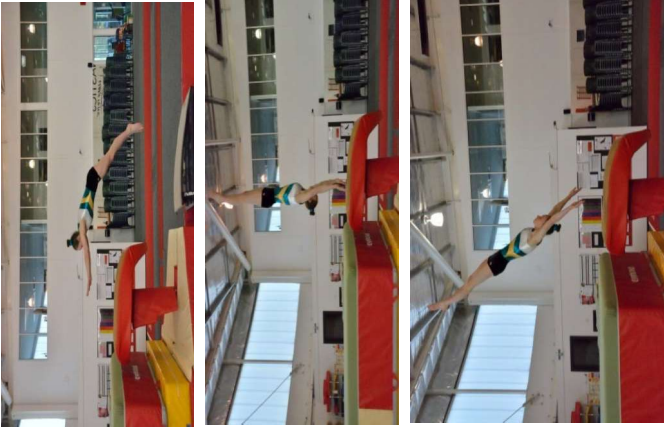


Australian Women's Levels Program



Compulsory Levels Level 5 Vault



The gymnast may perform the vault twice with the higher score to count.

Element	Value	Images	Technical Description
Run, handspring to flat back landing.	10.0		<p>The run should be smooth on approach to the board with the gymnast standing tall with a quick cadence and fast reaction off the floor.</p> <p>The hurdle to the board should be flat joining the feet together at the top of the board.</p> <p>The objective is to perform a maximum repulsion from the vaulting table, while maintaining an open shoulder angle, and straight body position.</p> <p>After the repulsion the gymnast will return to the mats maintaining the straight body position and the open shoulder angle.</p> <p>During the 'falling' to back phase, the body is to remain straight with the shoulder angle completely open.</p> <p>All body parts should contact the mats at the same time.</p>

Australian Women's Levels Program







Compulsory Levels Level 5 Uneven Bars

Element	Value	Images	Technical Description
Glide kip, cast to horizontal 	1.0 x 2		Execute a glide kip, smooth action into the kip. Straddle glide is permitted. Arms and legs are to remain straight throughout the entire kip to the front support position. Immediately cast to horizontal. Cast away from the bar, with hips extended and no back arch. Chest remains in throughout. Arms straight and body tight.



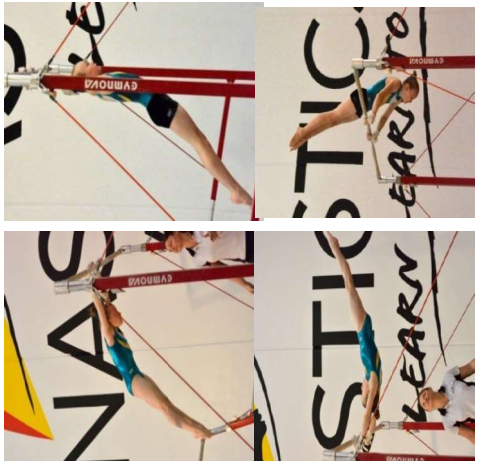
Australian Women's Levels Program



Element	Value	Images	Technical Description
Back hip circle 	1.0		After the cast hips return to bar, immediately execute a back hip circle. A dish body shape must be maintained during the circle with the chest / upper back. The hips must be straight / open. Arms straight and body tight.
Cast to squat or pike on, jump to grasp high bar  OR Cast to squat or pike on, sole circle, jump to grasp high bar	0.5		Cast with torso concave to place feet between hands in a squat OR pike position. There is no minimum height requirement for this cast. Sole Circle: From this position circle in a backwards direction around the bar for almost an entire revolution, then; Jump from the low bar with feet pointed, legs together and open hips to grasp the high bar.


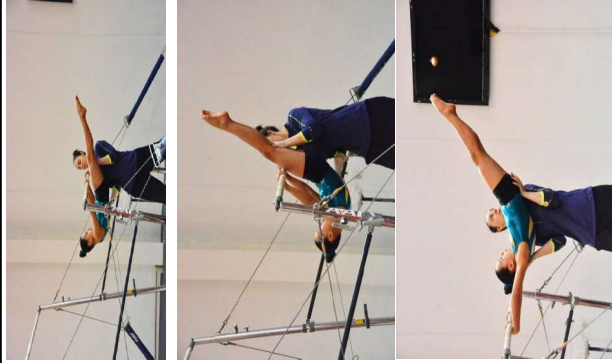
Australian Women's Levels Program



Element	Value	Images	Technical Description
2 long swings, pullover on 3rd swing  	1.0 x 3		<p>The gymnast commences in a hollow body position on the top of the back swing. This position must show shoulders open, chest in and head neutral. This strong position must be maintained throughout the entire swing, particularly during the tap action.</p> <p>On the downswing (in the 2nd quadrant / around 45°), extension of the hips occur (a tap) in preparation for a strong kick (hip flexion) through the bottom of the swing. This tap action is generated through the hips, not by bending the knees.</p> <p>Once the body passes the vertical line of the bar into the swing forward, the gymnast then kicks their legs upwards into a hollow shape. The toes should be leading this upswing. At the top (approx. horizontal) of this front swing, the body should be in a hollow position, with the toes being the highest point.</p> <p>On the backswing, the hollow body shape must be maintained. The gymnast must show rising shoulders and hips, but with the body in a rounded hollow shape with the lower legs and feet pointing downwards at all times. For the safety of the gymnast; and to prevent unintended release of the bar on the back swing; the feet are not to point backwards over the low bar.</p> <p>Perform the 2nd and 3rd swings in the same manner as the 1st; building in height and amplitude.</p> <p>At the front of the 3rd swing, pull over the bar to a front support position, turning wrists quickly.</p> <p>Chest remains in with hips open / extended. Arms straight in front support. As the wrists are turning to front support the hands should not release the bar. If they do, 0.3 deduction.</p> <p>The legs may straddle on the descent of the swing, but need to be together on the backswing. If straddle is performed, 0.3 deduction each time.</p>



Australian Women's Levels Program



Element	Value	Images	Technical Description
Underswing (to finish at top of backward swing), long swing (full swing forward then back) 	1.0 x 2		From the pullover, continue circling the bar in backwards direction, until inverted. Then let the body swing away from the bar into an immediate underswing – forwards away from the bar. Execute a long swing, as above.

Australian Women's Levels Program



Element	Value	Images	Technical Description
Swing ½ turn and release dismount (minimum height 45° below horizontal) 	1.0		<p>At the peak/top of the swing forward perform a ½ turn to finish in mixed grip. If no mixed grip when release bar, 0.3 deduction.</p> <p>The height of the body on the turn is minimum 45° below horizontal.</p> <p>Maintain a dish body shape, chest in during the turn, no lower body arch.</p> <p>Keep head in neutral position between straight arms, feet together, show a momentary support on the HB. Push off the HB to land on feet, judging finishes on release of the bar.</p>

Australian Women's Levels Program



Compulsory Levels Level 5 Beam

Element	Value	Images	Technical Description
Jump to front support, lift leg over to straddle sit, lift to hold clear straddle position, lower to beam, swing legs back to front support, kneel and stand	0.5 0.5		<p>With hands pushing down on the beam at the same time as the feet jump off the board - jump to front support with open hip position in support. Lift one leg over to straddle sit.</p> <p>Arms and legs are straight.</p> <p>Lift legs to a clear straddle position and hold for 2 seconds, with the legs straight at horizontal.</p> <p>Lower to straddle sit.</p> <p>Swing with straight legs backwards to front support before bringing feet into a tuck/kneel position, then stand.</p> <p>If the gymnast swings back immediately from straddle lever position, there is no deduction.</p>



Australian Women's Levels Program



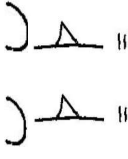
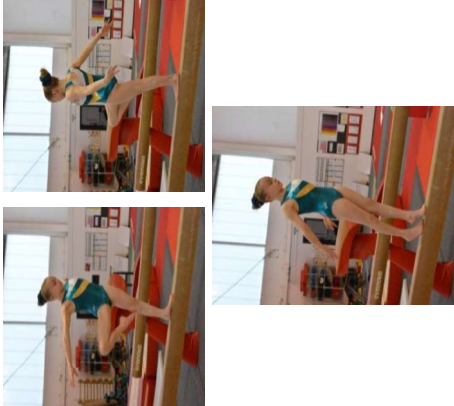


Gymnastics
Australia



Women's Artistic
Gymnastics

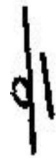
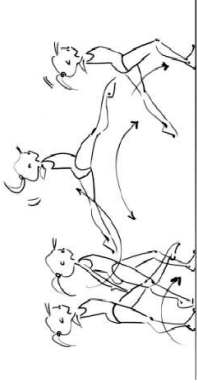

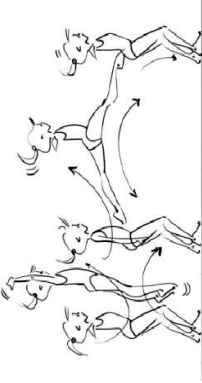

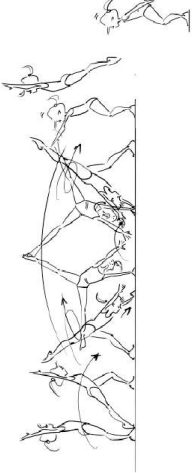


Element	Value	Images	Technical Description
Backward walkover 	1.0		Start standing on 1 leg, free leg pointed in front, arms vertical, palms turned out.
OR cartwheel ¼ turn 			Cartwheel ¼ Turn: Finish either in a lunge OR in a step in position, optional arm position.
OR tic toc 			Bwd walkover / Tic Toc: Enter the skill with the arms by ears and kick / walkover to an overhead split (min 135°), with a strong handstand position. Finish either in a lunge OR step in position, arms in front just below horizontal (to allow easy transition into choreography).
OR forward walkover 			Fwd walkover: Finish standing on 1 leg, front foot pointed, arms vertical palms turned out.

Australian Women's Levels Program

Element	Value	Images	Technical Description
<p>2 x passé ½ turns on the same foot, relevé hold</p> 	<p>0.5 x 2</p>		<p>Start standing on 1 leg with arms pressed back sideways. Lift free leg to side passé position, initiate the ½ turn by bringing the free knee to forward passé and rise to strong relevé position for the turn. The passé ½ turn can finish in relevé or flat foot. Arms lower to side during the turn.</p> <p>At the completion of the 1st ½ turn, the free leg moves to a side passé position again and arms lift to pressed back sideways. Repeat passe ½ turn.</p> <p>Both turns must be on a high relevé.</p> <p>At the completion of the 2nd turn, bring the free leg from passé position to 5th position on the beam. Hold relevé 2 secs with arms remaining down at side.</p> <p>If the free leg touches the beam during the 1/2 turns due to lack of balance, 0.3 deduction (for lack of balance).</p>
<p>Kick to handstand (2 secs) - step in</p> 	<p>1.0</p>		<p>Stand on 1 leg, with the other leg pointed in front, arms vertical, palms turned out.</p> <p>Kick to handstand through lunge position (lunge doesn't need to held) to hold handstand for 2 secs.</p> <p>A split position may be shown before joining the legs.</p> <p>In handstand - straight vertical line from hands to toes including head in a neutral position. Eyes should focus on hands in handstand position and eyes transition to see the feet and beam during step in phase.</p> <p>After the handstand, the legs may split prior to stepping down.</p> <p>Handstand is completed to a step in position with feet flat either together or in a 5th position. Arm position optional.</p>

Australian Women's Levels Program



Element	Value	Images	Technical Description
Split leap (135°) 	1.0		2-3 running steps, split leap (135° split). Bent or straight leg entry acceptable. Arms pressed back sideways in leap. On landing, pass through arabesque / fondu (not required to be held), step through to a finish of standing on 1 leg, back leg pointed, arms pressed sideways.
Straight jump, split jump (135°) series (may be reversed) 	1.0 x 2		Start with feet flat either together or in a 5th position, arm position optional. Arms lift to vertical during the straight jump. Arms may swing down between jumps. Split jump with no or minimal forward travel, legs straight and even split forwards & backwards. Land the 2nd jump in a plié with optional arm position.
Dismount: Cartwheel on the beam, immediate straight jump off the end of the beam 	0.5 & 0.5		From either a standing start or with 2-3 steps preparation, commence cartwheel with arms vertical. After cartwheel immediate straight jump off beam. Arms should be vertical during the jump and lower to forward horizontal on landing.
OR Tuck front salto dismount 	OR 1.0		2-3 steps into a tuck front salto from the end of the beam. Landing in plié with feet together, arms in forward horizontal.

Australian Women's Levels Program



Compulsory Levels




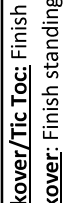
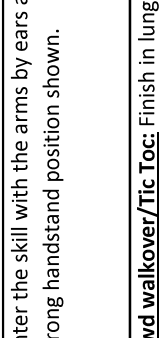







Level 5

Floor

Element	Value	Images	Technical Description
Round-off, flic flac, rebound X U I	0.5 & 1.0		From 3-4 running steps, hurdle into round-off, flic flac rebound. Rebound should be dynamic, lift vertically and may have some displacement backwards. Body aligned & tight in the air – the shape can be “open/straight” or slightly concave. The rebound should be controlled but not stuck – up to 3 steps backwards without deduction. It is acceptable to “bounce” out of the rebound into the 3 steps. The rebound should land on 2 feet, prior to the bounce/steps backwards. If the rebound travels forward, lack of control & body shape deductions apply.
Split leap, Split leap (both 180°) e e	1.0 x 2		2-3 running steps, split leap, split leap (180° split) completed as a passage of dance. Bent or straight leg entry acceptable. Arms pressed back sideways in both leaps. On landing, pass through arabesque / fondu (not required to be held), step through to a finish of standing on 1 leg, back leg pointed, arms pressed back sideways. The arms will start in a high 3rd position. Standing in a 4th position lunge. The forward arm moves to a 2nd position at the start of the turn, lifting to 5th during the turn.
Full turn on one foot O	1.0		Turn must complete 360° rotation. Turn must be on a high relevé. On completion of turn, step through pile to stand on one leg, with the back leg pointed behind, and arms pressed back at side. No deduction if entry into turn or finish are varied.






Australian Women's Levels Program



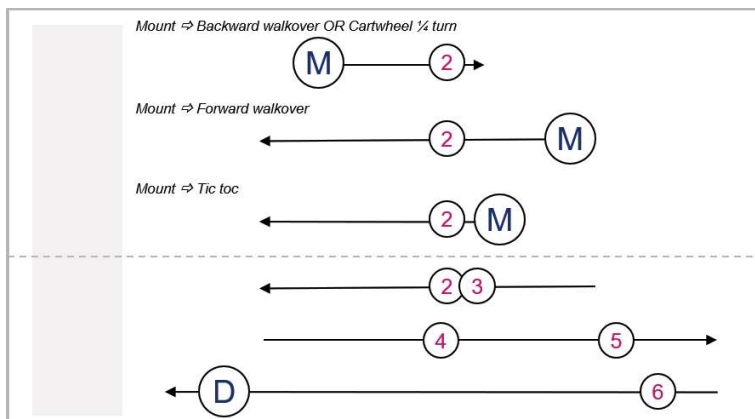
Element	Value	Images	Technical Description
Backward walkover 	1.0		Start standing on one leg, free leg pointed in front, arms vertical, palms turned out.
OR forward walkover  OR tic toc 			Enter the skill with the arms by ears and kick / walkover to an overhead split (180°), with a strong handstand position shown.
Bwd walkover/Tic Toc: Finish in lunge or step in position, arm position optional. Fwd walkover: Finish standing on one leg, front foot pointed, arms vertical palms turned out.			
Split jump, sissone series (both 180°) OR  OR 	1.0 x 2		Start with feet together, arm position optional. During both jumps arms must be pressed back sideways with body vertical.
Split jump, straddle jump series (both180°) OR  OR 			The two jumps should be connected with a dynamic rebounding take-off between them.
Split jump, straddle pike jump series (both180°)  OR 			On landing, pass through arabesque / fondu (not required to be held), step through to a finish of standing on 1 leg, back leg pointed, arms pressed back at side. Jumps may be reversed.

Australian Women's Levels Program







Element	Value	Images	Technical Description
Tucked front salto OR  Handspring, tuck front salto 	1.0		3–4 running steps into tucked front salto. Finish with legs together, arms forward horizontal. A controlled rebound, with tight body can be performed after the front salto. This rebound should be stuck.
Backward roll to front support 	1.0		Standing with legs together, roll to ground with straight legs and execute a backward roll with straight arms to finish in front support. If legs bend during the "roll" to the ground, bent leg deduction applies 0.1/0.3/0.5 Hands should not touch the floor during the "roll" to ground phase, however, there is no deduction if they do touch the ground.

National Choreography Notes Level 5 | Beam



- M** ⇒ Jump to front support, lift leg over to straddle sit, lift to hold clear straddle position, back to straddle sit, swing legs back to front support, kneel (tuck) and stand on beam
- 2** ⇒ Backward walkover OR Forward walkover OR Tic toc OR Cartwheel ¼ turn
- 3** ⇒ 2 x passé ½ turns
- 4** ⇒ Handstand (hold 2 sec) | step in
- 5** ⇒ Split leap
- 6** ⇒ Straight jump, split jump series
- D** ⇒ Cartwheel on the beam, immediate straight jump off the end of the beam OR Tuck front salto dismount.

Mount to Acrobatic element options

Mount to Backward walkover	Mount to Forward walkover	Mount to Tic toc	Mount to Cartwheel ¼ turn
Start 1/3 way from dismount end. Stand facing sideways to beam.	Start 2/3 way from dismount end. Stand facing sideways to beam.	Start ½ way from dismount end. Stand facing sideways to beam.	Start 1/3 way from dismount end. Stand facing sideways to beam.
Finish mount Facing dismount end.	Finish mount Facing dismount end.	Finish mount Facing dismount end.	Finish mount Facing away from dismount end.
Mount <i>Jump to front support, lift leg over to straddle sit, lift to hold clear straddle position, lower to straddle sit, swing legs back to front support, kneel (tuck) and stand on beam.</i>	Mount <i>Jump to front support, lift leg over to straddle sit, lift to hold clear straddle position, lower to straddle sit, swing legs back to front support, kneel (tuck) and stand on beam.</i>	Mount <i>Jump to front support, lift leg over to straddle sit, lift to hold clear straddle position, lower to straddle sit, swing legs back to front support, kneel (tuck) and stand on beam.</i>	Mount <i>Jump to front support, lift leg over to straddle sit, lift to hold clear straddle position, lower to straddle sit, swing legs back to front support, kneel (tuck) and stand on beam.</i>
Finish Facing dismount end.	Finish Facing dismount end.	Finish Facing dismount end.	Finish Facing away from dismount end.
			
From standing position, bend both legs, 1 arm extended forward, 1 arm bent into shoulder and extended to back, focus forward.	From standing position, bend both legs, 1 arm extended forward, 1 arm bent into shoulder and extended to back, focus forward.	From standing position, bend both legs, 1 arm extended forward, 1 arm bent into shoulder and extended to back, focus forward.	From standing position, bend both legs, 1 arm extended forward, 1 arm bent into shoulder and extended to back, focus forward.

Australian Women's Levels Program



1 step forward to pose with weight on 1 bent leg, free leg pointed forward on beam, arms high oblique. Arms lower to side as front foot points behind.
2 x taps of toe behind body.



1 long, strong step backwards to prepare for element.

Start | *Start standing on 1 leg, free leg pointed in front, arms vertical, palms turned out.*

Element
Backward walkover (min. 135° split)

Finish | *Lunge or step in, arms in front just below horizontal.*



1 step forward to pose with weight on 1 bent leg, free leg pointed forward on beam, arms high oblique. Arms lower to side as front foot points behind.
2 x taps of toe behind body.



1 long, strong step backwards to prepare for element.

Start | *Start standing on 1 leg, free leg pointed in front, arms vertical, palms turned out.*

Element
Forward walkover (min. 135° split)

Finish | *Standing on 1 leg, free leg pointed in front, arms vertical, palms turned out.*



1 step forward to pose with weight on 1 bent leg, free leg pointed forward on beam, arms high oblique. Arms lower to side as front foot points behind.
2 x taps of toe behind body.



1 long, strong step backwards to prepare for element.

Start | *Start standing on 1 leg, free leg pointed in front, arms vertical, palms turned out.*

Element
Tic toc (min. 135° split)

Finish | *Lunge or step in, arms in front just below horizontal.*



1 step forward to pose with weight on 1 bent leg, free leg pointed forward on beam, arms high oblique. Arms lower to side as front foot points behind.
2 x taps of toe behind body.



1 long, strong step backwards to prepare for element.

Start | *Start standing on 1 leg, free leg pointed in front, arms vertical, palms turned out.*

Element
Cartwheel ¼ turn

Finish | *Lunge or step in, arms in front just below horizontal.*



Straighten front leg (both legs straight and flat feet), arms circle down, back, and up, and down around head to circle around face. Chest extends forward.
Lift hands above head and up to vertical in 5th, drawing feet together in high relevé.



Step forward to place foot flat on beam, both legs straight (back foot flat). Arms circle down, back, and up, and down around head to circle around face. Chest extends forward.
Lift hands above head and up to vertical in 5th, drawing feet together in high relevé.



Straighten front leg (both legs straight and flat feet), arms circle down, back, and up, and down around head to circle around face. Chest extends forward.
Lift hands above head and up to vertical in 5th, drawing feet together in high relevé.



Straighten front leg (both legs straight and flat feet), arms circle down, back, and up, and down around head to circle around face. Chest extends forward.
Lift hands above head and up to vertical in 5th, drawing feet together in high relevé.



Lower to passé on flat foot and prepare for element.



Start | *Arms pressed back sideways.*

Element

2 x passé ½ turns on the same foot, relevé hold

Arms drop to side during turns.

Arms lift back up to side for preparation for 2nd passé turn.

Arms remain at side during relevé hold.

Finish | *Step to stand on 1 leg, back leg pointed, arms pressed back at side, or finish in relevé hold.*



From finish position #1, bring back leg around with a 'swirl' to end with front foot over toe, on bent legs. Arms wide 2nd position.



From finish position #2, lower to flat foot on 1 leg, bring back leg around with a 'swirl' to end on bent legs with front foot over toe. Arms wide 2nd position.

Transfer weight onto front straight leg, other pointed on the beam behind, in wide 4th position. 1 arm sweeps forward, bends and hand is placed near shoulder, chest extends forward.

Lift into high passé on front leg, flat foot, arms in 5th. Lower onto bent leg in passé position, arms lower to side.



Free leg steps forward with $\frac{1}{4}$ turn onto straight legs, high relevé, arms vertical with palms turned out. Immediate step together towards the end of the beam and step out again to straight leg 2nd position. Rhythm should be 'step, together, step'.



Bend inside arm, taking hand to chin and then uncurl to side (1 fluid movement). Transfer weight onto foot closest to end of the beam, other leg bent and on toe.



Take straight arm (outside arm) down by side, both wrists now flexed.



Pull feet together to high relevé, arms by side, $\frac{1}{4}$ turn to face along beam.

Prepare for element.

Start | *Standing on 1 leg, front leg pointed, arms vertical.*

Element

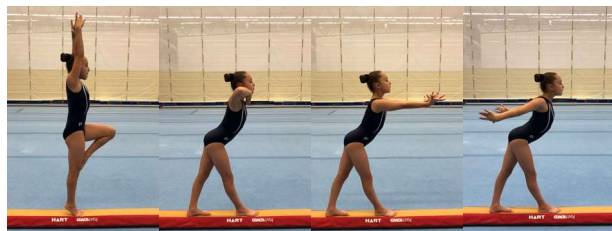
Handstand (hold 2 sec.) | step in

Finish | *Arms optional*



Lift to high passé on relevé, arms vertical in passé position.

Step back onto free leg, both legs straight and on flat feet. Arms bend, place back of wrists by shoulders/chin, elbows high and out to side.



Open arms to wide horizontal in front of body, chest extends forward.

Swing both arms down by side and back to just below horizontal, chest forward and lifted. 2 quick flicks of hands.

Transfer weight onto 1 foot and prepare for element.

Start | 2-3 steps.

Element

Split leap (min. 135° split)

Bent or straight leg entry for split leap acceptable.

Arms in leaps, pressed back sideways.

Finish | *Pass through arabesque/fondue (not required to be held), step through to a finish of standing on 1 leg, back leg pointed, arms pressed back at side.*



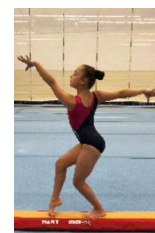
Close to full relevé on both feet, complete body 'ripple', arms finishing above head.

2 small steps forward on high relevé, straight legs, 1 arm bending horizontally to chest and straightening with each step.

Step to feet together and ½ turn on toes, arms in 5th position.

Step to pose on bent support leg, free leg bent and pointed forward on beam. 1 arm high oblique forward and 1 horizontal to the back.

Step feet together and prepare for element.



Start | *Arms forward horizontal.*

Element

Straight jump, split jump (min. 135° split) series

Jumps may be reversed.

Arms swing down between each jump. Arms pressed back during split jump.

Split jump with no or minimal forward travel, legs remain straight and evenly split forwards and backwards.

Finish | *Arms forward horizontal.*



Australian Women's Levels Program



From landing position, 1 step forward to pose with weight on 1 bent leg, free leg pointed forward on beam, arms high oblique.

1 step forward to pose with weight on 1 bent leg, free leg pointed forward, arms down by side.

**Adjust length of steps depending on travelling distance required for dismount.*

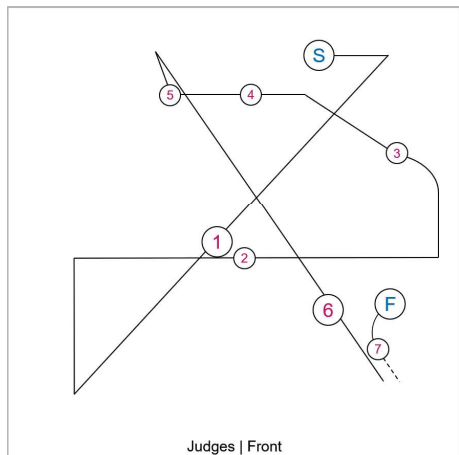
Step feet together on relevé and prepare for element.

Dismount /

Cartwheel on beam immediate straight jump off end of beam
OR
Tuck front salto dismount.



National Choreography Notes Level 5 | "6 Feet Under" – Thomas Newman (0:59)



- 1 ⇒ T1 | Round-off, flic flac, rebound
- 2 ⇒ Split leap, split leap
- 3 ⇒ Full turn on 1 foot
- 4 ⇒ Backward walkover OR Forward walkover OR Tic Toc
- 5 ⇒ 2 jump series
- 6 ⇒ T2 | Tuck front salto OR Handspring, tuck front salto
- 7 ⇒ Backward roll to front support

Notes regarding overall performance level.

- The 'mood' of this routine is soft and playful. Beautiful, flowing hands and arms.
- All arm and body movements to be performed with amplitude and must be complete.
- Softer movements (arm, and body contractions) to utilise phrasing of music.
- Must start and finish elements as per outline stated in ALP manual.
- No unnecessary/unchoreographed steps to be performed.
- Dance into tumbles & elements (if stated) must be fluid.
- All choreography and dance must finish in the starting position of required elements.
- Begin the routine in a position that is relative to the distance travelled to get to corner in preparation for 1st tumble.
- Forward tumbles are designed to be short in length to encourage fewer steps.

Start pose | Face front of floor. Weight on bent L leg, R leg extended and pointed to side. Shoulders twisted to L. R arm extended forward at horizontal, L hand bent into shoulder, elbow extended back, focus to front of floor.



Bend R leg in to passé and out to straight on beat, arms remain still.



Large step to R to pose in passé in plie, with large backward arm circle to stop with arms low oblique to the back, wrists flexed, focus to R.

2-3 steps through passé (L, R, L), crossing free bent leg across body as stepping forward, towards near corner. Arms begin at high oblique and softly lower to side during steps, focus forward.



Step onto L foot in plie, R foot pointed forward, arms slowly lifting to high oblique. As arms lower to side, R foot lifts through passé, points behind. 2 x taps of R toe behind body. Weight remains on bent L leg.



Strong step back ('slide') onto R foot to bring feet together facing into diagonal. Finish on bent legs 1 heel up onto toe. Small wave of R hand around face. L arm straight by side.



Tumble begins from this position.

Start | 3-4 running steps, hurdle.

Element

Round-off, flic flac, rebound

Must show straight body in the air, with the body acting as 1 unit.

Rebound must show vertical lift and may have some displacement backward.

Finish | *Rebound with legs together. Landing from rebound must be controlled but not 'stuck'.*



No presentation after tumble.

Dance begins from landing position with lift of R foot into passé on relevé, arms lifting to vertical, palms out.

2 small steps on relevé, R-fwd, L-side then R-point behind. Soft arms moving from vertical to end with R forward high oblique, L backward horizontal. Pose with weight on L bent leg, R foot pointed behind



Relevé into passé onto L straight leg with $\frac{1}{4}$ turn to face into floor. L arm bends into body, elbow at horizontal, R arm horizontal behind body. Soft hands.

Perform element from this position.



Start | 2-3 running steps or chasse.

Element

Split leap, split leap (min. 180° split)

Bent or straight leg entry for split leap is acceptable.

Arms pressed back sideways in both leaps.

Finish | Pass through arabesque / fondu (not required to be held), step through to a finish of standing on 1 leg, back leg pointed, arms pressed back at side.

Finish position



From finish position, $\frac{1}{4}$ turn to face back of floor, 2-3 small steps (on relevé), soft arms moving from vertical to L arm forward high oblique, R arm back and high oblique. Pose with weight on L bent leg, R foot pointed in front.



Step R, L, to passé on L bent leg (steps in slight curve heading to middle back of floor), arms wave to low oblique behind body.



From passé, close feet to relevé on straight legs, arms to 2nd position.

Prepare for element.

Start | Arms in high 3rd position, legs in 4th lunge position; forward arm moves to 2nd position at start of turn, then both arms lift to 5th during turn.

Start

Element

Full turn on 1 foot

Finish | Step through plie to stand on 1 leg, with the back leg in pointed, arms pressed back at side.







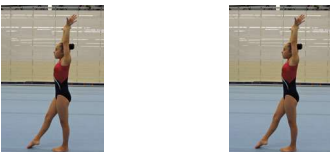
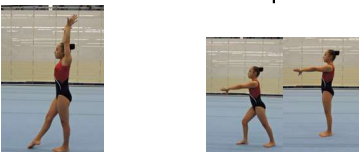
Move back leg through passé to tap in front. Arms down by side.
 Take front leg through passé to tap foot twice on floor behind body.
 Weight remains on bent support leg.



Take 1 or 2 steps forward to straight legs in 2nd position, facing back of floor, arms by side.



Acrobatic elements options

<i>Backward walkover (min. 180° split)</i>	<i>Forward walkover (min. 180° split)</i>	<i>Tic toc (min. 180° split)</i>
<p>Wrap arms around shoulders (at horizontal), L then R, turn head & twist body to L to focus to the front. Prepare for element.</p> 	<p>Wrap arms around shoulders (at horizontal), R then L, turn head & twist body to R to focus to the front. Prepare for element.</p> 	<p>Wrap arms around shoulders (at horizontal), R then L, turn head & twist body to R to focus to the front. Prepare for element.</p> 
<p>Start Start standing on 1 leg, free leg pointed in front, arms vertical, palms turned out.</p> <p>Element <i>Backward walkover (min. 180° split)</i></p> <p>Finish Lunge or step in position, arm position optional.</p>	<p>Start Start standing on 1 leg, free leg pointed in front, arms vertical, palms turned out.</p> <p>Element <i>Forward walkover (min. 180° split)</i></p> <p>Finish Standing on 1 leg, front foot pointed, arms vertical palms turned out.</p>	<p>Start Start standing on 1 leg, free leg pointed in front, arms vertical, palms turned out.</p> <p>Element <i>Tic toc (min. 180° split)</i></p> <p>Finish Lunge or step in position, arm position optional.</p>
<p>Finish position</p> 	<p>Finish position</p> 	<p>Finish position</p> 
<p>From landing position of backward walkover, step towards back of floor onto L bent leg, R leg straight and pointed. Begin a fluid series of arm and upper body contractions and movements with transference of weight between feet.</p>	<p>From landing position of forward walkover or Tic toc, step towards back of floor onto R bent leg, L leg straight and pointed. Begin a fluid series of arm and upper body contractions and movements with transference of weight between feet.</p>	

1. Twist to L and reach arms (palms facing down) from beside head, forward and down, on bent front L leg.
2. Transfer weight back onto bent R leg, turn shoulders R (facing front), brushing back of hands up around face (palms facing out).
3. Continue flow of arms up above head, transfer weight and turn back onto L foot (to face back). Reach arms over head, forward and down, with bent front leg. Palms up and open.
4. Transfer weight back onto R foot and turn shoulders R (facing front), brushing hands up around face as per first instance and then bring palms in to face.

1. Twist to R and reach arms (palms facing down) from beside head, forward and down, on bent front R leg.
2. Transfer weight back onto bent L leg, turn shoulders L (facing front), brushing back of hands up around face (palms facing out).
3. Continue flow of arms up above head, transfer weight and turn back onto R foot (to face back). Reach arms over head, forward and down, with bent front leg. Palms up and open.
4. Transfer weight back onto L foot and turn shoulders L (facing front), brushing hands up around face as per first instance and then bring palms in to face.



Step together (facing R side from judges' perspective).
Prepare for element.

Step together (facing L side from judges' perspective).

Prepare for element.

Start | *Feet together, arms optional.*

Element

Split jump, sissone (min. 180° split)

OR

Split jump (min. 180° split), straddle pike jump

OR

Split jump, straddle jump (min. 180° split)

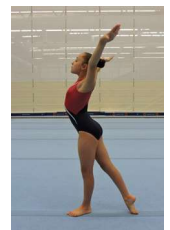
The 2 jumps can be reversed. They should be connected with a dynamic rebounding action.

Arms should be held in a fixed and firm position during the flight of both jumps.

Finish | *Optional finish position.*

1 or 2 steps backwards* towards back of floor, into bent legged pose on staggered feet, weight on front foot, back toe pointed. Small upward curl of front wrist, to finish with arm and upper body extended obliquely forward.

Start position



**If using backward walkover as acrobatic option then use these 2 steps to perform ½ turn. See video.*

Start | 3-4 running steps into element.

Element

Tucked front salto

OR

Handspring, tuck front salto series

Finish | *May rebound with legs together. Landing must be controlled but not 'stuck'.*

No presentation after tumble.

Immediate relevé onto both feet from landing position, small alternate wave of wrists in front of body, extend body forward.

Prepare for element.

Start | *Standing with legs together, roll to ground with straight legs.*

Element

Backward roll to front support

Finish | *Front support.*

From front support.

1. Lower hips to floor, legs remain straight, feet pointed.
2. Small alternate bend of both legs.
3. Turn (towards back of floor) and hold firm pike position.
4. Full rotation (side roll) of body in pike position.

Finish pose | Bend and straighten each leg x 3 alternating. Finish with upper body extension and head back.

