



Issue 11 – Jan 2020	A Elements	B Elements	C Elements	D Elements	E Elements
---------------------	------------	------------	------------	------------	------------

**Group 3 Rotations - non flighted Acrobatic Skills**

Forward Roll	F Roll to straddle stand Handstand F roll	Forward roll with straight legs H/stand F Roll straight arms	H/stand FR piked exit (straight arms)	
Back Roll & to straddle	B Roll to pike stand	B Roll through h/stand	B Roll to h/stand (straight arms)	B Roll to h/stand, 1/2 or full turn - (straight arms throughout)
Circle ('teddy bear') roll Side Roll (various shapes) Egg roll (leg shape optional)				
	Handstand ½ turn	Handstand full pirouette	Handstand 1½ pirouette	Handstand double pirouette
Tuck Bunny Hop to Handstand - (exit optional)	Straddle Bunny Hop to Handstand - (exit optional)	Pike Bunny Hop to Handstand - (exit optional)		
	Single Leg Circle	Half Double Leg Circle		Double Leg Circle
	Backward walkover	Forward walkover	Tic toc	Valdez

**Group 4 Agilities and Rotations with flight** *CARE - at Int, Adv & Bronze levels there are restrictions on using this group for Bonus. See Floor Criteria*

Handstand return to feet		Standing Flic to 2 feet <b>FS</b> Standing Flic to 1 foot <b>FS</b> Standing Flic to Front Support <b>FS</b> Back Walkover, Flick (1or2 feet) <b>AFS</b>	Flysprng <b>FS</b> Tucked Front Salto <b>FS</b> Tucked Back Salto <b>FS</b>	Flysprng Front Salto <b>AFS</b>  Free Forward Walkover <b>FS</b>
Cartwheel	Cartwheel ¼ turn in (Front to Back) ↓ (finish feet together or lunge)	Cartwheel, Flick <b>AFS</b>	Free Cartwheel <b>FS</b> Free Cartwheel Flick <b>AFS</b>	Dive Forward Roll (with flight) <b>FS</b> Pike Front Salto <b>FS</b>
Bunny Hop / Jump - (Long)	Cartwheel ¼ turn out		Front Salto to 1 R/O <b>AFS</b>	Straight Front Salto <b>FS</b>
Bunny Hop / Jump - (High)	1 Arm Cartwheel		Front Salto, R/O, flic <b>AFS</b>	F Salto step out, R/O, Flic, B Salto <b>AFS</b>
<i>Both can be used in a Nov routine</i>	2 x side C/wheels (opt. entry / exit)		F Salto step out, R/O, B Salto <b>AFS</b>	R/O, Straight B Salto <b>AFS</b>
	Dive C/wheel (must show flight) <b>FS</b>			R/O, B Salto with 1/1 twist <b>AFS</b>
	Roundoff <b>FS</b>	Roundoff, Flic to 1 foot <b>AFS</b>	R/O Tuck Back Salto <b>AFS</b>	R/O, Flic, Pike/ Straight B Salto <b>AFS</b>
	Roundoff jump (optional shape) <b>FS</b>	Roundoff, Flic to 2 feet <b>AFS</b>	R/O, Flic, Tuck Back Salto <b>AFS</b>	R/O, Flic, B Salto with ½ twist <b>AFS</b>
		Roundoff, Flic, Flic <b>AFS</b>		R/O, Flic, B Salto with 1/1 twist <b>AFS</b>
		Handsprng to 2 feet <b>FS</b>		R/O Flick Arabian <b>AFS</b>
		Handsprng to 1 foot <b>FS</b>	Handsprng Flysprng <b>AFS</b>	
		2 Handsprngs 1 – 2 feet <b>AFS</b>		H/sprng to 1, H/sprng to 2, F Salto
		Handsprng to Roundoff <b>AFS</b>	Handsprng, Front Salto <b>AFS</b>	
		Handsprng, Roundoff, Flic <b>AFS</b>		Headsprng <b>FS</b>

In this group on the right  
FS = Flight Skill  
AFS = Acrobatic Flight Series

**AFS**