

男子組 Boys Group: (規定套路 compulsory routine)

自由體操

1. 手倒立(1 秒)
2. 前滾翻直跳轉體 180°接後滾翻分腿企身向前 90°
3. 正支撐接反支撐(2 秒)
4. 碟形(2 秒)
5. 拱橋(2 秒)
6. 放落分腿坐接一字碼(2 秒)
7. 向前伸展併腿，伏臥支撐向後舉腳(2 秒)向後挺身
8. 三角支撐(2 秒) 跪地起身
9. 直跳轉體 180°
10. 立定側手翻接側手翻。

Floor Exercise

1. Kick handstand(1 sec)
2. Forward roll straight jump with 180°turn, backward roll straddle
3. Front support to back support (2sec)
4. Dish shape(2 sec)
5. Back Bend(2sec)
6. Straddle sit to split leap(2 sec)>turn forward lying down
7. One leg hold with support (2 sec)
8. Tripot (2 sec)>knees land & stand
9. Straight jump 180°
10. Standing cartwheel & cartwheel to ending

跳箱/跳板(60cm 高厚墊)

1. 助跑直跳上厚墊
2. 手倒立推手敞墊

Vault/Springboard:(60cm thick mat)

1. Straight jump on thick mats
2. Kick to handstand flat back

彈床

1. 直跳四次，蹲腿跳四次，分腿跳 180° 四次

Trampoline

1. Straight jump 4 times, tuck jump 4 times and straddle jump 180° 4 times

女子組 Girls Group: (規定套路 compulsory routine)

自由體操

1. 舞蹈動作
2. 前滾翻直跳轉體 180°接後滾翻分腿企(2 秒)
3. 正支撐接反支撐(各 2 秒)併腿屈體坐
4. 肩倒立(2 秒)> 放落向前分腿坐接一字碼
5. 向前伸展併腿跪起身
6. 站立落拱橋(2 秒)敞直起身 / 拱橋落及起
7. 原地兩腳分別提腿 45°
8. 直跳分腿跳
9. 單足轉 180°
10. 手倒立
11. 立定側手翻接側手翻>自編舞蹈動作

Floor Exercise

1. Dance
2. Forward roll, straight jump turn 180°, backward roll straddle stand(2 sec)
3. Front support & back support(2 sec), pike sit
4. Shoulder stand(2 sec)> straddle sit to split
5. Forward lying down to stand
6. Back bend(2 sec), laying & stand / Stand to back bend and return
7. Spring step 45° on each leg
8. Straight jump & straddle jump
9. Single leg turn 180°
10. Kick handstand
11. Standing cartwheel twice>dance with ending pose

跳箱/跳板(60cm 高厚墊)

1. 助跑直跳上厚墊
2. 手倒立推手敞墊

Vault/Springboard:(60cm thick mat)

1. Straight jump on thick mats
2. Kick to handstand flat back

彈床

1. 直跳四次, 蹲腿跳四次, 分腿跳 180° 四次

Trampoline

1. Straight jump 4 times, tuck jump 4 times and straddle jump 180° 4 times