURN SPLIT JUMP OR SPLIT LEAP ROUND OFF, REBOUND JUMP 	<ol style="list-style-type: none"> HANDSTAND FORWARD ROLL IMMEDIATE JUMP 1/2 TURN SHOW ARABESQUE (2 SEC) FROM ARABESQUE, (WHILE STILL HOLDING THE LEG UP), FORWARD ROLL TO STRADDLE SIT JOIN LEGS, PIKE FOLD (2 SEC) BACKWARD ROLL TO STRADDLE STAND TURN TO RIGHT OR LEFT SPLITS TURN BACK TO STRADDLE SIT AND JOIN LEGS BACKWARD ROLL TO STAND, FEET TOGETHER CARTWHEEL, SKIP CARTWHEEL JOIN YOUR FEET AND JUMP 1/2 TURN 	<ol style="list-style-type: none"> HANDSTAND FORWARD ROLL IMMEDIATE JUMP 1/2 TURN BACKWARD ROLL TO STRADDLE STAND TURN TO RIGHT OR LEFT SPLITS RETURN TO STRADDLE SIT PANCAKE SIT UP AND JOIN LEGS ROLL BACKWARDS TO SHOULDER STAND ROLL TO STAND, IMMEDIATE STRAIGHT JUMP SPIN PREP ON FLAT FOOT (5 SEC HOLD), STEP 1/2 TURN ON TURN CARTWHEEL SKIP CARTWHEEL

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Bars

Level 1	Level 2	Level 3	Level 4	Level 5
<ol style="list-style-type: none"> 1. FROM BLOCK - JUMP TO FRONT SUPPORT WITH STRAIGHT ARMS 2. SIDE LEG LIFTS X 1 (EACH SIDE) 3. FORWARD ROLL TO SLOPE WITH STRAIGHT ARMS AND LEGS 	<ol style="list-style-type: none"> 1. FROM BLOCK - JUMP TO FRONT SUPPORT WITH STRAIGHT ARMS 2. SIDE LEG LIFTS X 2 (EACH SIDE) 3. FORWARD ROLL TO SLOPE WITH STRAIGHT ARMS AND LEGS 	<ol style="list-style-type: none"> 1. CHIN UP, BACK TO STAND, NO BEND OF THE KNEES ALLOWED 2. FROM BLOCK - JUMP TO FRONT SUPPORT WITH STRAIGHT ARMS 3. SIDE LEG LIFTS X 2 (EACH SIDE) 4. FORWARD ROLL TO TUCK HANG (BONUS FOR V HANG) 	<ol style="list-style-type: none"> 1. CHIN UP, BACK TO STAND, NO BEND OF THE KNEES ALLOWED 2. JUMP TO FRONT SUPPORT 3. CAST X 2 4. SIDE LEG LIFTS X 2 (EACH SIDE) 5. CAST PUSH AWAY TO LANDING POSITION ON THE FLOOR 	<ol style="list-style-type: none"> 1. GLIDE SWING 2. JUMP TO FRONT SUPPORT, OR BONUS FOR UP HIP CIRCLE 3. CAST X 2 4. SIDE LEG LIFTS X 2 (EACH SIDE) 5. CAST PUSH AWAY TO LANDING POSITION ON THE FLOOR
Level 6	Level 7	Level 8	Level 9	Level 10
<ol style="list-style-type: none"> 1. JUMP TO FRONT SUPPORT, OR BONUS FOR UP HIP CIRCLE 2. CAST X 2 3. CAST PUSH AWAY TO LANDING POSITION ON THE FLOOR 4. JUMP TO HANG POSITION ON HIGH BAR 5. KEEPING A STRAIGHT SHAPE (TIGHT), WALK HANDS TO OTHER SIDE OF BAR 6. ONCE COMPLETE SHOW LANDING SHAPE ON THE FLOOR 	<ol style="list-style-type: none"> 1. JUMP TO FRONT SUPPORT, OR BONUS FOR UP HIP CIRCLE 2. CAST X 2 3. CAST PUSH AWAY TO LANDING POSITION ON THE FLOOR 4. JUMP TO HANG POSITION ON HIGH BAR 5. LEG LIFTS TO TUCK POSITION X 3 6. ONCE COMPLETE SHOW LANDING SHAPE ON THE FLOOR 	<ol style="list-style-type: none"> 1. JUMP TO FRONT SUPPORT, OR BONUS FOR UP HIP CIRCLE 2. CAST X 2 3. BONUS FOR SHOWING BACK HIP CIRCLE 4. CAST PUSH AWAY TO LANDING POSITION ON THE FLOOR 5. JUMP TO HANG POSITION ON HIGH BAR 6. KEEPING A STRAIGHT SHAPE, WALK HANDS TO OTHER SIDE OF BAR 7. SHOW DISH AND ARCH POSITION, 3 OF EACH 8. ONCE COMPLETE SHOW LANDING SHAPE ON THE FLOOR 	<ol style="list-style-type: none"> 1. JUMP TO FRONT SUPPORT, OR BONUS FOR UP HIP CIRCLE 2. CAST X 2 3. BONUS FOR SHOWING BACK HIP CIRCLE 4. CAST PUSH AWAY TO LANDING POSITION ON THE FLOOR 5. JUMP TO HANG POSITION ON HIGH BAR 6. LEG LIFTS TO TUCK POSITION X 3 7. ONCE COMPLETE SHOW LANDING SHAPE ON THE FLOOR 	<ol style="list-style-type: none"> 1. JUMP TO FRONT SUPPORT, OR BONUS FOR UP HIP CIRCLE 2. CAST X 2 3. BONUS FOR SHOWING BACK HIP CIRCLE 4. CAST PUSH AWAY TO LANDING POSITION ON THE FLOOR 5. JUMP TO HANG POSITION ON HIGH BAR 6. SHOW DISH AND ARCH POSITION, 3 OF EACH 7. SWINGS X 3 8. ON THE 3RD SWING BACKWARDS, JUMP BACK

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Vault

Level 1	Level 2	Level 3	Level 4	Level 5
<p>STACKED MATS SET AT 60 CM</p> <p>VAULT - SQUAT ON THEN FORWARD ROLL TO LONG LIE</p>	<p>STACKED MATS SET AT 60 CM</p> <p>VAULT - FORWARD ROLL</p>	<p>STACKED MATS SET AT 60 CM</p> <p>VAULT - FORWARD ROLL SHOWING HALF HANDSTAND POSITION IN FIRST FLIGHT BONUS FOR SHOWING HANDSTAND</p>	<p>STACKED MATS SET AT 60 CM</p> <p>VAULT - HANDSPRING FLAT BACK SHOWING FULL HANDSTAND IN FIRST FLIGHT</p>	<p>STACKED MATS SET AT 80 CM</p> <p>VAULT - HANDSPRING FLAT BACK SHOWING FULL HANDSTAND IN FIRST FLIGHT</p>
Level 6	Level 7	Level 8	Level 9	Level 10
<p>STACKED MATS SET AT 80 CM</p> <p>VAULT - HANDSPRING PREP SHOWING FULL HANDSTAND IN FIRST FLIGHT AND PUSH OFF IN SECOND FLIGHT</p>	<p>STACKED MATS SET AT 100 CM</p> <p>VAULT - HANDSPRING FLAT BACK SHOWING FULL HANDSTAND IN FIRST FLIGHT BONUS FOR SHOWING SECOND FLIGHT</p>	<p>STACKED MATS SET AT 100 CM</p> <p>VAULT - HANDSPRING PREP SHOWING FULL HANDSTAND IN FIRST FLIGHT AND PUSH OFF IN SECOND FLIGHT</p>	<p>VAULTING TABLE STACKED MATS SET AT 100 CM</p> <p>VAULT - HANDSPRING PREP SHOWING FULL HANDSTAND IN FIRST FLIGHT AND PUSH OFF IN SECOND FLIGHT</p>	<p>VAULTING TABLE STACKED MATS SET AT 120 CM</p> <p>VAULT - HANDSPRING PREP SHOWING FULL HANDSTAND IN FIRST FLIGHT AND PUSH OFF IN SECOND FLIGHT</p>

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Beam

(introduced from Level 4 onwards)

Level 4	Level 5	Level 6	Level 7	Level 8	Level 9	Level 10
<p>ROUTINE TO BE PERFORMED ON THE FLOOR BEAM</p> <ol style="list-style-type: none"> 5 FAST WALKING STEPS FORWARDS WITH STRAIGHT KNEES STRAIGHT JUMP SPIN PREP TO BE HELD FOR 2 SECONDS ARABESQUE 2 1/2 TURNS TO BE PERFORMED ON TWO FEET IN RELEVÉ (CONNECTED WITH A STEP BETWEEN) TUCK JUMP DISMOUNT - RUN, STRAIGHT JUMP 	<p>ROUTINE TO BE PERFORMED ON THE BEAM AT 80 CM</p> <ol style="list-style-type: none"> 5 FAST WALKING STEPS FORWARDS WITH STRAIGHT KNEES STRAIGHT JUMP SPIN PREP TO BE HELD FOR 2 SECONDS ARABESQUE 2 1/2 TURNS TO BE PERFORMED ON TWO FEET IN RELEVÉ (CONNECTED WITH A STEP BETWEEN) TUCK JUMP DISMOUNT - RUN, STRAIGHT JUMP 	<p>ROUTINE TO BE PERFORMED ON THE BEAM AT 50 CM</p> <ol style="list-style-type: none"> 3 STEPS SIDWAYS (EACH DIRECTION, 6 STEPS IN TOTAL) STRAIGHT JUMP IMMEDIATE STRAIGHT JUMP SPIN PREP TO BE HELD ON TOES FOR 2 SECONDS ARABESQUE TUCK JUMP OR CAT LEAP SPLIT HANDSTAND DISMOUNT - RUN, STRAIGHT JUMP <p>*BONUS FOR CARTWHEEL ON BEAM</p>	<p>ROUTINE TO BE PERFORMED ON THE BEAM AT 80 CM</p> <ol style="list-style-type: none"> 3 STEPS SIDWAYS (EACH DIRECTION, 6 STEPS IN TOTAL) STRAIGHT JUMP IMMEDIATE STRAIGHT JUMP SPIN PREP TO BE HELD ON TOES FOR 2 SECONDS ARABESQUE TUCK JUMP OR CAT LEAP SPLIT HANDSTAND DISMOUNT - RUN, STRAIGHT JUMP <p>*BONUS FOR CARTWHEEL ON BEAM</p>	<p>ROUTINE TO BE PERFORMED ON THE BEAM AT 80 CM</p> <ol style="list-style-type: none"> STRADDLE LEVER (2 SEC HOLD) 5 STEPS BACKWARDS 1/2 TURN IN SQUAT POSITION, STEP 1/2 TURN IN A STRETCHED POSITION ON TWO FEET STRAIGHT JUMP IMMEDIATE STRAIGHT JUMP ARABESQUE TUCK JUMP OR CAT LEAP SPLIT HANDSTAND DISMOUNT - RUN, STRAIGHT JUMP <p>*BONUS FOR CARTWHEEL ON BEAM</p>	<p>ROUTINE TO BE PERFORMED ON THE BEAM AT 100 CM</p> <ol style="list-style-type: none"> STRADDLE LEVER (2 SEC HOLD) 5 STEPS BACKWARDS 1/2 TURN IN SQUAT POSITION, STEP 1/2 TURN IN A STRETCHED POSITION ON TWO FEET STRAIGHT JUMP IMMEDIATE STRAIGHT JUMP ARABESQUE TUCK JUMP OR CAT LEAP SPLIT HANDSTAND DISMOUNT - ROUND OFF, OFF <p>*BONUS FOR CARTWHEEL ON BEAM</p>	<p>ROUTINE TO BE PERFORMED ON THE BEAM AT 100 CM</p> <ol style="list-style-type: none"> STRADDLE LEVER (2 SEC HOLD) 5 STEPS BACKWARDS 1/2 TURN IN SQUAT POSITION, STEP 1/2 TURN IN A STRETCHED POSITION ON TWO FEET STRAIGHT JUMP IMMEDIATE STRAIGHT JUMP ARABESQUE TUCK JUMP OR CAT LEAP SPLIT HANDSTAND DISMOUNT - ROUND OFF, OFF <p>*BONUS FOR CARTWHEEL ON BEAM</p>