



Welsh Gymnastics
Gymnasteg Cymru

Gymnastics for All Gymnasteg I bawb

Competition Handbook 2025
Llawlyfr Cystadleuaethau 2025

Introduction

Our mission as an Events Team is to provide positive and inclusive competitive opportunities for all participants across Wales.

Please refer to this handbook for general rules, criteria and contact details for all competitions and events throughout January-December 2025.

People who compete in the Bronze membership competitions will not be able to compete in silver competitions or trial for area squads during that competition year (Jan-December).

We respect and value the knowledge and experience of our coaches in Wales and therefore it is at the coaches' discretion as to which pathway their gymnasts compete within for that membership year. **Coaches should enter gymnasts into appropriate competitions for the level that they train at.**

All competitions within this handbook are inclusive which allows competitive opportunities for all individuals. Criteria can be found within each competition.

Contacts

Competition Queries:

competitions@welshgymnastics.org

Generic Development enquiry:

Development@welshgymnastics.org

Gymnastics for All Technical Panel

Welsh Gymnastics Lead: Maria Gaynor

Competition Lead: Kathryn Griffiths

Discipline Lead: Jazz Tredenick

Judging Lead: Harri Pugh

For any queries please use the competitions@welshgymnastics.org email address.

CHANGES FOR 2025

Spectator door fee – in an attempt to bring all GfA tickets prices in line, it has been decided to increase the ticket costs for ALL GfA events as follows:

Adult - £8.00 (18 onwards)

Child - £5.00 (up to 18yrs) - DoB may be required on purchase

All prices include VAT

Judges – Judges are required for each day of competition. Failure to adhere to this will result in a fine issued to the club. Judges could be required on any day, and not necessarily on the day their gymnasts/club are competing.

Judges – Judges above 16 must have current membership, DBS and Safeguarding training.

Judges – new judge ratio 1 judge per 20 gymnasts.

Volunteers – Anyone aged 16 and over must have a current DBS on the day of the competition.

Gymspire criteria is currently under review: Gymspire Criteria is now available within the handbook. We will be introducing a new L3 for 7 in year gymnasts only.

Prices Charges: Entries for all GfA competitions will now be £10.50. There will be a charge of £10.00 per team.

Late entries – late entries will now be charged at a cost of 1.5 x the cost of the entry up to the value of £1000. Late charges will apply to any entry that comes in after the entry deadline.

Admin – Due to many changes requested on the competition day, an admin charge will be assigned to changes requested after the final version of the running order is sent to clubs. An admin charge of £10 for any changes made on the day of the competition.

New Recreational competition – details will be circulated to clubs separately.

Gymnastics for All, is as the name suggests – a set of opportunities for all gymnasts who in this case are not part of the squad or pathway system. For those gymnasts who want to come to sessions, have fun, make friends and learn gymnastics skills, in a safe and inclusive environment.

Clarification: on Vault heights for P1 & P2.

Competition Dates 2025

[2025 Event Calender](#)

Information

GENERAL COMPETITION INFORMATION & CODES OF CONDUCT

All information including codes of conduct, health & safety and general competition information can be found in the Welsh Gymnastics Competition Handbook. (Please see below link)

[Resources - Welsh Gymnastics](#)

AGE GROUPS

The age groups for all development competitions are consistent categories across all competitions:

- 6 years (2019) *Area Competitions only*
- 7 years (2018) and ABC Tin *Area Competitions only*
- 8 in year (2017)
- 9 in year (2016)
- 10 in year (2015)
- 11-12 years (2014/2013)
- 13+ (Born in or before 2012)*
*Age group will be split into 13-16 and 16+ depending on number of entries and by area
- ABC age groups have been aligned with GFA groups – There is now an age group 7 in year for TIN only

ENTRY FEE

- £10.50 per individual for all GFA entries
- Teams to consist of 3-5 gymnasts Team charge - £10 per team (across all events)
- Spectator fees for Prelims and Gymspire competition – Adult: £8 Child: £5 free
- All GFA events will be pre-ticketed events.
- All costs are inclusive of VAT

ELIGIBILITY

- Although all GFA competitions and events require Bronze membership, we recognise that gymnasts develop at very different stages. To ensure fairness, any gymnast that has taken part in any of the following will be refused entry to GFA Competitions
- Squad trials – Area/Regional/Performance
- Welsh Championships
- Grades
- Classic challenge above Tin

MEDALS

- Trophies will be awarded to 1st overall positions with medals for 2nd and 3rd, then ribbons for 4th, 5th and 6th. With the exception of ABC where trophies will be presented at the end of year competition.
- Apparatus: medals for 1st/2nd/3rd with ribbons for 4th/5th/6th

Generic Code of Conduct.

COACHES

- All coaches to remain professional at every GFA event
 - All coaches must have a current DBS, SPC and appropriate membership on the day of competition.
 - Coaches must be appropriately qualified to the level of the gymnasts competing
 - Coaches **MUST NOT** approach judges. If there are any score query this will be dealt with by the competition organiser who will correspond with judges where applicable.
 - All coaches MUST ensure they are wearing appropriate clothing for coaching which is safe and smart.
 - No jewellery to be worn.
 - Only coaches submitted either via Sport80 or on a one drive document will be permitted on the competition floor or warm area. Clubs will be notified if coaches that do not reach the above criteria. Please ensure ALL coaches names are submitted prior to the event.
 - No babies or toddlers will be allowed access to the competition floor
- Welsh Gymnastics code of conduct: [Codes-of-Conduct-for-Coaches-Version-1-021023.pdf](#)

GYMNASTS

- Participate within the rules and respect coaches, judges and their decisions
 - Respect opponents and fellow club members
 - Wear suitable attire. Keep all long hair tied back. Remove all body jewellery
 - Gymnasts will compete age in year (eg: if a gymnast is 11 in December they will compete in 11 in year age category)
 - If gymnasts are not competing, they will not be permitted access to the competition floor
- Welsh Gymnastic code of conduct: [Codes-of-Conduct-for-Gymnasts-Version-1-021023.pdf](#)

Where possible, panels will look like the following combinations:

- 1 x Regional Judge & 1 x Club Judge or GFA Judge
- 1 x Regional & 1 x GFA Judge
- 2 x Club Judges & 1 GFA Judge
- 1 x Club Judge & 1 x GFA Judge

VOLUNTEERS

- Volunteers aged 16 and over must have an up to date and recognised DBS on the day of competition. If over 18, volunteers must also have Welsh Gymnastics memberships and current and up to date Safeguarding certification.

SAFEGUARDING

- WG wants everyone to enjoy a fun, positive experience where gymnasts can fulfil their potential in an environment safe from any form of abuse. If you have a worry or concern, please contact safeguarding@welshgymnastics.org

CHANGES AND AMENDMENTS

- All clubs will be sent a version of the running order to check, this gives clubs the opportunity to make amendments and corrections. Due to the increased number of participants in all GFA events we can not guarantee changes requested on the day can be made. There will be a £10 charge, for any “on the day” changes. This will be payable via invoice to the club after the event. Please ensure club contacts share the running order for checking with the appropriate coaches.

MUSIC

- All music must be uploaded to either the one drive document or to a folder that the competition organiser will direct you to. Bringing music on the day causes delays which this year we want to move away from.

Opportunities for GFA Gymnasts

Below you will find a list of competitions that GFA gymnasts are eligible to participate in. There are various opportunities from each discipline that GFA gymnasts who have current bronze membership can take part in.

These events all have various levels from low level recreational through to work that can feed into discipline pathways.

In the spirit of Gymnastics for All, all gymnasts should be entered into the correct level for their ability. We trust that coaches will adhere to this advice, for those that constantly and flagrantly abuse this trust we will issue a warning and then clubs will be politely asked not to enter the following GFA competition.

None of the below competitions will be considered part of a pathway competition, and are just for fun, participation and friendship.

Area and National Prelims

Vault & Tumble – GFA Handbook

ABC Series 2025

L1/L2/Tin, Zinc is being used instead of L3 but will be silver membership

Tumble League – flic and cartwheel

[Tumble-League-2024-v1.1.pdf](#)

Area Gymspire

Vault, Tumble & Trampoline (handbook)

MAG Dragon Cup Floor & Vault

MAG Handbook

RHY

Llandarcy Competitions

TRA/DMT

All Club Series Competitions

[tra-technical-requirements-2025-regional-pathway.pdf](#)

AERO

IAC Competitions

[Introductory Aerobics](#)

Preliminary Championships 2025

AGE GROUPS

- 6 years (2019) *Area Competitions only*
- 7 years (2018) *Area Competitions only*
- 8 in year (2017)
- 9 in year (2016)
- 10 in year (2015)
- 11-12 years (2014/2013)
- 13+ (Born in or before 2012)*

*Age group will be split into 13-16 and 16+ depending on number of entries and by area

VAULT

- Gymnasts will have 1 attempt at each vault
- 6 & 7 years Phase 1 will use a baby springboard and block 60cm
- 6 & 7 years Phase 2 and 8 years Phase 1 will use a large springboard and block (60cm)
- Vaults will be performed on a vaulting table (the makes and model of the vault will be dependant on the venue – details will be share closer to the event)
- Vault heights: Phase 1 & 2, (8 yrs P2 only) - 100cm, 9-10 100cm and 11-12 105cm, 13+ 110cm
- All vaults will be marked out of 10.00

TUMBLE

- Gymnasts will have 1 attempt at each tumble
- All runs will be marked out of 10.00

DISABILITY

- See page 12-13 for criteria
- Category one is intellectual and category two is physical and sensory
- If you require any further information regarding classifications information will be found on the Welsh Gymnastics website

Preliminary Championships 2025

PHASE 1	6 years & 7 years (separate)	8 years	9 years & 10 years (separate)	11-12 years	13+
VAULT 1	Run, squat on block from springboard, walk to end on toes with arms out, star jump off block	Run, stretch jump onto block from springboard, walk to end, star jump off block	Squat on, stretch jump off OR squat through – 0.5 Bonus		
VAULT 2	Run, stretch jump from springboard	Run, squat onto block (widthways) immediate stretch jump off	Squat on, star jump off OR straddle over – 0.5 Bonus		
TUMBLE 1	Forward roll, tuck jump, forward roll, star jump	Forward roll stretch jump, forward roll jump half turn, backward roll	Cartwheel, backward roll, jump half turn, forward roll, tuck jump,		
TUMBLE 2	Backward roll down slope (covered springboard), jump half turn, forward roll, star jump	Backward roll, jump half turn, forward roll, star jump	Backward roll, jump half turn, forward roll, stretch jump to one foot, cartwheel		
PHASE 2	6 years & 7 years (separate)	8 Years	9 years & 10 years (separate)	11-12 years	13+ Years
VAULT 1	Run, stretch jump onto block from springboard, walk to end, star jump off block	Squat onto table vault stretch jump off	Squat through OR straddle over		
VAULT 2	Run, tuck jump from springboard	Squat onto table vault star jump off	Handspring Flatback 100cm mats		
TUMBLE 1	Forward roll, stretch jump, forward roll, jump half turn, backward roll	Cartwheel, backward roll, jump half turn, forward roll, tuck jump	Handstand forward roll, cartwheel, backward roll, jump half turn, forward roll, stretch jump		
TUMBLE 2	Backward roll, jump half turn, forward roll, star jump	Backward roll, jump half turn, forward roll, stretch jump to one foot, cartwheel	Forward roll, straight jump to one foot, cartwheel, cartwheel, roundoff		

PHASE 3	NO PHASE 3 FOR 6, 7 or 8 in year	NO PHASE 3 FOR 9 or 10 years	11-12 Years / 13+ Years
VAULT 1			Handspring
VAULT 2			Handspring
TUMBLE			<p>2 different voluntary tumbles of 5 elements – each element can only be performed once per tumble:</p> <ul style="list-style-type: none"> • Forward roll • Backward roll • Handstand forward roll • Cartwheel • Roundoff • Handspring to 1 or 2 (0.5 bonus) • Flic (0.5 bonus) • Front somersault (tuck/pike) (0.5 bonus) • Jump half turn* • Stretch jump from springboard to one foot • Shape jump (choice of straight, tuck, star)* <p>* jump half turn can be to 1 foot during the tumble or to two feet at the end</p> <p>*straight jump can be to 1 foot during the tumble</p> <p>Please note a maximum of 1.0 bonus will be added</p>

Preliminary Disability Championships 2025

	6-7 years & 8 in year	9-10 years	11-12 years	13+
PHASE 1				
VAULT 1	Present, hurdle step, present			
VAULT 2	Present, step onto 1 layer of box top, stretch jump off, land, present			
TUMBLE 1	Present, tuck sit, pike sit, straddle sit, lie on back in straight shape, stand, present			
TUMBLE 2	Vol routine which consists of 5 moves, one element can be repeated twice. Please see page 14			
PHASE 2				
VAULT 1	Run, hurdle step onto springboard, stretch jump off, land			
VAULT 2	Bunny hop onto 2 layers of box, straight jump off, land			
TUMBLE 1	Stretch tall, forward roll to pike sit, lie flat, dish (hold 2 seconds) roll to arch (hold 2 seconds, press up on knees, finish standing tall in stretch shape			
TUMBLE 2	Vol routine which consists of 5 moves, one element can be repeated twice. Please see page 14			
PHASE 3				
VAULT 1	Present, squat onto box, stretch jump off, land			
VAULT 2	Present, Straddle on, straight jump off, land			
TUMBLE 1	Balance (hold for 3 sec) forward roll to stand, tuck jump, star jump, lunge, teeter totter handstand, stretch present.			
TUMBLE 2	Vol routine which consists of 5 moves, one element can be repeated twice. Please see page 14			
PHASE 4				
VAULT 1	Run, squat through, land			
VAULT 2	Run, handstand flat back from spring board			
TUMBLE 1	Backward roll to stand, ½ turn jump, forward roll to stand, cartwheel, cartwheel, finish in star shape			
TUMBLE 2	Vol routine which consists of 5 moves, one element can be repeated twice. Please see page 14			

Preliminary Disability Championships 2025 Continued

All voluntary routines must have 5 elements and one element can be repeated.

Phase 1	Phase 2	Phase 3	Phase 4
Lying on back half log roll, kneel to stand	Forward roll to sit	Forward roll to tuck sit	Forward roll
Tuck sit	Front support	Shoulder stand	Cartwheel
Pike sit	Back support	Log roll (360)	Handstand
Stretch jump	Half turn Jump	Tuck jump	Backward roll
Star Jump	Star jump	Half turn jump	Full turn jump
Balance	Arabesque (2 second hold)	Arabesque (3 second hold)	Split leap (Girls) Half Leaver (3 seconds) (Boys)
Chasse, feet joining	Cat leap	Cartwheel	Round off



ABC Series 2025

AGE GROUPS

- 7 in year for Tin level only.
- 8 in year
- 9-10 in year
- 11-12 in year
- 13-14 in year
- 15-17 in year
- 18yrs plus

CRITERIA

- Five competitions run through 2025 in a league format. All will be a competition within itself, but points gained by individual members will be added to the Clubs total to determine an annual winner.
- Open to all affiliated clubs
- Four-piece competition.
- WAG & MAG can compete on any piece of apparatus available, Vault, Bars, Beam, Pbars Floor
- Criteria WAG (see appendix 1). Overall positions scored out of the best four scores
- Criteria MAG (see appendix 1). Overall positions scored out of the best three scores
- There is also a team options available to clubs. Team score will be calculated from the best 3 overall scores from the overall scores of team individuals

- Gymnasts MUST be entered as an individual before being entered as a team member, anyone not entered into an individual competition first, but into a team will be subject to late charge.

ENTRY FEE

- £10.50 per gymnast
- Team - £10

Gymspire Championships 2025

Gymspire 2025

General

- Each area will host a competition open to all affiliated clubs.
 - The top 6 overall competitors in each category will qualify for the National Final Competition.
 - There will now be a fee per Area team, age group and level.
 - Regional Teams to consist of 3-5 gymnasts, with the top 3 overall scores being calculated for the team score.
 - Phase 3 has been added to the 7-year category, catering for those moving into the WAG competition pathway the following year.
 - There will be no 6-7 yrs category at National Finals.
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- Each gymnast is to perform 1 vault, 1 floor routine and 1 trampette.
 - Floor routines will be performed on a 12x12m surface.
 - Floor skills that are performed with a connection are indicated with the word 'linked' next to the passage.
 - Trampette set up, using a 60cm block, 60cm matted area, with trampette sloping upwards towards landing.
 - All routines will be marked out of 10 unless otherwise stated otherwise



- All Trampette skills are to be performed from a step off the block. No run or jump to trampette should be performed.

6&7 yrs	Phase 1	Info
Trampette	Straight Jump	
Floor	Stork Balance (2s) Forward Roll to Straddle Sit Pike Sit Tuck Sit Tuck Rock x 2 Stand Chasse Step Straight Jump	Set Routine. All skills should be performed in the order written.
Vault	Squat On, Walk to End, Star Jump Off	60cm Block, lengthways Baby Board (7yrs have the option of using a full sized springboard)

6&7 yrs	Phase 2	Info
Trampette	Tuck Jump	
Floor	Stork Balance (2s) Forward Roll to Pike Sit Pike Fold Tuck Sit Supported Shoulder Stand Chasse Step Jump ½ Turn, Backward Roll, Star Jump (linked)	Set Routine. All skills should be performed in the order written. Supported Shoulder Stand – Gymnasts may use their hands on their hips and elbows on the floor when performing this skill.
Vault	Squat On, Star Jump Off	60cm Block, widthways Full Sized Springboard

7 yrs only	Phase 3	Info
Trampette	Straddle Jump	
Floor	Arabesque/Y Balance (2s) Chasse Scissor Kick (linked) Hurdle Step Round Off Cartwheel, Backward Roll (linked) Straight Jump, Star Jump (linked)	Set Routine. All skills should be performed in the order written.
Vault	Straight Jump, Kick to Handstand, Flatback.	60cm Block, lengthways. Mat Stack to meet Block Height. Full Sized Springboard Hands to be placed on the end of the block for the handstand, not on the mats.

8 yrs	Phase 1	Info
Trampette	Star Jump OR Straddle Jump (0.5 Bonus)	
Floor	Star Jump Backward Roll Jump ½ Turn Forward Roll, Tuck Jump (linked) Arabesque/Y Balance (2s) Step, Catleap	Set Routine. All skills should be performed in the order written. No chasse steps into the catleap.
Vault	Squat On, Star Jump Off	60cm Block, widthways Full Sized Springboard

8 yrs	Phase 2	Info
Trampette	Straddle Jump OR Straight Jump ½ Turn (0.5 Bonus)	
Floor	Forward Roll, Jump ½ Turn (linked) OR 3 Steps, Dive Roll, Jump ½ Turn (linked, 0.5 Bonus) Arabesque/Y Balance (2s) Tuck Jump, Star Jump (linked) Cartwheel, Backward Roll (linked) Step, Catleap, Scissor Kick (linked)	Set Routine. All skills should be performed in the order written. Start value of 10.00. Maximum start value of 10.5 with dive roll bonus. No chasse steps into or between leaps.
Vault	Squat On, Straight Jump Off	100cm Table Vault

9 & 10 yrs	Phase 1	Info
Trampette	Straddle Jump	
Floor	Forward Roll, Cartwheel (linked) Jump ½ Turn ½ Handstand Catleap, Scissor Kick(linked) Arabesque/Y Balance (2s)	Set Routine. All skills should be performed in the order written. ½ Handstand AKA L-Hanstad/Teeter Totter No chasse steps into or between leaps.
Vault	Squat On, Straight Jump OR Squat Through (0.5 Bonus) OR Straddle Over (0.5 Bonus)	100cm Table Vault

9 & 10 yrs	Phase 2	Info
Trampette	Straight Jump ½ Turn	
Floor	Cartwheel, Round Off (linked) Jump Full Turn Handstand Catleap, Scissor Kick (linked) Arabesque/Y Balance (2s)	Set Routine. All skills should be performed in the order written. Handstand – no hold required, but a clear demonstration of Handstand shape. No chasse steps into or between leaps.
Vault	Squat Through OR Straddle Over	100cm Table Vault

11-12 yrs	Phase 1	Info
Trampette	Dive Roll OR Tuck Front Somersault (0.5 Bonus)	
Floor	Balance Arabesque (2s) Y Balance (2s) Tucked Headstand (2s) Stork Balance (2s)	Voluntary Routine (max 60s) with or without music (no bonus for artistry).
	Forward Acro Forward Roll Dive Roll Handstand Roll	Routines to have 8 elements to include a minimum of 1 from each category.
	Backward Acro Backward Roll (to crouch, pike stand, straddle stand, front support) Cartwheel Round Off	Skills can only be performed once and not repeated.
	Non-Acro Straight Jump Tuck Jump Star Jump Straight Jump ½ Turn Catleap Scissor Kick Split Leap ½ Spin Shoulder Stand (unsupported) (2s) Swedish Fall Splits (any direction)	Each skill holds a value of 0.1, with the maximum start score being 10.8.
Vault	Flatback	100cm Mat Stack
11-12 yrs	Phase 2	Info
Trampette	Tuck Front Somersault	
Floor	Balance Arabesque (2s) Y Balance (2s) Tucked Headstand (2s) Stork Balance (2s)	Voluntary Routine (max 60s) with or without music (no bonus for artistry).
	Forward Acro Forward Roll Dive Roll Handstand Roll Handspring (0.5 bonus) Tuck/Pike Front Somersault	Routines to have 8 elements to include a minimum of 1 from each category.

	Backward Acro	Backward Roll (to crouch, pike stand, straddle stand) Cartwheel Round Off Flic (0.5 bonus) Tuck Back Somersault (0.5 bonus)	Skills can only be performed once and not repeated. Each skill holds a value of 0.1 and a maximum of 1.00 bonus may be awarded per gymnast. Making the highest start score 11.8.
	Non-Acro	Straight Jump Tuck Jump Star Jump Straight Jump ½ Turn/Full Turn Catleap Scissor Kick Split Leap Full Spin Shoulder Stand (unsupported) (2s) Swedish Fall Splits (any direction)	
Vault	Flatback		100cm Mat Stack
13+	Phase 1		Info
Trampette	Dive Roll OR Tuck Front Somersault (0.5 Bonus)		
Floor	Balance	Arabesque (2s) Y Balance (2s) Tucked Headstand (2s) Stork Balance (2s)	Voluntary Routine (max 60s) with or without music (no bonus for artistry). Routines to have 8 elements to include a minimum of 1 from each category. Skills can only be performed once and not repeated. Each skill holds a value of 0.1, with the maximum start score being 10.8.
	Forward Acro	Forward Roll Dive Roll Handstand Roll	
	Backward Acro	Backward Roll (to crouch, pike stand, straddle stand, front support) Cartwheel Round Off	
	Non-Acro	Straight Jump Tuck Jump Star Jump Straight Jump ½ Turn Catleap Scissor Kick Split Leap ½ Spin Shoulder Stand (unsupported) (2s) Swedish Fall Splits (any direction)	
Vault	Flatback		100cm Table Vault with Mat Stack
13+	Phase 2		Info
Trampette	Tuck Front Somersault OR Pike Front Somersault (0.5 bonus)		
Floor	Balance	Arabesque (2s) Y Balance (2s) Tucked Headstand (2s) Stork Balance (2s)	Voluntary Routine (max 60s) with or without music (no bonus for artistry).
	Forward Acro	Forward Roll Dive Roll	

		Handstand Roll Handspring (0.5 bonus) Tuck/Pike Front Somersault	Routines to have 8 elements to include a minimum of 1 from each category.
	Backward Acro	Backward Roll (to crouch, pike stand, straddle stand) Cartwheel Round Off Flic (0.5 bonus) Tuck Back Somersault (0.5 bonus)	Skills can only be performed once and not repeated. Each skill holds a value of 0.1 and a maximum of 1.00 bonus may be awarded per gymnast. Making the highest start score 11.8.
	Non-Acro	Straight Jump Tuck Jump Star Jump Straight Jump ½ Turn/Full Turn Catleap Scissor Kick Split Leap Full Spin Shoulder Stand (unsupported) (2s) Swedish Fall Splits (any direction)	
Vault	Handspring		110cm Table Vault

Disability Criteria

All routines will be marked out of 10

Phase 1

Trampette	Straight Jump onto mats from 3 x bounces/step off block
	Straddle Sit
Floor	Pike Sit
	Tuck Sit
	Lie back into a Straight Shape
Vault	Squat on (from standing on top of board), Walk to end, Star Jump Off Full Sized Springboard & 60cm Block, lengthways

Phase 2

Trampette	Tuck Jump from 3 x bounces/step off block
	Stork Balance
	Forward Roll to Pike Sit
Floor	Tuck Sit
	Tuck Rock x 2 to stand
	Chasse Step
Vault	Squat on, Star Jump Off Full Sized Springboard & 60cm Block, widthways

Phase 3

Trampette	Jump 1/2 Turn from 3x bounces/step off block
	Straight Jump
	Forward Roll
Floor	Star Jump
	Backward Roll
	Step, Catleap (no chasse)
	Arabesque
Vault	Squat On, Straight Jump Off Table Vault 100cm

Phase 4

Trampette	Dive Roll
	Jump 1/2 Turn
	Forward Roll, Cartwheel (linked)
Floor	Step Catleap, Scissor Kick (linked) (no chasse)
	Arabesque
	Straight Jump, Star Jump (linked)
Vault	Flatback 100cm Mat Stack

