

**Saturday 9:30am & 1.00pm / Sunday 9:30am &  
12:30pm  
Competition Routines**

<p><b>Ranging Conditioning (10.00)</b></p> <ol style="list-style-type: none"> <li>1. Walk 4 steps forward</li> <li>2. Star Shape</li> <li>3. Straight Shape</li> <li>4. 2 Bunny Hops</li> <li>5. Forward Roll to Straddle sit</li> <li>6. Japana (3 Secs)</li> <li>7. Dish Shape (3 secs)</li> <li>8. Arch Shape (3 secs)</li> <li>9. Front Support</li> <li>10. Straight Jump</li> </ol>	<p><b>Floor Routine 1 (9.00)</b></p> <ol style="list-style-type: none"> <li>1. Forward Roll</li> <li>2. Straight Jump</li> <li>3. Tuck Jump</li> <li>4. Balance on 1 foot (3 Secs)</li> <li>5. 4 Catsprings (Out, In, Out, In)</li> <li>6. ½ Turn Jump</li> <li>7. B. Roll down hill</li> <li>8. Bridge (3 secs)</li> <li>9. Rock to Stand Up</li> <li>10. Star Jump</li> </ol>	<p><b>Vault</b></p> <ul style="list-style-type: none"> <li>• Squat on, Tuck Jump off (9.00)</li> <li>• Straddle on, Star Jump off (9.50)</li> <li>• Squat Through (10.00)</li> <li>• Straddle Over (10.00)</li> </ul>
	<p><b>Floor Routine 2 (10.00)</b></p> <ol style="list-style-type: none"> <li>1. Forward Roll Straddle Stand (Jump feet together)</li> <li>2. Star Jump</li> <li>3. Full Turn Jump</li> <li>4. Arabesque (3 secs)</li> <li>5. Cartwheel</li> <li>6. Backward Roll</li> <li>7. Shoulder Stand (3 secs)</li> <li>8. Bridge (3 secs)</li> <li>9. Rock to Stand Up</li> <li>10. Half Turn Jump</li> </ol>	

**Sat 10:45, 2:00 & 3:00 / Sunday 10:30, 11:30 & 1:30**  
**Competition Routines**

<p><b>Ranging Conditioning (10.00)</b></p> <ol style="list-style-type: none"> <li>1. 4 Walks on Toes</li> <li>2. Forward Roll to lying</li> <li>3. Dish Shape (3 Secs)</li> <li>4. Shoulder Stand</li> <li>5. Japana (3 Secs)</li> <li>6. Swim Through</li> <li>7. Arch Shape (3 Secs)</li> <li>8. Front Support, 2 Press Ups</li> <li>9. Jump Feet to Tuck Shape</li> <li>10. ½ Turn Jump</li> </ol>	<p><b>Floor Routine 1 (9.00)</b></p> <ol style="list-style-type: none"> <li>1. Forward Roll</li> <li>2. Full Turn Jump</li> <li>3. Arabesque (3 secs)</li> <li>4. Chasse Catleap</li> <li>5. Tuck Jump</li> <li>6. Cartwheel</li> <li>7. Shoulder Stand (3 secs)</li> <li>8. Teddy Bear Roll</li> <li>9. Bridge (3 secs)</li> <li>10. Rock to Stand Up</li> </ol>	<p><b>Vault</b></p> <ul style="list-style-type: none"> <li>• Squat on, Tuck Jump off (9.00)</li> <li>• Straddle on, Star Jump off (9.50)</li> <li>• Squat Through (10.00)</li> <li>• Straddle Over (10.00)</li> </ul>
	<p><b>Floor Routine 2 (9.50)</b></p> <ol style="list-style-type: none"> <li>1. Handstand, Step down</li> <li>2. Forward Roll</li> <li>3. Full Turn Jump</li> <li>4. Frog Balance (3 secs)</li> <li>5. Chasse, catleap</li> <li>6. Cartwheel ¼ In</li> <li>7. Backward Roll to Tuck</li> <li>8. Shoulder Stand (3 secs)</li> <li>9. Bridge (3 secs)</li> <li>10. Kick over</li> </ol>	
	<p><b>Floor Routine 3 (10.00)</b></p> <ol style="list-style-type: none"> <li>1. Handstand Roll</li> <li>2. Full Spin</li> <li>3. Full Turn Jump</li> <li>4. Headstand (3 secs)</li> <li>5. Chasse, ½ turning catleap</li> <li>6. 1 Handed Cartwheel</li> <li>7. Backward Roll to Front Support</li> <li>8. Shoulder Stand, no hand support (3 secs)</li> <li>9. Back Walkover</li> <li>10. ½ Tuck Jump</li> </ol>	

## 12:00 Competition Routines

<p><b>Ranging Conditioning (9.50)</b></p> <ol style="list-style-type: none"> <li>1. 4 Walks on Toes</li> <li>2. Forward Roll immediate Tuck</li> <li>3. Arabesque (3 Secs) <i>Forward Roll to Lying Down</i></li> <li>4. Bridge (3 Secs)</li> <li>5. Shoulder Stand (3 Secs)</li> <li>6. Japana / Pike Fold (3 Secs)</li> <li>7. Dish Shape (3 Secs)</li> <li>8. Arch Shape (3 Secs)</li> <li>9. Front Support, 2 Press Ups</li> <li>10. Jump to Tuck Shape, High Bunny Hop</li> </ol>	<p><b>Floor Routine 1 (9.00)</b></p> <p>Choose Start Position</p> <ol style="list-style-type: none"> <li>1. Handstand, Step Down</li> <li>2. Forward Roll</li> <li>3. Forward Roll to Straddle</li> <li>4. Full Turn Jump</li> <li>5. Cartwheel to Lunge</li> <li>6. Chasse Catleap</li> <li>7. Tuck Jump</li> <li>8. Frog Balance (3 secs)</li> <li>9. Step Hop / Spring Entry Round Off</li> <li>10. Star Jump</li> </ol> <p>Finish Position</p>	<p><b>Vault</b></p> <ul style="list-style-type: none"> <li>• Squat on, Full Turn Jump off (8.00)</li> <li>• Squat Through (9.00)</li> <li>• Straddle Over (9.00)</li> <li>• Head Spring (9.50)</li> <li>• Hand Spring (10.00)</li> </ul>
<p><b>Ranging Conditioning (10.00)</b></p> <ol style="list-style-type: none"> <li>1. 4 Walks on Toes</li> <li>2. Handstand Roll, immediate W Jump</li> <li>3. Front Leg Hold (3 Secs)</li> <li>4. Arabesque (3 Secs)</li> <li>5. Forward Roll to Dish (3 Secs)</li> <li>6. Pike Fold</li> <li>7. Japana Swim Through</li> <li>8. Arch Shape (3 Secs)</li> <li>9. Front Support, 2 Press Ups</li> <li>10. Jump to Tuck Shape, Bunny Hop to Handstand, Tuck Back Down</li> </ol>	<p><b>Floor Routine 2 (9.50)</b></p> <p>Choose Start Position</p> <ol style="list-style-type: none"> <li>1. Drop to Bridge, Kick Over</li> <li>2. Full Turn Jump</li> <li>3. Cartwheel, Chasse</li> <li>4. 1 Handed Cartweel</li> <li>5. Backwards Roll to Straddle</li> <li>6. Headstand (3 Secs)</li> <li>7. Chasse Catleap</li> <li>8. Chasse ½ Turn Catleap</li> <li>9. Step Hop / Spring Entry Round Off</li> <li>10. ½ Turn Forward Roll</li> </ol> <p>Finish Position</p>	
	<p><b>Floor Routine 3 (10.00)</b></p> <p>Choose Start Position</p> <ol style="list-style-type: none"> <li>1. Full Spin</li> <li>2. Backward Walkover</li> <li>3. ½ Turn Tuck Jump</li> <li>4. Dive Cartwheel / Free Cartwheel</li> <li>5. Pike Down Backwards Roll to Front Support</li> <li>6. Pike Up to Headstand (3 secs)</li> <li>7. Chasse Catleap</li> <li>8. Chasse Full Turning Catleap</li> <li>9. Round Off</li> <li>10. Flick (support allowed)</li> </ol> <p>Finish Position</p>	