

Group D 組

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

自由體操

1. 手倒立前滾翻
2. 3步助跑魚躍前滾翻
3. 踏步交叉腳跳> 側弓箭步> 轉體 90°
4. 燕式平衡(2秒)> 向後舉腳俯臥撐
5. 擺腿成一字碼 2秒> 向後劃腿成前支撐
6. 曲腳或直腳頭倒立(2秒)
7. 前滾併腿坐
8. 反支撐 2秒
9. 合腳屈體坐, 後滾直腿起
10. 原地跳起雙手側手翻接單手側手翻> 完結

Floor Exercise

1. Handstand forward roll
2. 3-step run, dive forward roll
3. Cross leg jump> arrow pose> turn 180°
4. Scale(2sec)>to front support one leg hold
5. Split (2sec)> close legs with front support
6. Headstand(bend/straight leg)(2 sec)
7. Forward roll to sit(feet together)
8. Back support(2 sec)
9. Pike sit, backward roll to straight leg stand
10. Hurdler cartwheel to one hand cartwheel> ending

跳箱 (60cm 厚墊)

1. 助跑起跳經手倒立推手成直體仰臥墊

Vault(60cm 厚墊 thick mat)

1. Run , handspring flat back on mats

彈床

1. 直跳四次, 蹲腿跳四次, 分腿跳 180° 四次, 一字碼跳四次

Trampoline

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

Group D 組

女子組 Girls Group: (自編套路 optional routine)

自由體操

1. 自編舞蹈動作
2. 直體跳轉 360°
3. 併步跨跳接分腿跳
4. 手倒立前滾翻接西松跳
5. 單手側手翻
6. 燕式平衡(3 秒)
7. 一字碼
8. 拱橋落及起
9. 助跑趨步內轉接挺身跳
10. 單足轉 360°
11. 自編舞蹈動作

Floor Exercise

1. Dance
2. Jump full turn
3. Leap jump & straddle jump
4. Handstand forward roll & scissor jump
5. One hand cartwheel
6. Scale(3sec)
7. Split
8. Stand to back bend and return
9. Hurdler round off rebound straight jump
10. Single leg turns 360°
11. Dance

跳箱(60cm 高厚墊 thick mat):

1. 助跑起跳經手倒立推手成直體仰臥墊

Vault(60cm thick mat)

1. Run , handspring flat back on mats

彈床:(規定套路)

直跳四次, 蹲腿跳四次, 分腿跳 180° 四次, 一字碼跳四次

Event-Trampoline (compulsory routine)

Straight jump 4 times, tuck jump 4 times, straddle jump 180° 4 times and split jump 4 times