

Group C 組

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. 手倒立推手啟墊

Vault/Springboard:(60cm thick mat)

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

彈床

1. 助跑, 分腿跳

Trampoline

1. Run and straddle jump

Group C 組

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

2. 助跑, 分腿跳

Trampoline

2. Run and straddle jump

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

3. 助跑, 分腿跳

Trampoline

3. Run and straddle jump

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

4. 助跑, 分腿跳

Trampoline

4. Run and straddle jump

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)

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 及 前軟翻/前點後軟翻
7. 後波浪
8. 單足轉體 360°
9. 蹲腿跳轉 360°
10. 難度動作: 側空翻 及/或 內轉後手翻
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 / tick tock over
7. Body wave backward
8. Single leg turns 360
9. Tuck jump full turn
10. Bonus Skill : Side Aerial and/or Round-off Backhand Spring
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)