

Group E 組

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

自由體操

1. 直跳轉體 360°
2. 助跑前手翻
3. 弓箭步轉體 180°
4. 助跑魚躍前滾翻
5. 手倒立前滾翻坐
6. 浮撐(2 秒)或直角支撐
7. 後倒向前直跳轉 180°
8. 側平衡(2 秒)
9. 側手內轉直跳
10. 難度動作: 後手翻完結

Event-Floor Exercise

1. Jump full turn
2. Hurdle front handspring
3. Arrow pose and turn 180°
4. Run to Dive forward roll
5. Handstand forward roll sit
6. Straddle support (2 sec) or right angle Support
7. Roll to stand jump half turn
8. Y-balance (2 sec)
9. Round off rebound
10. Bonus Skill: Back Handspring, ending pose

跳箱 (4 格橫箱) (跳一次)

1. 助跑起跳經手倒立推手成直體仰臥墊

Vault(4-layer box) (1 jump only)

1. Run, handspring flat back on mats

彈床

1. 前空翻(40cm 厚墊)

Trampoline

2. Font somersault (40cm mat)

Group E 組

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

自由體操

1. 自編舞蹈動作
2. 助跑前手接內轉
3. 拼步跨跳接跨跳
4. 分腿蹬腳手倒立前滾翻接一字碼跳
5. 燕式平衡(2 秒)
6. 後軟翻 / 前軟翻 / 前點後軟
7. 後波浪
8. 單足轉體 360°
9. 蹲腿跳轉 360°
10. 難度動作: 側空翻
11. 自編舞蹈步完結

Floor Exercise

1. Dance
2. Front handspring step out round off rebound
3. Leap jump 2 times
4. Straddle handstand forward roll & split jump
5. Scale (2sec)
6. Backward over / Front walkover tip tock / tick tock front walkover back walkover
7. Body wave backward
8. Single leg turns 360
9. Tuck jump full turn
10. Bonus Skill : Side Aerial
11. Dance

跳箱(4 格橫箱) (跳一次)

1. 助跑起跳經手倒立推手成直體仰臥墊

Vault(4-layer box) (1 jump)

1. Run , handspring flat back on mats

彈床(規定套路)

1. 前空翻 (40cm 厚墊)

Trampoline (compulsory routine)

1. Font somersault (40cm mat)