

CLUB I (G7) – SET & VOL	
	Jump (arm set)
1	Jump to seat landing
2	To feet
3	½ twist jump
4	Jump (straddled)
5	Full twist jump
6	Jump (piked)
7	½ twist jump
8	Jump (tucked)
9	Jump to front landing
10	To feet

CLUB H (G6) – SET		VOL
	Jump (arm set)	The VOL routine may include a maximum of two body landings and a maximum of one somersault. No difficulty will be awarded
1	Half twist jump	
2	Jump to front landing	
3	To feet	
4	Jump (piked)	
5	Half twist jump	
6	Jump (straddled)	
7	Jump to back landing	
8	To feet	
9	Jump (tucked)	
10	Full twist jump	VOLUNTARY PROGRESSION TO REGIONAL G

REGIONAL G (G5) – SET 1		REGIONAL G (G5) – SET 2		VOL
	Jump (arm set)		Jump (arm set)	The VOL routine must have a difficulty of no less than 1.4 (same as set) and may include a maximum of two body landings and a maximum of three somersaults. No difficulty will be awarded
1	Back somersault (T)	1	Half twist to front landing	
2	Jump (straddled)	2	To feet	
3	Half twist to seat landing	3	Jump (straddled)	
4	Half twist to feet	4	Full twist jump	
5	Half twist jump	5	Jump (piked)	
6	Jump (piked)	6	Jump to back landing	
7	Full twist jump	7	Half twist to feet	
8	Jump (tucked)	8	Jump (tucked)	
9	3/4 Front Somersault (P/S)	9	Half twist jump	
10	To feet	10	Front somersault (T)	QUALIFYING SCORE TO REGIONAL F: 45.0 TO REGIONAL E: 48.5

REG. F (G4, U15) – SET 1		REG. F (G4, U15) – SET 2		VOL
	Jump (arm set)		Jump (arm set)	The VOL routine may include a maximum of five somersaults of no more than 450° rotation. Difficulty will be added.
1	Back somersault (T)	1	Barani (T)	
2	Jump to seat landing	2	Half twist jump	
3	Half twist to feet	3	Jump (straddled)	
4	Jump (tucked)	4	Back somersault (T)	
5	Barani (T)	5	Full twist jump	
6	Jump (straddled)	6	Jump (tucked)	
7	Jump to front landing	7	Jump to back landing	
8	To feet	8	Half twist to feet	
9	Jump (tucked)	9	Jump (piked)	
10	Front somersault (T)	10	Back somersault (P)	QUALIFYING SCORE TO REGIONAL E: 47.5 TO REGIONAL D: 50.5

REG. E (G4, 015) – SET 1		REG. E (G4, 015) – SET 2		VOL
	Jump (arm set)		Jump (arm set)	The VOL routine may include a maximum of seven somersaults of between 270° and 450° rotation. Difficulty will be added.
1	Back somersault (S)	1	Barani (P)	
2	Jump (straddled)	2	Jump (straddled)	
3	Full twist jump	3	Back somersault (T)	
4	Jump (tucked)	4	Barani (T)	
5	Back somersault (T)	5	½ twist jump	
6	BSS to seat landing (T)	6	Jump (tucked)	
7	½ twist to feet	7	1½ twist jump	
8	½ twist jump	8	Jump (piked)	
9	Jump (piked)	9	¾ Front Somersault (S)	
10	Barani (P/S)	10	To feet	QUALIFYING SCORE TO REGIONAL D: 49.5

REGIONAL D (G3) – SET		VOL
Ten <u>different</u> elements with at least seven somersaults of at least 270° somersault rotation to include <u>one</u> of the following three elements: <ul style="list-style-type: none"> • Crash Dive>Ball Out/BBO OR Lazy Back>Cody. • Full Twisting Back Somersault. • Rudi. 		The VOL routine is subject to a 6.5 difficulty limit. To TRIAL at NAT C, finish in top 20% with a score of =>49.0 OR gain a score of =>51.0

NATIONAL C (G2) – SET		VOL
Ten <u>different</u> elements with at least nine somersaults of at least 270° somersault rotation to include: <ul style="list-style-type: none"> • Somersault TO Front or Back Landing. • Somersault FROM Front or Back Landing of at least 450°. AND ONE of the following: <ul style="list-style-type: none"> • Full Twisting Back Somersault • Rudi • A Double somersault 		The VOL routine is subject to an 8.4 difficulty limit. To TRIAL at FIG B you must accrue 2 points. 1 point is gained by finishing in top 20%.

FIG B (G1) – SET		VOL
Ten <u>different</u> elements with at least nine somersaults of at least 270° somersault rotation to include ALL of the following FOUR elements: <ul style="list-style-type: none"> • Somersault TO Front or Back Landing. • Somersault FROM Front or Back Landing of at least 450°. • Double Somersault, with or without twist. • Somersault with AT LEAST 1½ twists. 		No restrictions. To TRIAL at FIG A you must accrue 2 points. 1 point is gained by finishing in top 20%.