

LONDON GYMNASTICS

ACROBATICS -2022

Acrobatic Gymnastics is a fusion of complex acrobatic skills and choreography performed in partnership to music on a sprung floor. Disciplines include: Men's Pairs, Women's Pairs, Women's Trio's and Men's Fours. There is a Regional, National, and International Competitions Framework.

ACRO TECHNICAL COMMITTEE

Chairman	Chris Brockbank	acrochair@london-gymnastics.co.uk
Treasurer	Carol Bailey	acrofinance@london-gymnastics.co.uk
Secretary	Karen Edney	acrosec@london-gymnastics.co.uk
Competition organisers	Andy MacDuff	acrocomp@london-gymnastics.co.uk
	Salme Naylor	acrocomp@london-gymnastics.co.uk
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Committee Members	Vicky Ongley	allstarzgyclub@hotmail.com
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EVENT RULES AND REGULATIONS

The following BG& LG policies must be adhered to for all events:

- Safeguarding and Protecting Children and Vulnerable Adults
- Equality
- Health & Safety
- Anti-doping
- Photography
- Standards of Conduct
- Social Media
- LG Generic Event Rules
- Integrity

The National Acro Competition Handbook rules must be adhered to for the Acro Prelims

2022 LG ACRO REGIONAL COMPETITION PROGRAMME

Novice level Mini Stars/Disability Mini Stars	BG Bronze membership required Mini Star levels 1,2,3,4; (<i>Pre NDP level + NDP 1 level</i>) Disability levels 1,,2, 3 Categories WP; MP; MXP Performed on a strip, without music
Development level Shooting Stars/ Disability Shooting stars	BG silver membership required Routines at NDP grades 1, 2, 3, 4, 5, IDP, Youth: Categories: WP; MP; MXP; WG, MG Disability NDP levels 1,2, 3: Categories: WP; MP; MXP Performed on floor, with music
Development level Tumble Stars:	BG silver membership required Individual competition Tumble Stars levels 1,2,3,4,5 3 set passes
Invitational NDP level Competitions: varied levels	BG silver membership required Open to LG affiliated, Acro BG registered clubs By invitation only from host club Entry forms sent with invitations
Inter- Regional NDP level Southampton Regional Competition	Organised by Southampton Regional Competition for Silver medallists at selected grades: LG selected entry
Regional-- NATIONAL Acro NDP Prelims: Acro Disability NDP Prelims	BG minimum silver membership & LG affiliation National Development Plan On-line entry by club
Regional NDP & FIG level Acro Championships: Acro Disability Championships	BG minimum silver membership & LG affiliation National Development Plan & FIG On-line entry by club

COMPETITOR AGES

COMPETITION TITLE	Minimum age in year of competition
Acro Stars- Mini Stars:	7 years in the year of competition
Acro Stars- Shooting Stars:	8 years in the year of competition
LG friendly competitions:	8 years in the year of competition
Acro Prelims and Regional Championships:	9 years in the year of competition

COACH TRANSFER MATRIX TO ACRO

I currently have a qualification at;	L1	L2	L3	L4	L5
in GG, so I can attend an Acro course at level:	L1	L1	L1	L1	XX
in MA	L1	L1	L1	L1	L1
in WA	L1	L1	L1	L1	L1
in TUMB	L1	L1	L1	L1	L1
in TEAM GYM	L1	L1	L1	L1	L1
in RHYTHMIC	L1	L1	L1	L1	L1
in TRAMP	L1	L1	L1	L1	L1
in AER	L1	L1	L1	L1	L1
in PS	L1	L1	L1	L1	XX

LG /ATC RULES FOR REGIONAL CHAMPIONSHIPS / NATIONAL PRELIMS

London Gymnastics and the Acro Technical Committee reserve the right to refuse any entry and disqualify a competitor, group, coach or judge at any time, if they do not comply with BG or LG published regulations.

Clubs	Must be BG registered and LG affiliated.
Gymnasts:	Competitors require BG Silver membership Must be the correct age to enter the event (<i>see competitor ages</i>) Have an accredited coach present at all times Long hair tied back: No jewellery: No chewing gum
Coaches: Level 2 or above	Gold BG membership at the time of event entry and event Acro L2, or above, qualification to the level of skills being performed Current DBS & SPCA at the time of event entry and event Only L2 or above coaches may put gymnasts on the floor.
Coaches L1	Silver BG membership at the time of event entry and event L1 Acro coaches may coach at Grade 1 & Grade2
All coaches	Wear club tracksuit or tracksuit bottoms and polo shirt Long hair tied back: No jewellery:
Coach Passes:	Passes will be issued in line with current FIG regulations
Judges	Require minimum bronze BG membership & current cycle qualification. Clubs must nominate judges to the set acro ratio, at the time of entry. Must wear BG discipline attire, black suit or trousers /skirt and jacket. Appropriate shoes Judges will be paid expenses at the rate of 45p per mile A levy of £80 per day, per judge, will be charged if the correct number of judges are not nominated, or for non- attendance by a judge, on the day

	Judges may self-nominate for certain events Judge Panels will be selected from the nominated judges, or self-nominated judges, by the TC,
Judge Ratios	The ratio of judges to partnerships at prelims: 1-5 partnerships = 1 judge minimum 6-10 partnerships = 2 judges minimum 11-15 partnerships = 3 judges minimum 16+ partnerships = 4 judges minimum.
Volunteers	Each club will be required to provide 1 volunteer to support the event
Event entry	On-line entry on BG website Entry fees are non-refundable after the entry has been submitted A club may not enter a competition without a nominated judge A club may not enter a competition without a nominated volunteer Judges and volunteers must be nominated at the time of event entry. A club may not enter a competition if there is an outstanding BG /LG/ ATC invoice Late entries may be accepted at the discretion of the TC at double the entry fee, In case of injury, a gymnast in a partnership may be substituted up to 1 week before the event
Event prep	Draft lists /running order will sent out 3 days after entry closing Response to draft lists /running orders must be received within 3 days Changes to spelling etc. will not be made after the set date.
Music	Uploaded online, 16 days prior to the Prelims event There will be a £20 fine per routine for music up-loaded late Have back up CD at event Some music from Disney, Andrew Lloyd-Webber and Cirque du Soleil may not be used. <i>Clarification: PPL Website www.ppluk.com.</i>
Tariff sheets	Tariff sheets must be submitted by email on the set date – 16 days prior to the prelims event. Tariff sheets must be numbered and named correctly. There will be a £20 fine per tariff sheet if submitted late Tariff sheets will not be returned to clubs at the end of the event
Results:	Competition results will be published on the LG website within 3 days of event
Medals & Trophies	Medals will be presented to 1,2,3 placed partnerships Trophies will be presented for display in the clubs Clubs will be charged for any damage to trophies
Progression:	From the Regionals, the first placed NDP partnerships will progress to NDP National Finals. 5 partnerships will be selected as the London Team in the National Team Finals. The top two Disability Partnerships in each category will progress to National NDP Disability Finals The Silver Partnerships will progress to the Southampton Championships at selected grades <i>[if any club is not willing for their gymnasts to take part in the Southampton Regional Championships they must inform the competition organiser, in writing, 16 days prior to the prelims]</i>
Regional kit:	Gymnasts and coaches representing London at other Regional or National events will be required to wear the relevant LG regional kit.

Welfare	A named Welfare Officer will be available for the duration of any event
Health & Safety	A named Health & Safety Person will be on duty for the duration of the event
First Aid:	A named Medical Practitioner will be on duty for the duration of the event
Spectators	Not allowed on the competition arena or approach either officials or Judges
Inquiries:	Inquiries are only permitted in accordance with FIG regulations, with a payment of £25.00 Only nominated supervising coaches may submit a written inquiry, for their own gymnast/s to the competition announcer The event will have a superior jury. The inquiry decision of the Superior jury is final.
Mobile Phones/ devices:	Gymnasts, coaches, judges and officials must not use mobile phones or any other electronic communication devices, including tablets, in the field of play during the event.
Dismissal	The coaches will leave the field of play with their gymnasts to organise their dismissal
Emergency	In the case of emergency, the evacuation procedure will be announced. The coaches will supervise the gymnasts and meet the parents outside the building
Photography, videos	By entering a LG Event, there is an acceptance that the participant may be photographed and published by LG Photos & videos may only be taken and used in accordance with the BG Child Protection Policy. Flash may not be used at any time during the event. The Event Organiser may at any time direct that photos shall not be taken
Drugs	Testing may take place at any event leading to a National Event The gymnast is held accountable if a prohibited substance is found, whether intentional or unintentional. If a gymnast is taking medication, it should be checked regularly and declared. Medications should be checked on the website http://www.globaldro.com/ <i>Informed Sport is an official website that provides information: http://www.informed-sport.com/about-informed-sport</i> <i>For further information visit: www.british-gymnastics.org</i> <i>Technical information & judges / Sports Science and Medicine / Anti- Doping Policy</i>

Specific Prelims Event Rules.

Competition Minimum Qualification Required (or equivalent)

Grade 1	UKCC L2 excluding Pre-school or L1 in Acrobatics equivalent qualification or L2 Acro
Grade 2	UKCC L2 excluding Pre-school or L1 in Acrobatics equivalent qualification or L2 Acro
Grade 3	UKCC L2 or equivalent qualification
Grade 4	UKCC L2 or equivalent qualification
Grade 5	L3 Technical Module 2 or equivalent qualification
Youth	UKCC L3 or equivalent qualification
IDP	L3 + Technical Module 2 or equivalent qualification

The allocation of passes per club will be based on the number of partnerships as per current FIG accreditation rules.

A partnership is defined as one Pair or one Group. □

One partnership	One pass.
Two to five partnership	Two passes.
Six to eight partnership	Three passes. □
Nine or more partnership	Four passes.
4 or more additional partnerships	One additional pass

NATIONAL PROGRAMME (NDP Prelims & Final & Disability Final)

National Development Plan 10

NDP 10 emphasises technical excellence over difficulty and artistry, and provides for smaller step-changes in element difficulty.

Coaches should read the up-dated NDP regulations and competition handbook before embarking upon NDP coaching and competitions

Partnerships:	<p>Progression through the NDP is at the discretion of the coach:</p> <ul style="list-style-type: none"> The gymnast's maturity The gymnast's ability The gymnast's experience in gymnastics The coach's level of coaching qualification <p>An individual may only participate in 1 partnership & 1 category A gymnast may participate in a second disability partnership A previous partnership may not compete at a lower level All exercises have a maximum duration of 2 minutes A partnership may not enter the NDP Preliminaries and the Pat Wade Classic in the same year, apart from youth partnerships.</p>																
Disability:	<p>Grade 1-4: Pairs competition only Grade 2: Group competition may be 3 or 4 members: may be mixed gender, 50% disabled minimum. All grade pairs: minimum 1 disabled gymnast Grade 2 groups a minimum of 2 disabled gymnasts</p>																
Age:	<p>Gymnasts must be 9 years in the year of competition Grade 1: maximum age in year of competition 11 years no more than 7 years age difference in partnership Grade 2: maximum age in year of competition 12 years no more than 7 years age difference in partnership Grade 3: maximum age in year of competition 14 years no more than 7 years age difference in partnership Grade 4: no more than 7 years age difference in partnership Youth: maximum age in year of competition 16 years. no more than 5 years age difference in partnership Grade 5: no more than 7 years age difference in partnership IDP: no more than 10 years age difference in partnership</p>																
Levels:	<table border="0" style="width: 100%;"> <tr> <td style="width: 60%;">Grade 1 MP WP MxP</td> <td>Combined</td> </tr> <tr> <td>Grade 2 MP WP MxP WG MG* (3 or 4)</td> <td>Combined</td> </tr> <tr> <td>Grade 3 MP WP MxP WG MG</td> <td>Combined</td> </tr> <tr> <td>Grade 4 MP WP MxP WG MG</td> <td>Combined</td> </tr> <tr> <td>Youth MP WP MxP WG MG</td> <td>Combined</td> </tr> <tr> <td>Grade 5 MP WP MxP WG MG</td> <td>Balance & Dynamic</td> </tr> <tr> <td>IDP 1 MP WP MxP WG MG</td> <td>Balance & Dynamic</td> </tr> <tr> <td>IDP 2 MP WP MxP WG MG</td> <td>Balance & Dynamic</td> </tr> </table>	Grade 1 MP WP MxP	Combined	Grade 2 MP WP MxP WG MG* (3 or 4)	Combined	Grade 3 MP WP MxP WG MG	Combined	Grade 4 MP WP MxP WG MG	Combined	Youth MP WP MxP WG MG	Combined	Grade 5 MP WP MxP WG MG	Balance & Dynamic	IDP 1 MP WP MxP WG MG	Balance & Dynamic	IDP 2 MP WP MxP WG MG	Balance & Dynamic
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IDP 1 MP WP MxP WG MG	Balance & Dynamic																
IDP 2 MP WP MxP WG MG	Balance & Dynamic																

Coach Qualifications:

Grade 1: UKCC L2 [ex. *Pre-school*] / L1 in Acro equivalent qualification
Grade 2: UKCC L2 [ex. *Pre-school*] / L1 in Acro equivalent qualification
Grade 3: UKCC L2 or equivalent qualification
Grade 4: UKCC L2 or equivalent qualification
Youth: UKCC L3 or equivalent qualification
Grade 5: L3 Technical Module 2 or equivalent qualification
IDP: L3 Technical Module 2 or equivalent qualification

Music Up-loaded onto the on-line portal 2 weeks prior to the event.

NDP Tariff Sheets: Up-loaded onto the on-line portal 2 weeks prior to the event.
Clearly indicate the gymnast's names, club, discipline and level.
Competitors may not compete without a tariff sheet.
Elements need to appear in the order in which they are to be performed.
One element per box
The tariff sheet will electronically add up the tariff
LG Grade 1-5 + IDP & Youth:
There will be a £20 fine for late tariff sheets

FIG Tariff Sheets Clearly indicate names of the gymnast, club, discipline and level.
Competitors may not compete without a tariff sheet.
Elements on the tariff sheet in the order in which they will be performed
Individual elements identified on the last row after the pair/group elements.
Only declared elements of value from the FIG Tables of Difficulty will be evaluated
FIG tariff sheets must show the element value, page number, and where shown, the identification letter or number from the FIG Tables of Difficulty.
There will be a £20 fine for late tariff sheets

Tie break: for 1st place only
FIG rules apply

Finals Team Event:

The Competition Director will nominate 5 partnerships to represent London in the Regional Team Event at the NDP finals based on scores.
Winning Regional Team is based on sum of 3 highest scores from 5 partnerships
Must include 1x pair, 1x group

LG /ATC RULES FOR REGIONAL **ACRO STARS EVENTS**

London Gymnastics and the Acro Technical Committee reserve the right to refuse any entry and disqualify a competitor, group, coach or judge at any time, if they do not comply with BG or LG published regulations.

Clubs	Must be BG registered and LG affiliated.
Gymnasts	Mini Stars competitors will require BG bronze membership Shooting stars competitors will require BG silver membership Must be the correct age to enter the event
Coaches Level 2 and above	Gold BG membership. Acro L2, or above, qualification to the level of skills being performed Current DBS & SPCA
Coaches level 1	Silver BG membership L1 Acro coaches may coach at Grade 1 & Grade2 L1 coaches may put gymnasts on the floor at Mini Stars + Grade 1&2
Kit	Wear club tracksuit or tracksuit bottoms and polo shirt
Judges	Require minimum bronze membership & BG qualification Must wear BG discipline attire 'Intro to Judging Acro' is an accepted qualification for judging Mini Stars
Event entry	Acro Stars event entry may be on-line or direct to the host club. Entry fees are non-refundable after the entry has been submitted A club may not enter a competition without a nominated judge
Music	Each host club will have specific music arrangements
Tariff Sheets	Tariff sheets may be submitted on the day.
Medals & certificates	Medals will be presented to 1,2,3 placed partnerships Mini Stars gymnasts will also receive Participation Certificates
Welfare	A Welfare Officer will be available for the duration of any event
H&S	A Health & Safety Representative will be on duty for the duration of the event
First Aid	A First Aider will be on duty for the duration of the event

Acro Stars

A progressive competition programme that leads into & includes the NDP grades

Mini Stars/Disability Stars: Shooting Stars/Disability Shooting Stars
Tumble Stars:

TITLE	LEVELS	PERFORMANCE	AGE RESTRICTIONS	CATEGORIES
MINI STARS	Level 1: Level 2: Level 3 Level 4:	Performed on strip of floor, without music	Minimum age 7yrs in year of competition:	WP,MP,MXP
*D MINI STARS	Level 1: Level 2: Level 3	Performed on strip of floor, without music	Minimum age 7yrs in year of competition:	WP,MP,MXP
SHOOTING STARS	Grade 1: Grade 2: Grade 3: Grade 4 Grade 5 IDP Youth	Performed on full floor, with music	Min age 8yrs, in year of competition no other age restrictions	WP,MP,MXP, WG,MG
*D SHOOTING STARS	Grade 1: Grade 2 Grade 3	Performed on full floor, with music	Min age 8yrs, in year of competition no other age restrictions	WP, MP, MXP
TUMBLE STARS	Level 1: Level 2: Level 3: Level 4: Level 5	Performed on floor or track	Level 1+2: min 7yrs. Level 3+4: min 8yrs. Level 5: min 11yrs.	Individual M /F

*D Stars: There are specific sets for disabled Mini Stars. Categories may include 1 disabled gymnast and 1 mainstream gymnast

*D Shooting Stars use Disability NDP grade 1,2 & 3. Categories may include 1 disabled gymnast and 1 mainstream gymnast

MINI STARS & DISABILITY STARS	A programme of starter competitions for novice gymnasts and partnerships, held throughout the year and hosted by Acro Clubs. Routines are performed on a strip of un-sprung or sprung floor.
QUALIFICATIONS	<ul style="list-style-type: none"> • Clubs must be Acro registered & affiliated to the region • The Lead coach must have a level 2 or above coaching qualification • Level 1 coaches may put partnerships on the floor under the supervision of a level 2 coach & have silver BG membership • Gymnasts must have bronze membership of BG • Each Club must provide at least 1 qualified judge • 'Intro to Judging Acro' is an accepted qualification for judging Mini Stars
LEVELS	<ul style="list-style-type: none"> • Level 1= novice gymnasts • Level 2 = starter gymnasts; may have competed in club competitions • Level 3 = prep level; may have already competed NDP 1&2 • Level 4= prep level; may have already competed NDP 1&2 • Disability gymnasts may compete at any level, at the discretion of their coach.
AGE RESTRICTIONS:	<ul style="list-style-type: none"> • A minimum age of 7 years in the year of competition • <u>Under 11yrs</u>: all gymnasts in partnership under 11years, on the day (<i>junior school children</i>) • <u>Over 11years</u>: at least one partner 11 yrs. or over, on the day (<i>senior school children</i>)
CATEGORIES	<ul style="list-style-type: none"> • WP, MP, MXP
COMPETITION RULES:	<ul style="list-style-type: none"> • Any gymnast who has competed regionally is ineligible for level 1 or level 2 Mini Stars • A disability partnership may compete at any level, at the discretion of the coach. • A disability partnership may include 1 disabled and 1 mainstream gymnast , or 2 disabled gymnasts • Gymnast may not compete in Acro Stars and Shooting Stars, apart from gymnasts working within a disability partnership plus mainstream partnership • Disability Stars will compete in separate rounds • Mini Stars must follow the set routines • Disability Stars must follow the set Disability routines. • All partner balances must be held for 3 seconds • A complete fall will incur a penalty of 1.0 deduction • Partnerships that show huge difference in mass & maturity will incur a 0.5 penalty
PRESENTATIONS:	<ul style="list-style-type: none"> • Medals will be presented for each category
COMPETITION ENTRY	<ul style="list-style-type: none"> • Entry submitted to host club. • Entry will be 4 weeks before the event entry date. • Late entry, or late payments not accepted

ORGANISATION	<ul style="list-style-type: none"> The Host club organises the competition
SHOOTING STARS & DISABILITY STARS	<p>A Programme of developmental competitions for Acro partnerships held throughout the year and hosted by Acro Clubs</p> <p>Categories include <u>under 8 hours</u> training time & <u>over 8 hours</u> training time</p> <p><i>The Acro year is defined as being from one Acro NDP final to the next final.</i></p>
QUALIFICATIONS	<ul style="list-style-type: none"> Clubs must be Acro registered with BG & LG affiliated Lead coach of the team must have level 2 or above qualification For grade 3 & 4 the coach must have level 2 or above qualification, and the qualification to the level of the skills being performed Gymnasts must have current silver competitive BG membership Each Club must provide a minimum of 1 qualified judge for entry to be accepted
LEVELS	<ul style="list-style-type: none"> Routines at Acro NDP levels Grades 1: 2: 3: 4: 5: IDP:Youth Disability routines at Acro NDP levels Grades 1: 2: 3 NB; grades 5 & IDP may require a sprung floor.
AGE RESTRICTIONS	<ul style="list-style-type: none"> A minimum age of 8 years in the year of competition There are no other age range restrictions
CATEGORIES:	<ul style="list-style-type: none"> Partnerships training for UNDER 8 hours per week; OR Partnerships training for OVER 8 hours per week. Grade 1 category: WP, MP, MXP Grade 2 category: WP, MP, MXP, Group Grade 3 category: WP, MP, MXP, WG, MG Grade 4 category: WP, MP, MXP, WG, MG Grade 5 categories: WP, MP, MXP, WG, MG IDP categories: WP, MP, MXP, WG, MG Youth categories: WP, MP, MXP, WG, MG Disability Grade 1: WP, MP, MXP Disability Grade 2: WP, MP, MXP
COMPETITION RULES:	<ul style="list-style-type: none"> 1 combined routine for a duration of 2 minutes maximum A gymnast may not compete in Acro Stars and Shooting Stars during the same event A gymnast may compete in a different role, even if they have previously competed at NDP 3 4,5,IDP regionally All partner balances must be held for 3 seconds A complete fall will incur a penalty of 1.0 deduction Partnerships that show a huge difference in mass & maturity will incur a 0.5 penalty
PRESENTATIONS:	<ul style="list-style-type: none"> Medals presented for each category
COMPETITION ENTRY	<ul style="list-style-type: none"> Entry submitted to host club. Payment made to host club
ORGANISATION	<ul style="list-style-type: none"> The Host club organises the competition

TUMBLE STARS	A Programme of developmental competitions for inexperienced tumblers, held throughout the year and hosted by Acro Clubs
QUALIFICATIONS:	<ul style="list-style-type: none"> • The lead coach with the team must be at least Level 2 tumbling, Acro, GG, WA or MA • Coaches must have Current BG membership and the qualification to the level of the skills being performed • Gymnasts must have current, minimum bronze BG membership • Each Club must provide a minimum of 1 qualified judge for entry to be accepted • Club tumbling judging qualification required for level 4&5 tumbles
LEVELS:	<ul style="list-style-type: none"> • Tumble Level 1: • Tumble Level 2: • Tumble Level 3: • Tumble Level 4: • Tumble Level 5
AGE RESTRICTIONS	<ul style="list-style-type: none"> • Level 1&2 tumblers must be a minimum 7 years in the year of competition • Level 3 tumblers must be a minimum of 8 years in year of competition • Level 5 tumblers must be a minimum of 11 years in the year of competition
CATEGORIES	<ul style="list-style-type: none"> • Male / Female • Tumble Level 1: age groups: 7-8: 9-10: 11-12: 13+ • Tumble Level 2: age groups: 7-8: 9-10: 11-12: 13+ • Tumble Level 3: age groups: 8-10: 11-12: 13+ • Tumble Level 4: age groups: 8-10: 11-12: 13+ • Tumble Level 5: age groups: 11-12: 13+
COMPETITION RULES	<ul style="list-style-type: none"> • Tumblers must complete all three set runs, in the correct order
PRESENTATIONS	<ul style="list-style-type: none"> • Medals presented for each category
COMPETITION ENTRY	<ul style="list-style-type: none"> • Entry submitted to host club. • Payment made to host club • Entry will be 4 weeks prior to the competition date • Late entry ,or late payments not accepted
ORGANISATION	<ul style="list-style-type: none"> • The Host club organises the competition

TUMBLE STARS LEVEL	RUN 1	RUN 2	RUN 3
Level 1: age groups: 7-8: 9-10: 11-12: 13+	RUN 1 FORWARD ROLL STRETCH JMP FORWARD ROLL STAR JUMP FORWARD ROLL FULL TURN JUMP	RUN 2 CHASSE CARTWHEEL CHASSE CARTWHEEL CHASSE CARTWHEEL TO LAND ON SIDE	RUN3 CARTWHEEL CARTWHEEL ¼ TURN IN BACKWARD ROLL ½ TURN JUMP FORWARD ROLL STAR JUMP
Level 2 age groups: 7-8: 9-10: 11-12: 13+	RUN 1 ROUND OFF ½ TURN JMP TO 1 CARTWHEEL CARTWHEEL ROUND OFF REBOUND JUMP	RUN 2 CARTWHEEL CHASSE CARTWHEEL ROUND OFF STRETCH JUMP BACKWARD ROLL	RUN 3 CARTWHEEL ROUND OFF ½ TURN WALK OUT CARTWHEEL ROUND OFF JUMP 1/2 TURN
Level 3: age groups: 8-10: 11-12: 13+	RUN 1 ROUND OFF ½ TURN JUMP TO 1 CARTWHEEL ROUND OFF REBOUND JUMP FULL TURN JUMP	RUN 2 DIVE ROLL FROM RUN STRETCH JUMP TOP 1 CARTWHEEL ROUND OFF ½ TURN JUMP REBOUND ROLL	RUN 3 ROUND OFF FLIC REBOUND JUMP [HOLD 3 SECS] TURN ROUND ROUND OFF FLIC REBOUND JUMP
Level 4: age groups: 8-10: 11-12: 13+	RUN 1 ROUND OFF FLICK JUMP 1/2 TURN WALKOUT ROUND OFF FLICK REBOUND JUMP	RUN 2 ROUND OFF FLICK ½ TURN JUMP TO 1 HANDSPRING TO 2	RUN 3 ROUND OFF FLIC FLIC REBOUND JUMP
Level 5: age groups: 11-12: 13+	RUN 1 ROUND OFF FLICK ½ TURN JUMP DIVE FORWARD ROLL HEADSPRING	RUN 2 HANDSPRING TO 1 ROUND OFF ½ TURN JUMP ROUND OFF ½ TURN JUMP	RUN 3 ROUND OFF FLIC FLIC FLIC

