
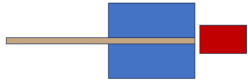


BLUE				
	Floor (Floor Line):	Vault (Block):	Bars (Low Bar):	Beam (Medium Beam):
	Present	Present	Present	Present
	Along a line	Squat OR straddle onto block, immediate jump to pike sit with arms forward	Leg lift	Basic mount to swing legs back to put toes on beam
	Full turn jump with 3 second landing shape	Stand up neatly	From standing on a low platform, circle over with support	Caterpillar walk
	Cartwheel on line finishing in lunge	Half turning jump off with 3 second landing shape	3x casts	Straight jump
	Bring back foot in to stretch	Present	Forward circle down from low bar to standing	Crouch ½ turn OR Arabesque OR Spin prep
	Backward roll - straddle OR tucked exit		Present	Pike jump dismount
	Frog balance			Present
	Rock back to lie			
	Bridge lifting one leg hold 3 seconds			
	Dish to arch, press up and jump feet in			
	Chasse cat leap 1/2 turn OR chasse jump into 1/2 turn tuck jump			
	Handstand			
	Present			
PURPLE				
	Floor (Floor Strip):	Vault (Block):	Bars (Low Bar):	Beam (Floor Beam):
	Present	Present	Present	Present
	Handstand forward roll	Squat OR straddle through to sit in pike, with arms forward	Float swing with roller	Squat on mount (side of beam)
	Chasse cat leap full turn OR full turning tuck jump	Stand up neatly	From standing on a low platform, circle over with support	Forwards roll OR ½ handstand
	Cartwheel step in feet together	Half turning jump off with 3 second landing shape	3x casts	Tuck jump
	Backward roll to front support	Present	Forward circle down from low bar to standing	½ spin
	Roll to back support, pike shape, rock back and forward to stand		Present	Straddle jump dismount
	Hands together cartwheel (one hand on top of the other)			Present
	Split handstand to bridge on one leg OR Bridge kickover on a raised platform			
	Invent a neat & tidy way to stand			
	Present			

PINK				
	Floor (Floor Strip):	Vault (Springboard, 2 Blocks and Mat):	Bars (Low Bar):	Beam (Medium Block Beam):
	Present	Present	Present	Present
	Double cartwheel	Straight jump from springboard to land on block with straight legs during flight	Circle over from standing on a low platform	Straddle on mount (no block)
	1 handed cartwheel (back in other direction)	Step into handstand flatback with flight to land on mat	3x high casts	Forwards roll (with blocks) OR Cartwheel (with blocks)
	Split OR stag leap OR jump to 150	Present	Supported back-hip circle	Cat leap (with blocks) OR Tuck Jump (no blocks)
	Stretch to crouch		Forward circle down from low bar to standing	Y-scale (no blocks), OR ½ spin (with blocks)
	Headstand (3 seconds)		Present	Roundoff dismount
	Invent a neat & tidy way to stand			Present
	Handstand jump			
	Roundoff			
	Present			
				
RAINBOW				
	Floor (Floor Strip):	Vault (Springboard, 2 Blocks and Mat):	Bars (Low Bar and Block):	Beam (Medium Block Beam with Springboard):
	Present	Present	Present	Present
	Unaided flick to front support over lemon/ barrel	Handstand flatback on to block from springboard	Circle over	Squat on mount to the end of the beam with a springboard (no blocks)
	Headstand press to front support through as close to handstand as possible	Present	Backhip circle	Handstand (with blocks) OR Cartwheel (with blocks)
	1/2 spin OR step turn neatly		Cast to land on block (can hold or release the bar to land)	Catleap (no blocks) OR Straight jump, tuck jump connection (with blocks)
	Roundoff rebound into star jump		Straddle undershoot from jumping feet on the low bar from the block	Lever (pike or straddle- no blocks) OR Y-scale (no blocks) OR ½ spin (no blocks)
	Handstand-bridge-stand OR tictoc OR handstand forwards roll straight arms		Present	Run from half way, join feet, and straight jump off
	Cartwheel, 1 handed cartwheel linked			Present
	Split to 180 jump OR leap OR straddle jump where feet lift to hip height			
	Present			
				

BRONZE				
	Floor (Floor Strip):	Vault (Block and Springboard):	Bars (Low Bar):	Beam (Medium Beam with Springboard):
	Present	Present	Present	Present
	Backwards OR forwards walkover	Handspring over block	Mount - Float swing, release on back swing to land on floor (Springboard can be used if required)	Straight jump on to the end of beam with springboard
	Backwards roll to handstand	Present	Circle over	Handstand OR Split handstand OR Cartwheel
	Roundoff rebound into half turning jump		Backhip circle	Cat leap, straight jump connection OR Straight jump, tuck jump connection
	Handstand-bridge-stand OR tictoc OR handstand forwards roll straight arms		Straddle undershoot	Lever (pike or straddle) OR Y-scale OR ½ spin
	Cartwheel, 1 handed cartwheel linked		Present	Handspring dismount
	Split to 180 jump/ leap OR straddle jump where feet lift to hip height			Present
	Present			
SILVER				
	Floor (Floor Strip):	Vault (Block):	Bars (Low Bar):	Beam (Medium Block Beam with Springboard):
	Present	Present	Present	Present
	Handspring OR Round off flick	Handspring over block (no spring board)	Upstart with light support. (Springboard can be used if required)	Forward roll mount (with blocks and springboard)
	Backwards roll to handstand OR forwards/ backwards walkover	Present	3x casts	Backward walkover with blocks OR Cartwheel (no blocks)
	Roundoff rebound into full turning jump		Double back hip circle (light support)	Split leap/jump 150 (no blocks) OR Sissone 150 (no blocks)
	Handstand-bridge-stand OR tictoc OR handstand forwards roll straight arms		Squat on, straight jump off	Full spin (with blocks)
	Cartwheel, 1 handed cartwheel linked		Present	Front somersault dismount with support- from standing, step or run
	Split to 180 jump/ leap OR straddle jump where feet lift to hip height			Present
	Present			

GOLD				
	Floor (Floor Strip):	Vault (Age Height Vault):	Bars (A-Bars):	Beam (Medium Beam with Springboard):
	Present	Present	Present	Present
	Handspring	Handspring OR 1/2 on OR 1/2 off	Upstart (springboard can be used if required)	Forward roll mount (with springboard- no blocks)
	Backwards roll to handstand OR forwards/ backwards walkover	Present	Double backhip circle	Backward walkover
	Round off flick OR cartwheel flick		Squat on, catch bar, swing in to circle over (shadowed)	Split leap/ jump OR Sissone
	Handstand-bridge-stand OR tictoc OR handstand forwards roll straight arms		Straddle undershoot from the high bar	Full spin
	Free cartwheel OR Tuck front		Present	Cartwheel, straight jump dismount
	Split to 180 jump/ leap OR straddle jump where feet lift to hip height			Present
	Present			
PLATINUM				
	Floor (Floor Strip):	Vault (Age Height Vault):	Bars (A-Bars):	Beam (Medium Block Beam with Springboard):
	Present	Present	Present	Present
	Handspring-tuck front OR roundoff-tuck back	1/2 on 1/2 off	Upstart (springboard can be used if required)	Front somi mount/ forwards walkover mount/ handstand forward roll mount (all with blocks)
	Backwards roll to handstand OR forwards/ backwards walkover	Present	Clear hip circle	Split handstand, backward walkover connection (no blocks- if it doesn't fit, handstand can be with blocks, walkover without) OR flic with blocks
	Round off-flick-tuck back		Sole circle, catch high bar	Split jump, straight jump, sissone connection - land in arabesque (no blocks)
	Handstand-bridge-stand OR tictoc OR handstand forwards roll straight arms		Back away- up to 3 swings if required OR Straddle undershoot 1/2 turn	Full spin (no blocks)
	Free cartwheel OR forwards walkover OR tuck front from 1 step (no run)		Present	Dismount - Tuck back (no blocks) OR cartwheel tuck back (no blocks)
	Split to 180 jump/ leap OR straddle jump where feet lift to hip height			Present
	Present			