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USAG WDP/JO

Levels 1 to 5

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Updates!

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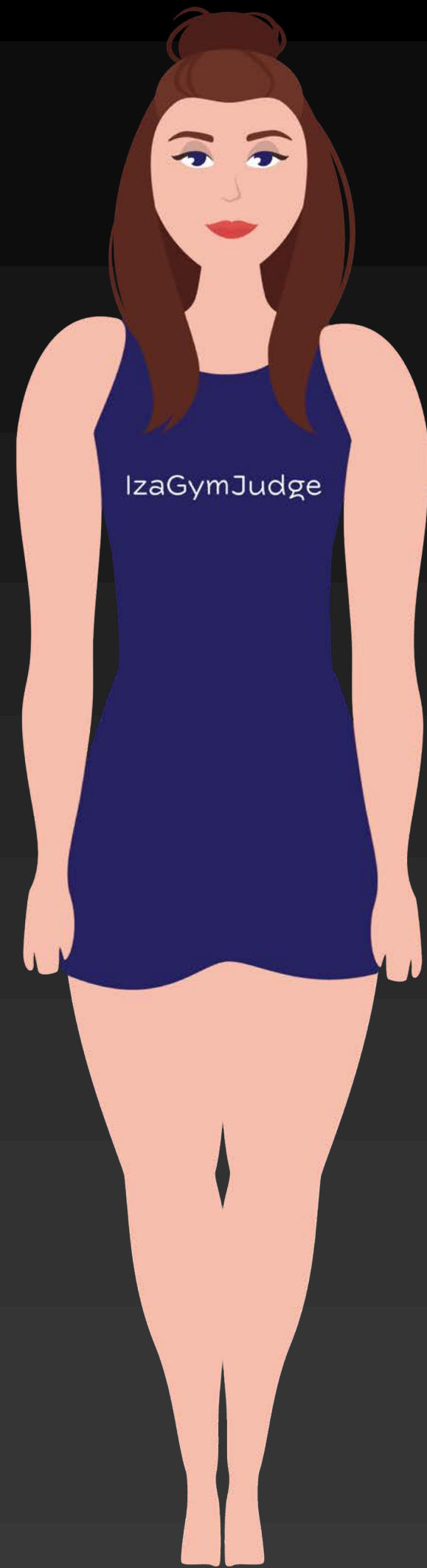
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For my first update, I just have to say I
LOVE this and am so happy to finally
see it in gymnastics!
I have just one word to say...

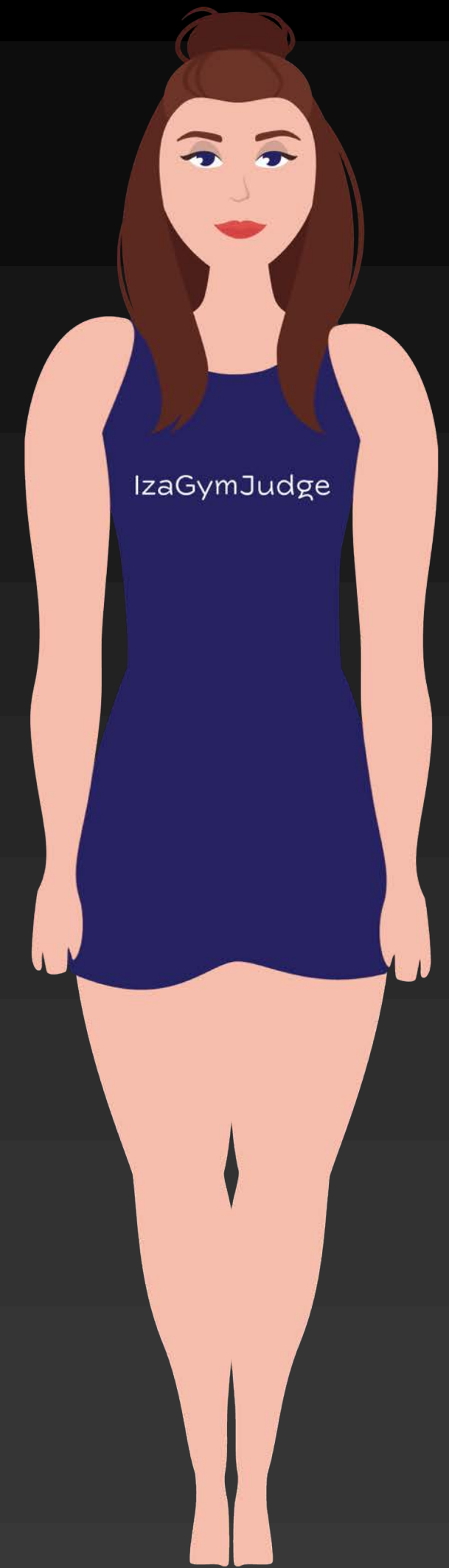
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SHORTS!



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Coaches you'll appreciate this one. They boxed out the LEFT routine changes so it's easier to find.

Entry options

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In addition to the traditional lunge entry, we add the mountain climber rounded entry!

Lunge



Mountain
Climber



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ARMS BY EARS

For acro entries the gymnast's arms should be by their ears and stay by their ears. The front handspring step-out on floor is the only exception - shoulders may be closed a little.

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Front Handspring Step-Out

The goal of the FHS step-out is forward momentum and rotation - not repulsion.

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Turns

For turns you may not plié out of a full or half turn.
From passé, step forward in relevé, and then relevé
lock.

The free leg should NOT kick out before stepping forward.

Level 3 Vault

Handspring
over Mat Stack

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Level 3 Vault

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Mat stack 32" or taller

Number of running steps is optional

Three attempts are permitted to complete one or two vaults. Gymnast may perform one or two vaults.

If two vaults are performed, the better score counts.

A balk is defined as a running approach which:

- Falls during the run
- Stops mid run
- Runs off the runway
- Makes contact with the board
- Makes contact with the mat stack without coming to rest on top of the mat sack

One balk is allowed in the three attempt without penalty. Any additional balk is considered a VOID vault. A fourth attempt at vault is not permitted.

Level 3 Vault

Major Points of Evaluation

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The run should be straight, accelerate and maintain speed until board contact.

Vertical handstand position with arms straight.

Maintain straight body with legs together and pointed feet.

Contact mat stack before vertical. The deduction for contact after vertical is up to a point.

Upon board contact gymnast's feet should be in front of the body. Arms should swing forward to open position. Body should be in extended straight position with head neutral.

Vault should travel in a straight direction. Sufficient dynamics (power and speed) are needed.

Level 3 Bars

Double Back Hip Circles
and new Dismount!

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Level 3 Bars

Glide + Pullover OR Kip (both have same start value)

Cast

Double Back Hip Circle (two in a row)

Front Hip Circle immediately into Small Cast

Cast Squat On Stretch Jump Dismount

Question?

Thanks
Beth!

When 2 skill options have the same Start Value (like the glide pullover vs the kip in the Level 3 bars routine) is there an advantage to doing one over the other?

Answer!

No, there is no scoring or other type of advantage to doing one skill versus another when they have the same start value. Perform the skill the gymnast can do best because deductions will affect the score!

Level 3 Bars

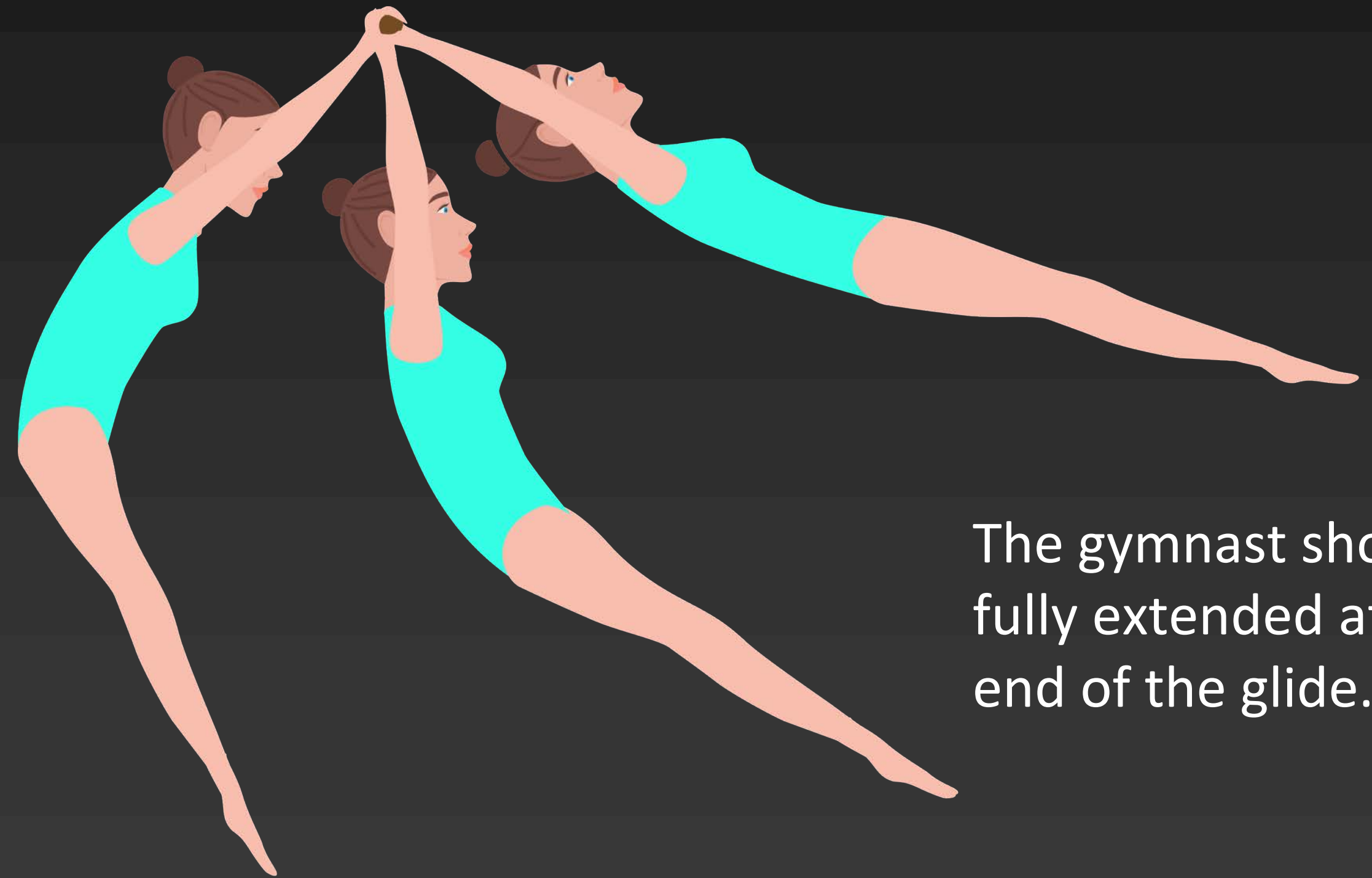
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Glide + Pullover OR Kip

- After the glide, the gymnast can punch into the pullover.
- Hands must remain on the bar between the glide and pullover.
- If take off for glide is from a mount block or board, gymnast may NOT return to mount block or board before pullover.
- Gymnast may pike or straddle glide but legs must close at the end of the glide.



The gymnast should be fully extended at the end of the glide.

Level 3 Bars

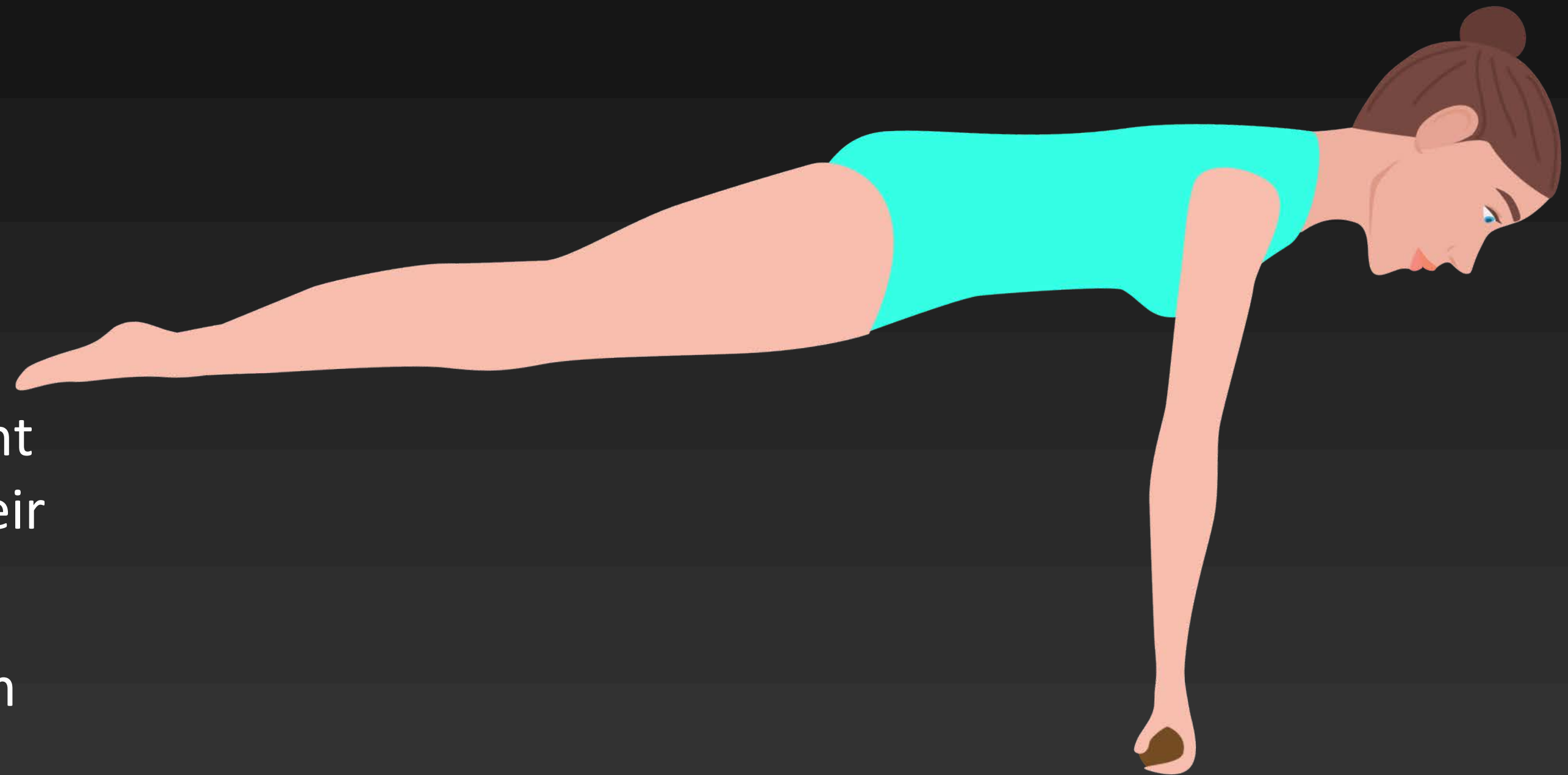
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Cast

- **No minimum angle requirement for the cast**
- Gymnast should have straight hollow tight body with straight legs and arms, and their head neutral.
- Gymnast should show a straight line from shoulders to feet.



Level 3 Bars

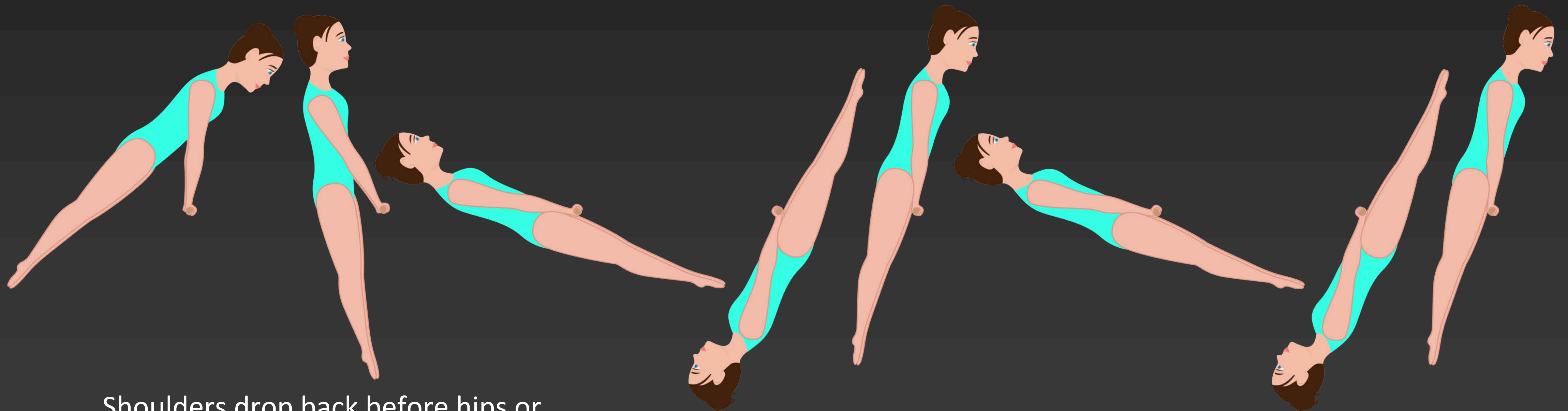
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Double Back Hip Circles

- No pause between the back hip circles
- Straight arms and legs and a straight-hollow body shape



Shoulders drop back before hips or thighs return to bar from the cast.

Level 3 Bars

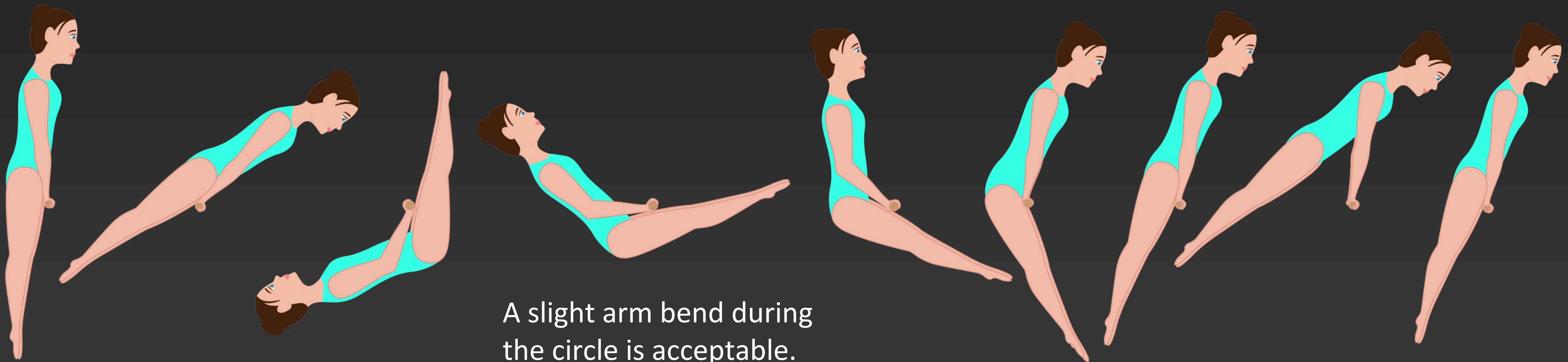
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Front Hip Circle + Small Cast

Small cast should be immediately after the front hip circle



Shoulders drop forward to start the front hip circle.

A slight arm bend during the circle is acceptable.

When finishing front hip circle legs should be slightly piked and in front of the bar.

Small cast and return to front support.

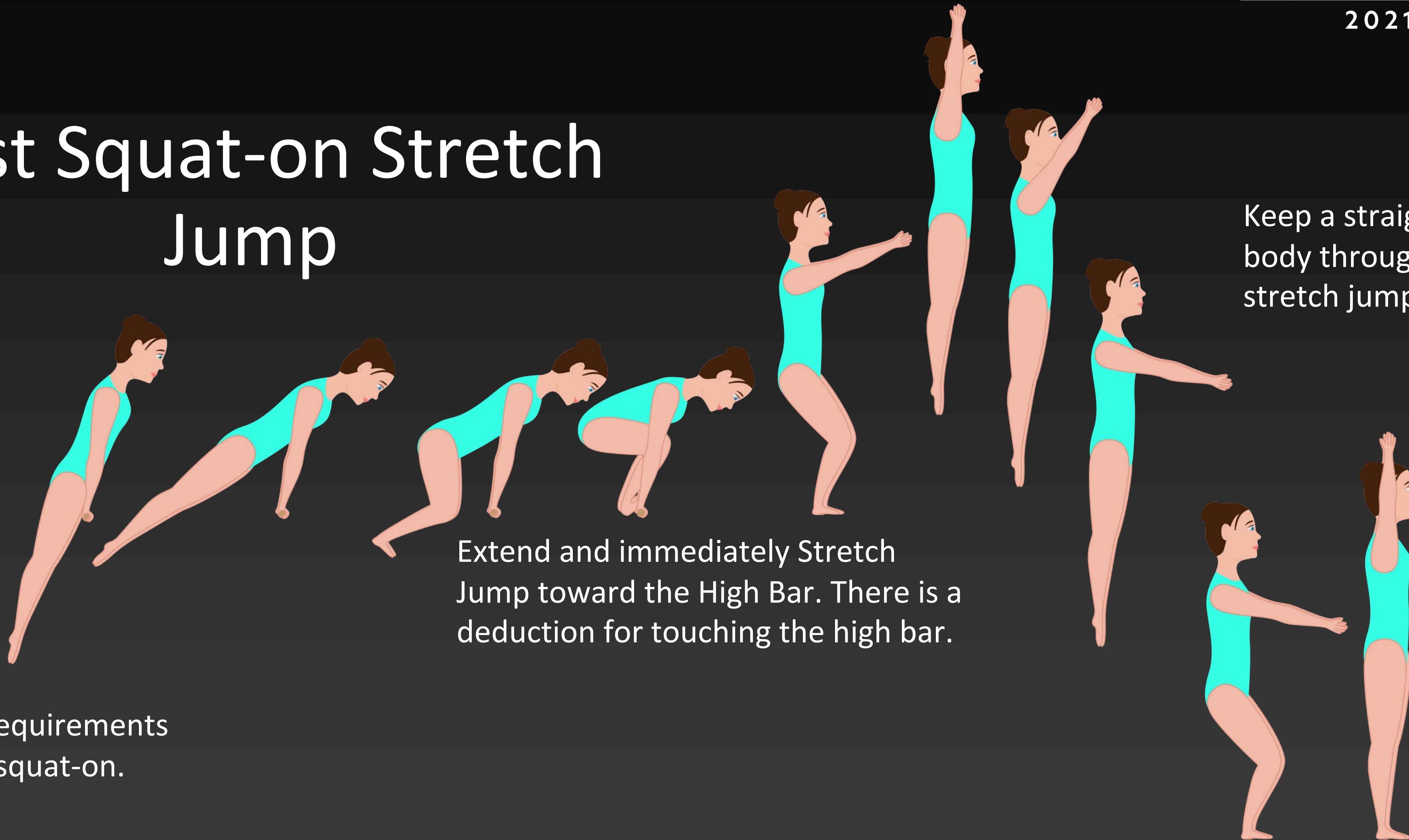
Level 3 Bars

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Cast Squat-on Stretch Jump



Keep a straight and tight body throughout the stretch jump dismount.

Extend and immediately Stretch
Jump toward the High Bar. There is a deduction for touching the high bar.

No angle requirements
for legs in squat-on.

Level 3 Beam

What is Fish Pose?!

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Level 3 Beam

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0:55 time limit

Fish mount to front support, stag sit turn kneel to stand
passé, **Handstand**, back lunge, passé, back lunge, relevé lock,
1/2 heel snap turn, relevé lock,
Stretch jump + Stretch jump, relevé lock
Arabesque (45°) 1 second
Leap (90°), relevé lock
relevé lock, **pivot RIGHT, pivot RIGHT**, lunge pose, lunge pose
Cartwheel to handstand 1/4 turn dismount

Level 3 Beam

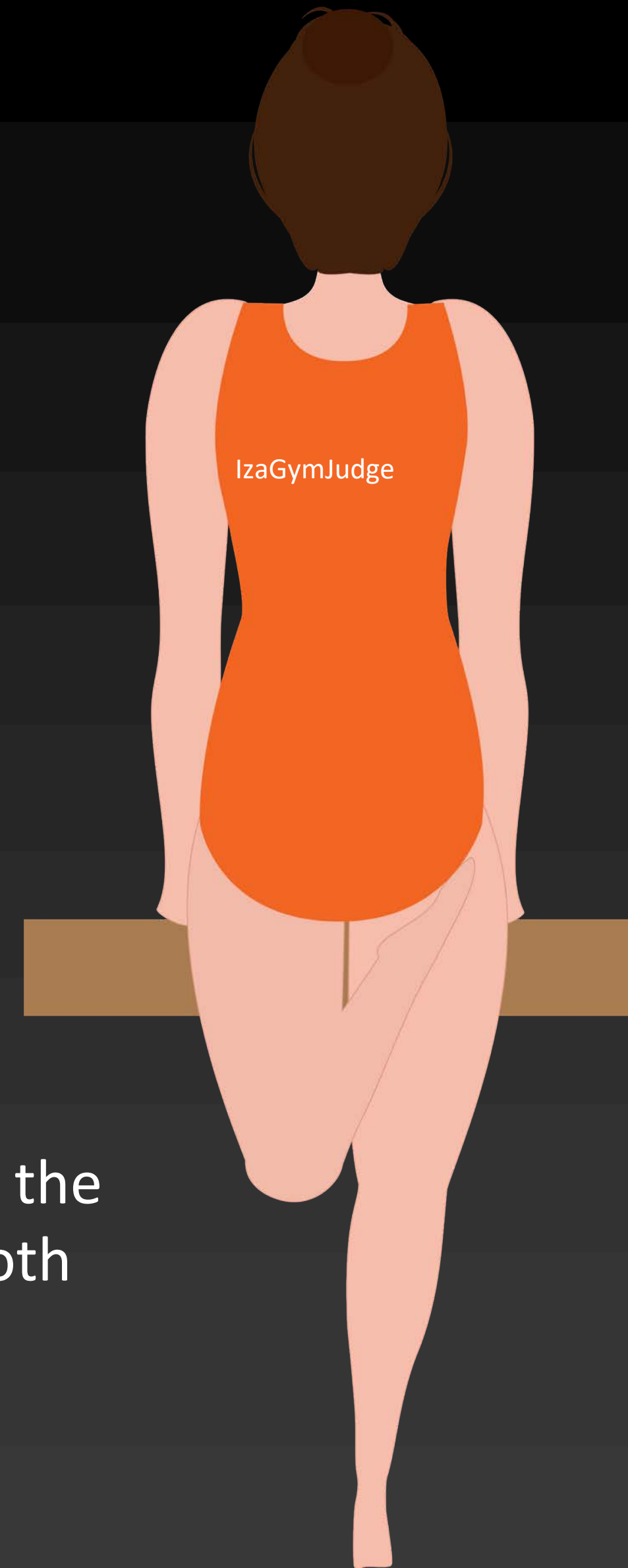
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What the heck is Front Support Fish Pose?!

Fish pose simply means the left leg is bent up at least 90° at the knee. The knees are touching and the right leg is straight. Both feet are pointed.

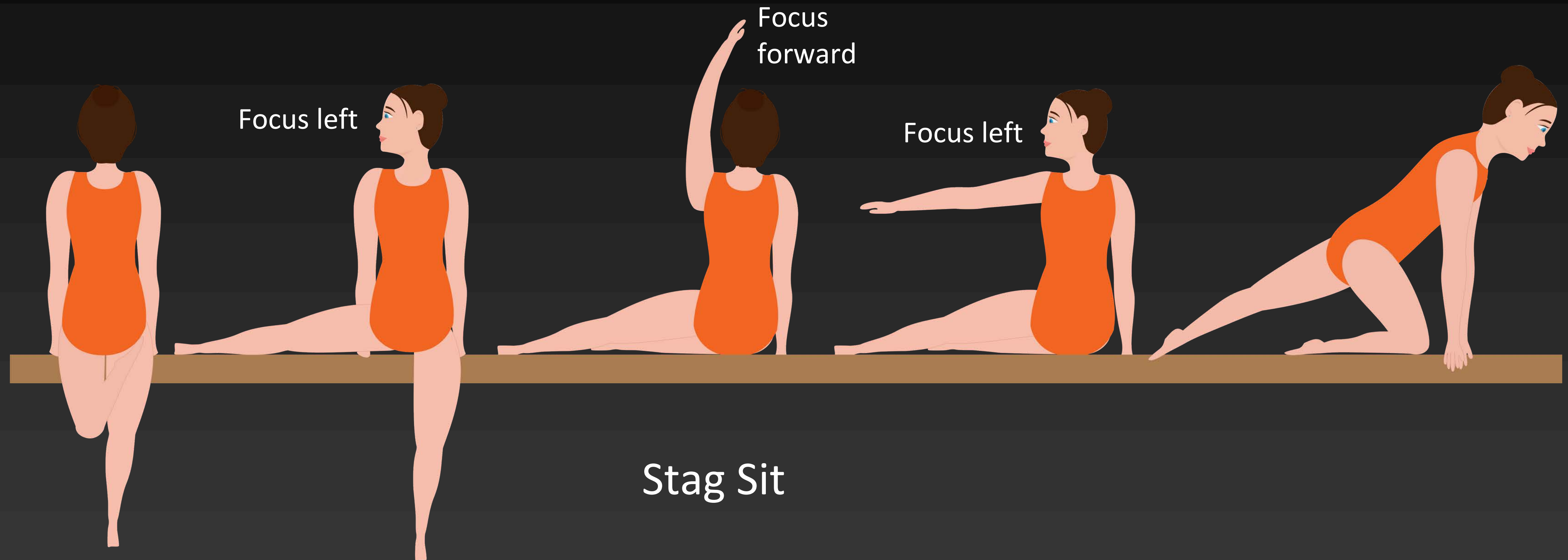


Level 3 Beam

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Fish Support

Fish pose simply means the left leg is bent up at least 90° at the knee. The knees are touching and the right leg is straight. Both feet are pointed.

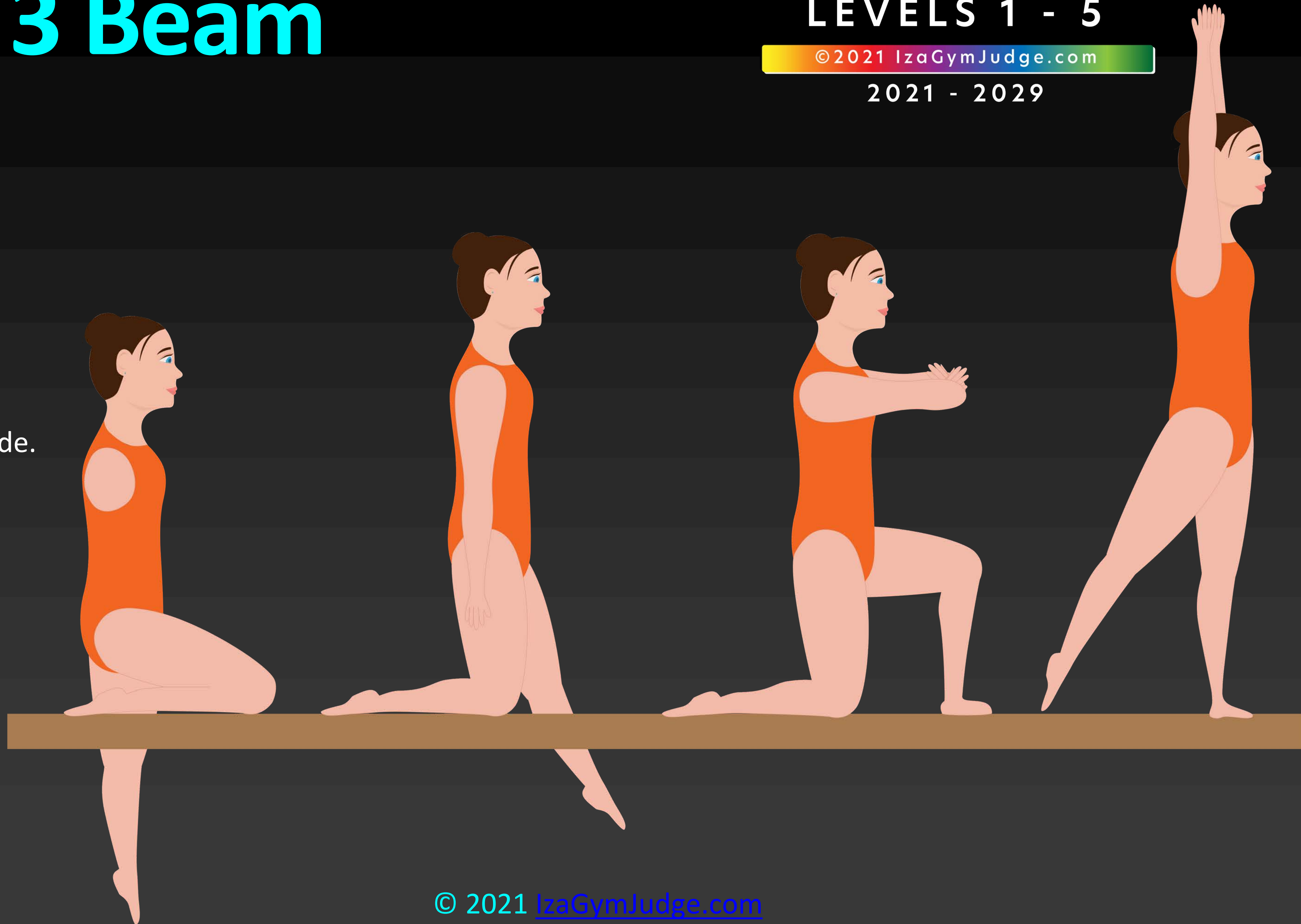
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This is supposed to
show arms to the side.
Sorry - we are not
artists!



Level 3 Beam

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RIGHT Level 3
Fish Mount



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Level 3 Beam

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RIGHT Level 3
Forward Passé
Pose



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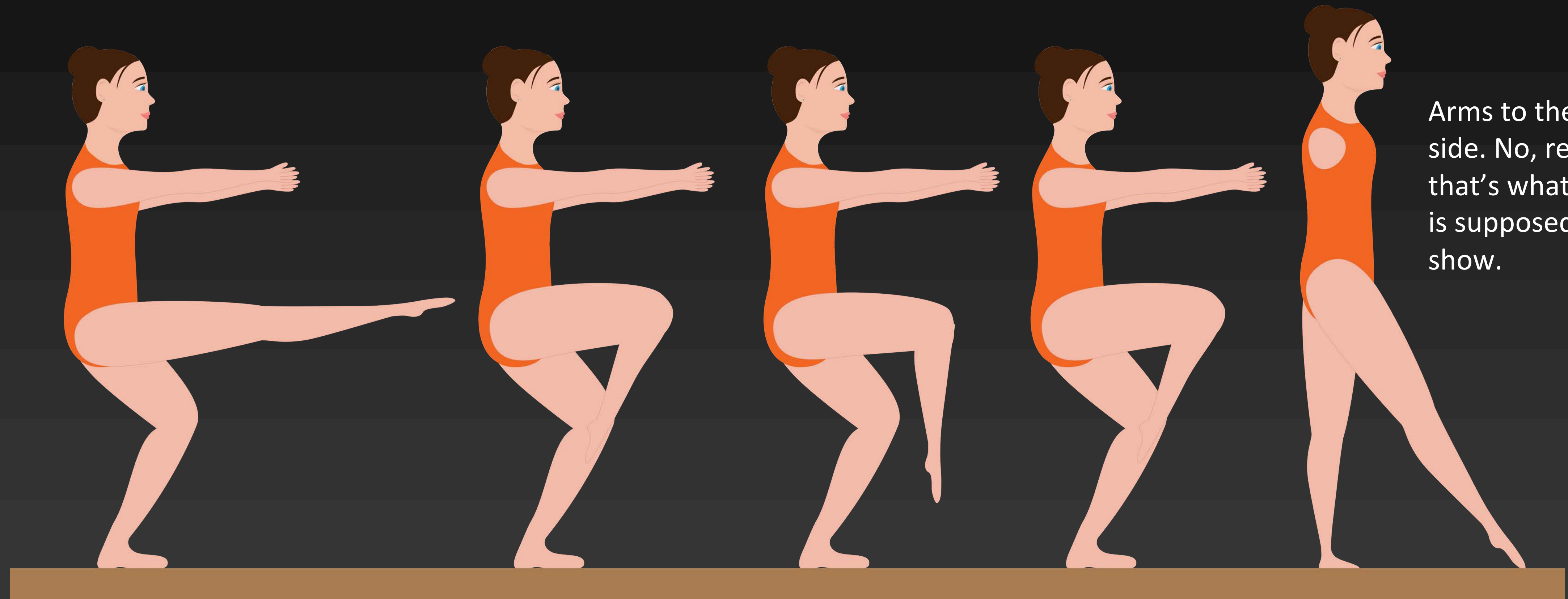
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Arms to the side. No, really, that's what this is supposed to show.

Forward Passé Pose

Level 3 Beam

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Handstand

Question?

Thanks
Beth!

When entering or exiting a handstand (or slow acro skill) should the gymnast show a lever or T shape? Do they need to pause in “T” shape?

Answer!

The gymnast does NOT need to show a lever shape (straight line from arms to body to feet) when entering and exiting a handstand, cartwheel or other slow acro. They should keep their arms covering their ears.

Level 3 Beam

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RIGHT Level 3
Back Lunge &
Forward Passé
Pose



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Level 3 Beam

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1/2 heel snap turn, relevé lock,
Stretch jump + Stretch jump, relevé lock

Arabesque (45°) 1 second

Leap (90°), relevé lock

relevé lock, **pivot RIGHT, pivot RIGHT**, lunge pose, lunge pose

Cartwheel to handstand 1/4 turn dismount

Level 3 Beam

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RIGHT Level 3

1/2 heel snap turn, relevé lock, Stretch jump + Stretch jump, relevé lock, Arabesque (45°) 1 second, Leap (90°), relevé lock, pivot RIGHT, pivot RIGHT, lunge pose, lunge pose, Cartwheel to handstand 1/4 turn dismount



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Level 3 Floor

Dance With Me!

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Level 3 Floor

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Lunge to the LEFT side, Forward passé, Lunge to the RIGHT side, ***Handstand forward roll** (HS hold 1 second), Chassé and Lunge, 1/2 RIGHT pivot turn, Lunge, Chassé, **Leap** (90°), Fish pose, Side pose, **Stretch Jump + Split Jump** (90°), **Handstand to Bridge, Back Kickover** (120°), Kneeling pose, **Right Split**, Half spin to log roll, kneel stand, Relevé lock, **1/2 passé turn**, Relevé lock, **Backward roll to 45° to pushup**, Kneel, Relevé lock, straddle turn, **Roundoff Back Handspring**, Pose, 1/2 kneel pose, final pose

Level 3 Floor

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Lunge to the LEFT side, Forward passé, Lunge to the RIGHT side

Handstand

(hold 1 second)

Forward Roll

Chassé and Lunge, 1/2 RIGHT pivot, Lunge

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Chassé

Leap (90°)

Fish pose, Side pose

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Stretch Jump + Split Jump (90°)

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**Handstand
to bridge
back-kickover (120°)**

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Kneeling pose

Right Split

Half spin to log roll, kneel stand, Relevé lock

1/2 passé turn

Relevé lock

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Backward roll to 45° to pushup

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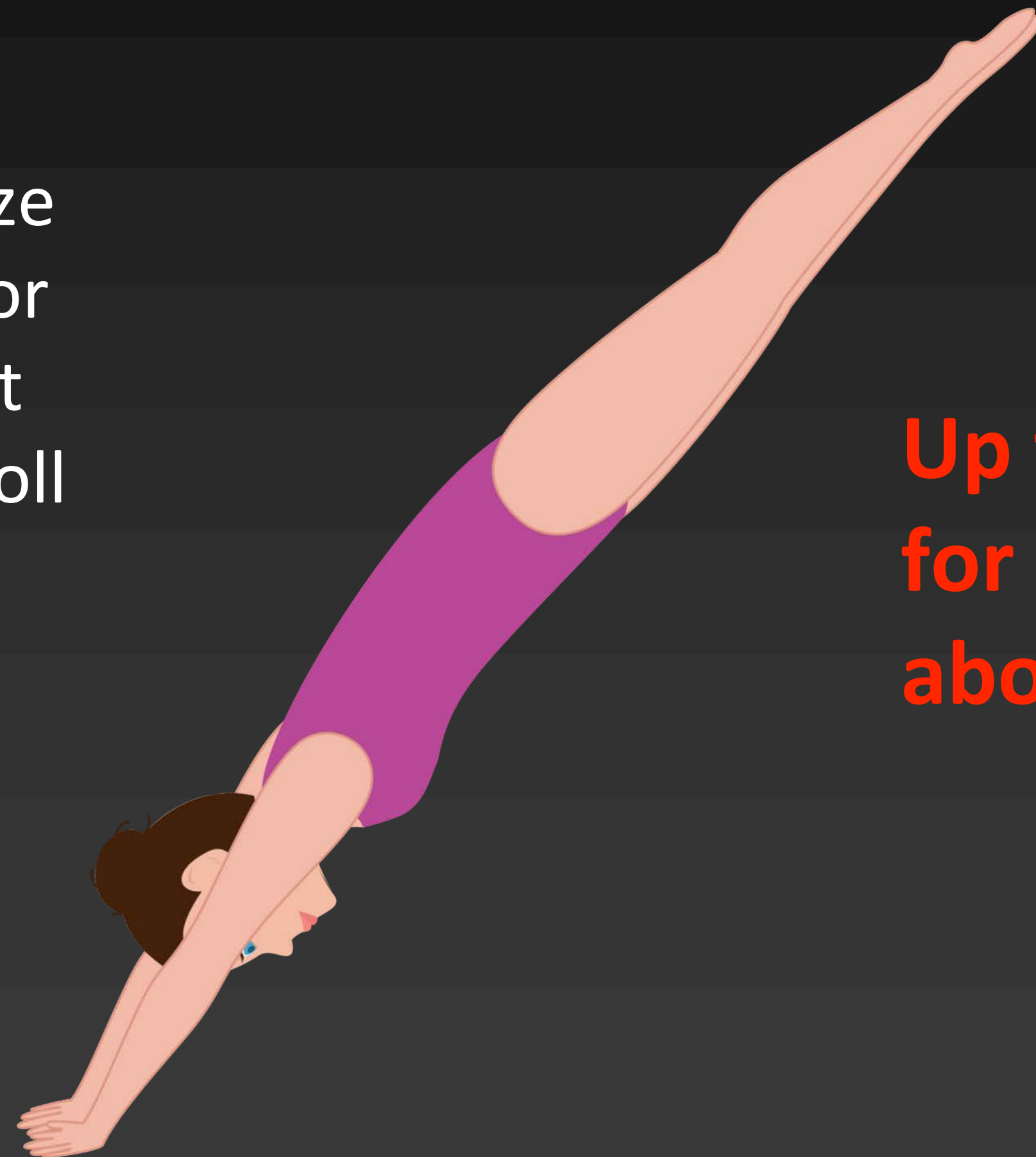
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Backward Roll to Pushup (45°)

So I am sure you realize there is a deduction for NOT getting to at least 45° in the backward roll to pushup.



**Up to 0.20 deduction
for not showing 45°
above horizontal.**

Level 3 Floor

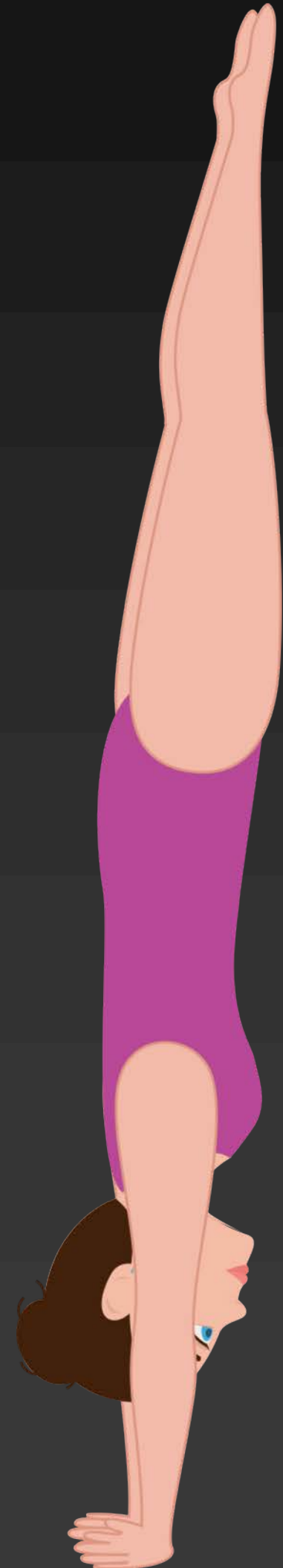
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Backward Roll to Pushup (45°)

But did you know there is a deduction for going directly to handstand?!



0.4 Deduction for the wrong skill!

Why, you may ask? Because it's all about shaping. The backward roll to pushup is training for the clear hip circle they need on bars later. Too often at this level we see "to handstand" that isn't really a good shaped handstand - it's archey or just loose. To encourage shaping, the standard is 45° - and anything between 45° and 89° (less than handstand) would be acceptable. Less than 45° is subject to deduction.

Level 3 Floor

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Kneel, Relevé lock stand, straddle turn 90°

Round Off Back Handspring

Pose, 1/2 kneel pose, Final pose

Level 4 Bars

The One Update

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Level 4 Bars

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Kip

Cast horizontal, return front support (LEGS TOGETHER on cast)

Cast + Squat-on/Pike On/Sole Circle

Jump to Long Hang Kip

Cast horizontal

Back hip circle

Underswing, Counterswing (min. 30° below horizontal)

Tap swing, Counterswing (min. 30° below horizontal),

Tap swing, 1/2 turn dismount

Jump to High Bar Options

A 360° sole circle has been added to the jump to high bar.

Now you have 3 jump options:

- Cast Squat-On
- Cast Pike-On
- 360° backward sole circle

Level 4 Beam

More Fish!

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Level 4 Beam

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1:05 time limit

Fish mount front support

stag sit, knee up, to stand, passé pose

Cartwheel*

Lunge pose right, passé pose, lunge pose right, relevé lock

Half 1/2 turn* passé

relevé lock, Back kick, Passé pose, Dip, Stand

Stretch Jump + Split Jump (120°)

Handstand*

relevé lock, 1/2 squat turn

Scale (to horizontal, 1 second)

Leap (120°), relevé lock

Lunge, pose, lunge

Cartwheel to 1/4 turn dismount

Level 4 Beam

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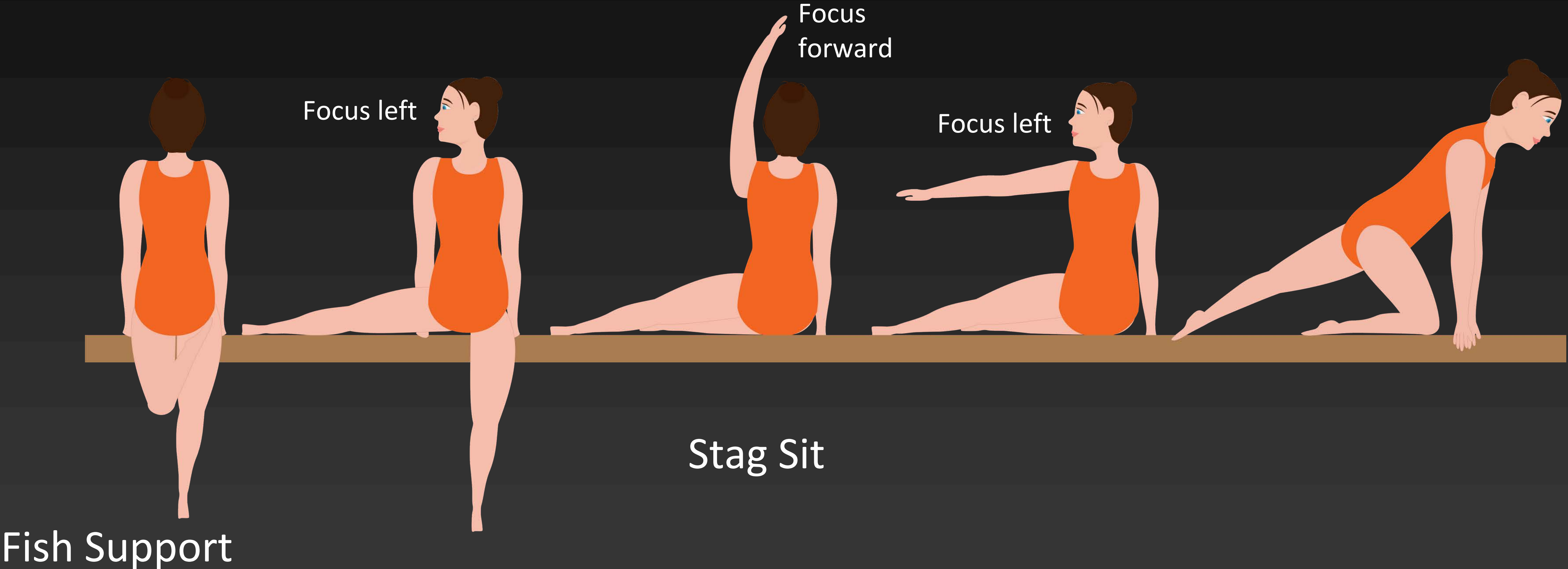
Fish mount front support

Level 4 Beam

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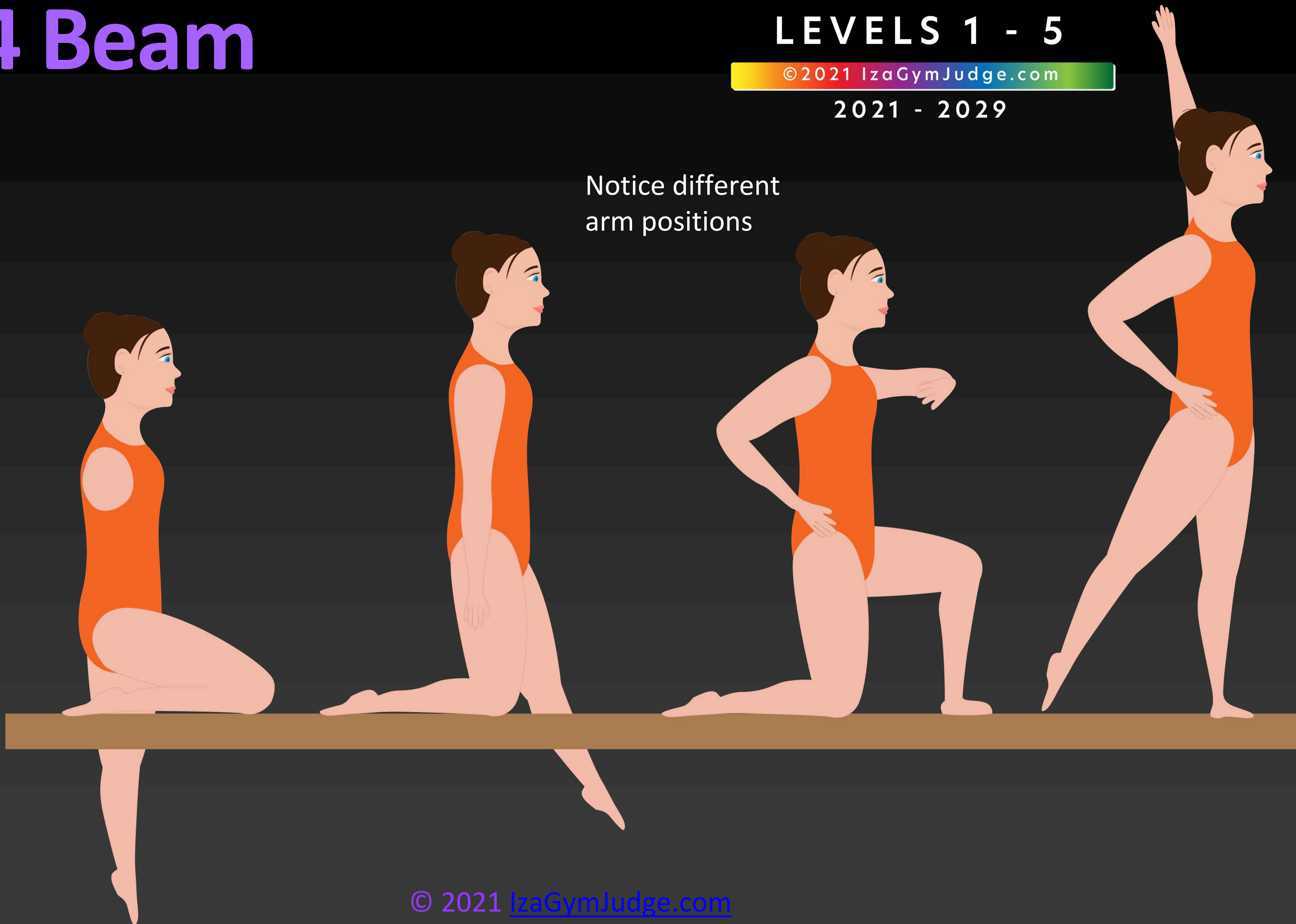
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Notice different
arm positions



Level 4 Beam

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RIGHT Level 4
Floor

Fish mount
front support
stag sit, knee
up, to stand,
passé pose



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Level 4 Floor

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*Cartwheel

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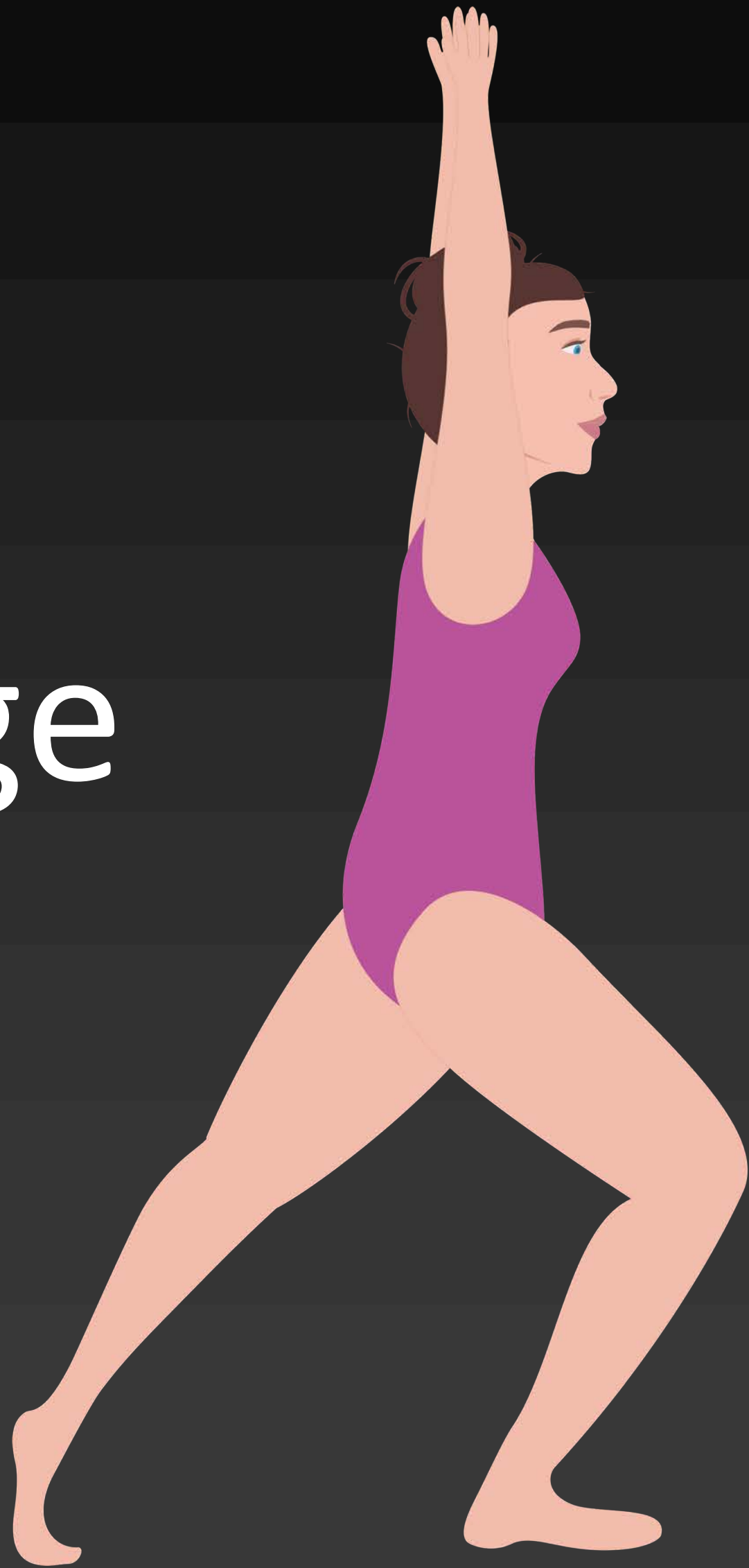
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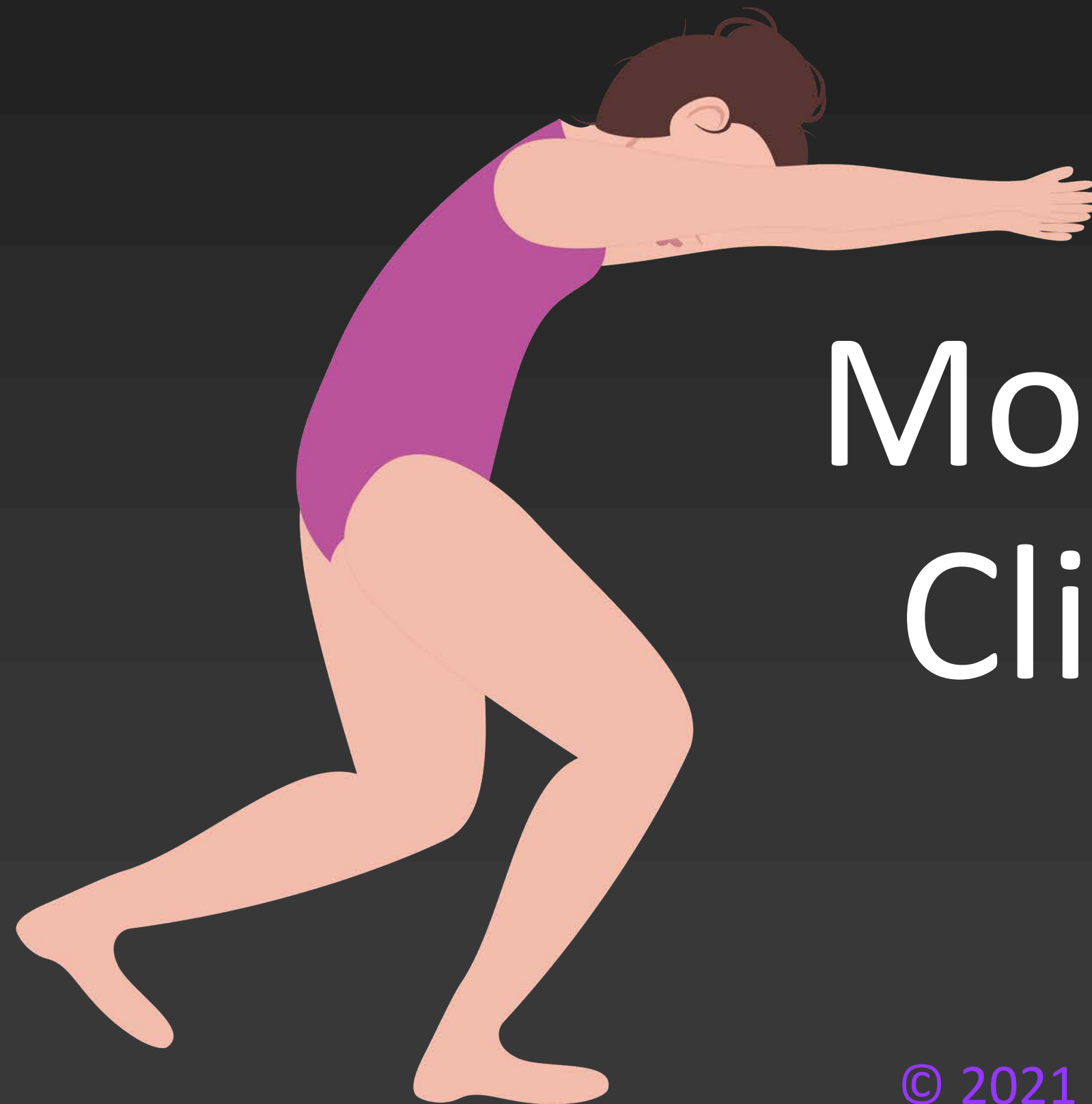
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Entry

Lunge



Mountain Climber



Question?

Thanks
Beth!

When entering or exiting a handstand (or slow acro skill) do the gymnast's arms/hands need to be in that line the whole time or can they drop?

Answer!

The arms need to be “covering the ears” throughout the skill. They should NOT drop at any time during the cartwheel, handstand or other slow acro skill on floor or beam.

Level 4 Beam

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RIGHT Level 4
Floor

Lunge pose right,
passé pose,
lunge pose right,
relevé lock

Half 1/2 turn*
passé

relevé lock, Back
kick, Passé pose,
Dip, Stand

Stretch Jump +
Split Jump (120°)



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Level 4 Beam

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*Handstand

Level 4 Beam

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RIGHT Level 4
Floor

relevé lock, 1/2
squat turn

Scale (to
horizontal, 1
second)

Leap (120°),
relevé lock

Lunge, pose,
lunge



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Level 4 Beam

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*Cartwheel to
*1/4 turn dismount

Level 4 Floor

Dance Baby, Dance

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Level 4 Floor

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Pose, Left plié, 1/4 outward heel snap, step back right then left relevé, **Back Walkover** (150°), Relevé pose, left lunge, contraction forward, left lunge, Side chassé 1/4 turn, lunge, 1/2 pivot right, lunge, straddle relevé, lunge, **Power Hurdle FHS step out + Cartwheel + Straight arm backward roll to Handstand** (step down), Pose, step kick, pose, **Stretch jump 1/2 turn**, partial kneeling pose, relevé lock, Passé hop forward, 1/4 (45°) left turn, side chassé, passé hop with 3/4 right turn (135°), chassé, **Leap** (120°), Fish pose, **Straddle Jump** (120°). Pose, 1/2 knee, tucked sit roll, 1/2 knee, **Split**, 1/2 spin to log roll, Relevé lock, **1/1 (360°) passé turn**, relevé lock, straddle & straight stand, **Round off, Back Handspring, Back Handspring** (rebound), Arch pose, 1/2 knee, final pose

Level 4 Floor

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RIGHT Level 4 Floor
Pose, Left plié, 1/4
outward heel snap,
step back right
then left relevé,
Back Walkover
(150°), Relevé
pose, left lunge,
contraction
forward, left lunge,
Side chassé 1/4
turn, lunge, 1/2
pivot right, lunge,
straddle relevé,
lunge



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Level 4 Floor

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Power Hurdle FHS step out +
Cartwheel +
Straight arm Backward Roll to
Handstand step down

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RIGHT Level 4 Floor

Pose, step kick, pose,
Stretch jump 1/2 turn,
partial kneeling pose,
relevé lock, Passé hop
forward, 1/4 (45°) left
turn, side chassé, passé
hop with 3/4 right turn
(135°), chassé, **Leap**
(120°), Fish pose,
Straddle Jump (120°),
Pose, 1/2 knee, tucked
sit roll, 1/2 knee, **Split**,
1/2 spin to log roll,
Relevé lock, **1/1 (360°)**
passé turn, relevé lock,
straddle & straight stand



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Level 4 Floor

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Round off +
Back Handspring +
Back Handspring rebound

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RIGHT Level 4 Floor
Arch pose, 1/2 knee,
final pose



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Level 5 Bars

Updates

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Level 5 Bars

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Kip (straddle/pike), Cast above horizontal

Pick one:

Clear hip circle above horizontal / Backward sole circle to clear support / Backward Stalder circle to clear support

Kip (straddle/pike), Cast, Squat-on OR Cast, Backward sole circle

Jump to Long hang kip, Cast above horizontal

Long hang pullover (BHC*)

Underswing, Counterswing (min 15° below horizontal)

Tap swing, counterswing (min 15° below horizontal)

Tap swing, fly away (tuck, pike or layout)

* No deduction if performs a BHC after the long hang pullover

Level 5 Bars

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Straddle cast allowed for all casts
at Level 5 and straddle tap swings
allowed!

Level 5 Bars

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Circle Options:

3 Circle Options are:

- Clear Hip circle to above horizontal
- Backward Sole Circle to clear support
- Backward Stalder Circle to clear support

Level 5 Bars

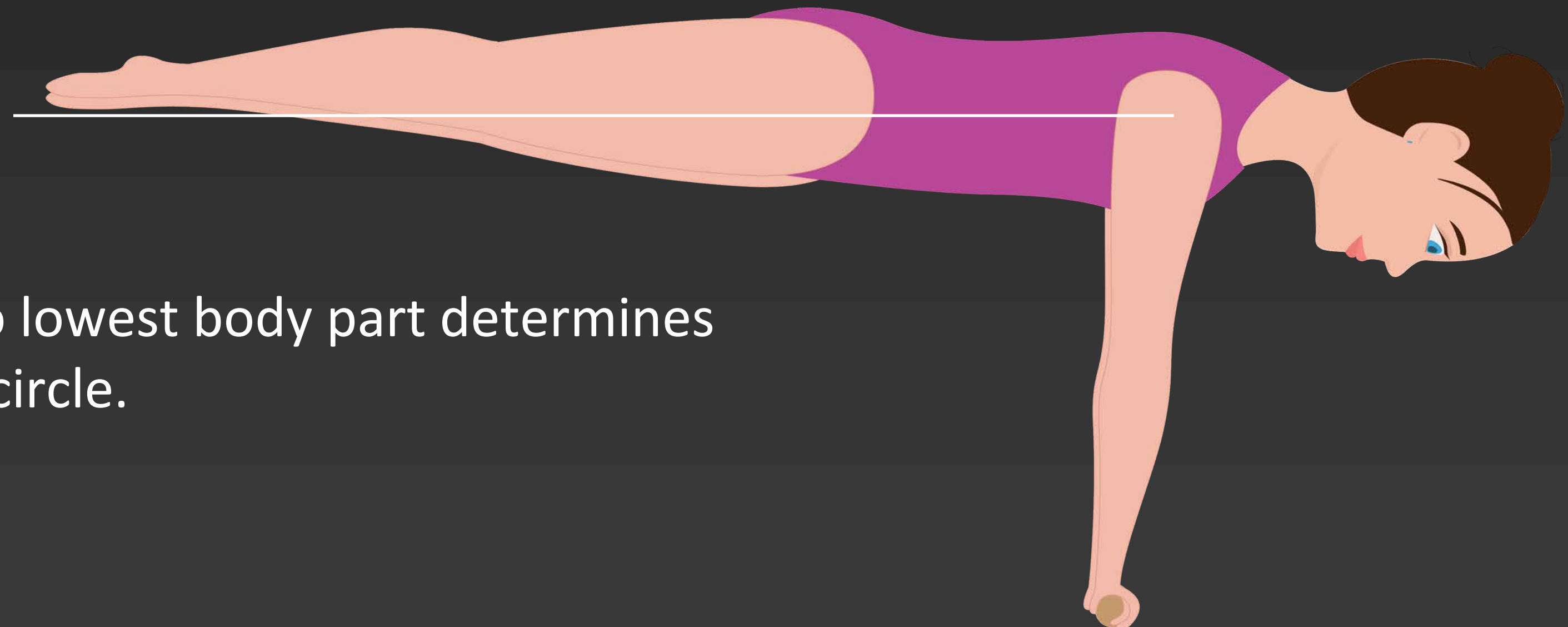
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Cast and Clear Hip Circle

Above horizontal



Line from mid-shoulder to lowest body part determines
angle for cast & clear hip circle.

Level 5 Bars

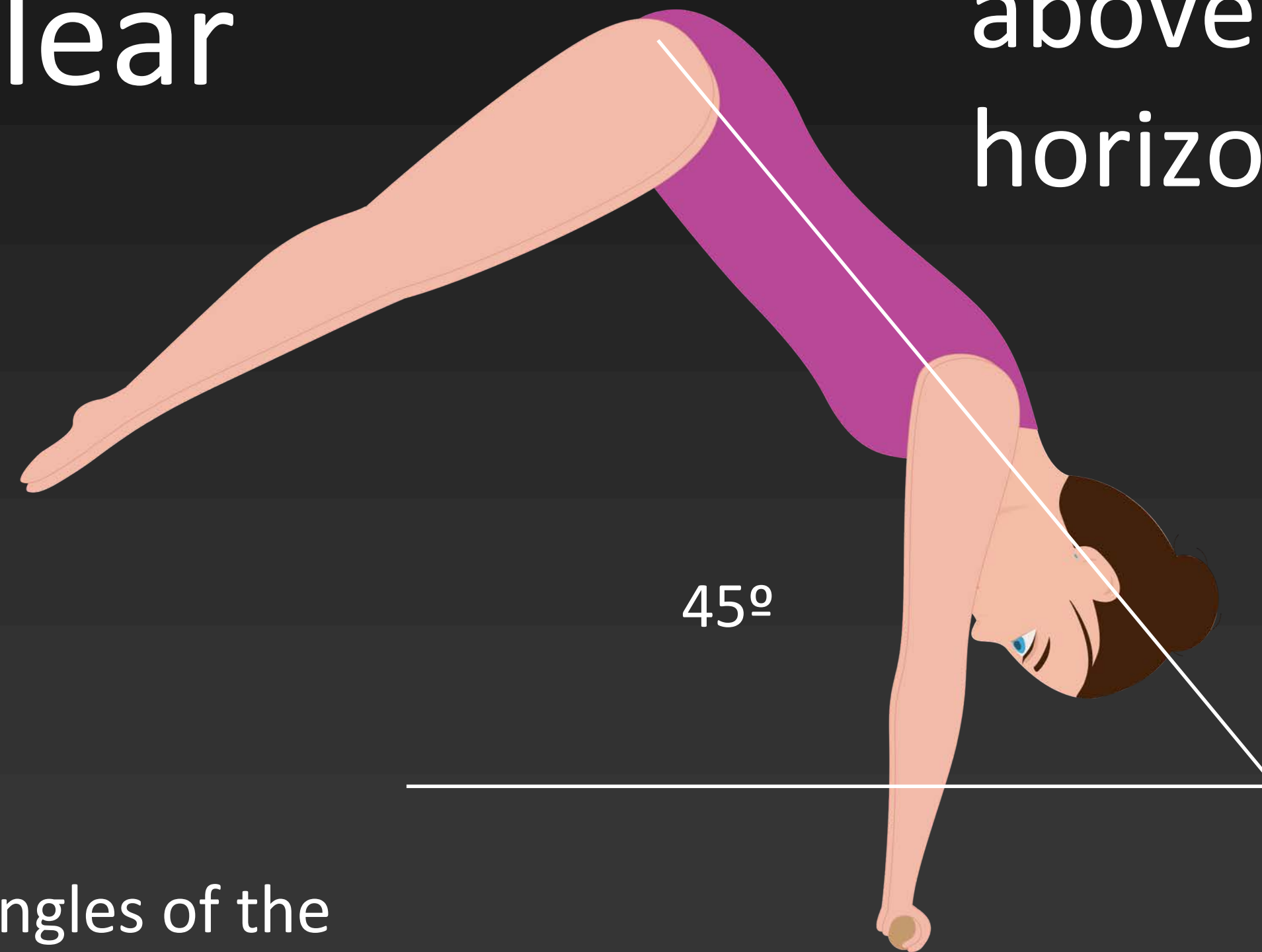
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Backward Sole Circle & Stalder Circle to Clear Support

HIPS at least 45° above horizontal



Gymnast does not need to open hips at completion of circle.

Line from mid-shoulder to hips sets the angles of the back sole & back Stalder circle.

Level 5 Bars

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Backward Sole Circle to clear support entry options:

- Straight cast with late Pike-on
- Cast with early step-on or pike
- Arch-Snap to Pike-on entry (arch cast, use power to snap feet to bar)

Level 5 Beam

New Options!!

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Level 5 Beam

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1:10 time limit

Fish to front support mount, stag sit up, kneel, stand

Choose 1 of the 5 options: 1)*Back walkover (150°) 2)*Backward roll to 3/4 handstand 3)*Back handspring step out 4) Back handspring 2 feet, 5) *Front Walkover (150°)

Side lunge, passé, side lunge, relevé lock, ***1/1 full passé turn**, relevé lock, Back kick, passé pose, dip, stand, **Split Jump** (150°) + **Sissonne**, relevé lock, 1/2 (180°) squat turn, **Scale** (above horizontal), **Leap** (150°), **Stretch/Straight Jump**, Lunge pose, pose, ***Cartwheel + Stretch Jump**, Side relevé, side lunge pose, forced arch, forced arch, stand, **Back tuck dismount**

Level 5 Beam

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RIGHT Level 5 Beam

Fish to front support
mount, stag sit up,
kneel, stand



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Level 5 Beam

LEVELS 1 - 5

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1:10 time limit

Choose 1 of the 5 options:

- 1)*Back walkover (150°)**
- 2)*Backward roll to 3/4 handstand**
- 3)*Back handspring step out**
- 4) Back handspring 2 feet**
- 5) *Front Walkover (150°)**

Level 5 Beam

LEVELS 1 - 5

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RIGHT Level 5 Beam

Side lunge, passé, side lunge, relevé lock, ***1/1 full passé turn**, relevé lock, Back kick, passé pose, dip, stand, **Split Jump** (150°) + **Sissonne**, relevé lock, 1/2 (180°) squat turn, **Scale** (above horizontal), **Leap** (150°), **Stretch/Straight Jump**, Lunge pose, pose, ***Cartwheel + Stretch Jump**, Side relevé, side lunge pose, forced arch, forced arch, stand, **Back tuck dismount**



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Level 5 Floor

Dance Party!

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Level 5 Floor

LEVELS 1 - 5

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Lunge Left, lift arm, turn 1/4 RIGHT outward, step back RIGHT relevé, stand, cross left over right (not touch floor), **Choice of: front tuck, side aerial, OR front aerial**, relevé pose, side lunge left, passé contraction, side lunge left, Half 1/2 Chainé (180°) and 3/4 (270°) turn (total 450°). Lunge, 1/2 RIGHT pivot, lunge left, straddle relevé, lunge right, **FHS step-out, FHS step-out, Cartwheel, Back extension roll**, Pose, step kick, pose, **Stretch jump full 1/1 (360°) turn**, 1/2 kneel, relevé lock, Back passé hop, side chassé, 3/4 passé hop turn, forward chassé, **Straight/Switch leap** (150°), Fish pose, **Straddle Jump** (150°), Kneel, 1/2 kneel, tuck sit turn, 1/2 kneel, **Split RIGHT**, 1/2 spin to log roll, relevé lock, **full 1/1 (360°) passé turn** RIGHT, straddle stand, **Round Off + Back Handspring + Back Tuck**, Back arch contraction, fall to knees, 1/2 knee, final pose

Level 5 Floor

LEVELS 1 - 5

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RIGHT Level 5 Floor

Lunge Left, lift arm, turn
1/4 RIGHT outward, step
back RIGHT relevé,
stand, cross left over
right (not touch floor),
**Choice of: front tuck,
side aerial, OR front
aerial**



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Level 5 Floor

LEVELS 1 - 5

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Choose 1 of the 3 options:

- 1) Front Tuck
- 2) Side Aerial
- 3) Front Aerial

Level 5 Floor

LEVELS 1 - 5

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RIGHT Level 5 Floor

relevé pose, side lunge left, passé contraction, side lunge left, Half 1/2 Chainé (180°) and 3/4 (270°) turn (total 450°).

Lunge, 1/2 RIGHT pivot, lunge left, straddle relevé, lunge right



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Level 5 Floor

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RIGHT Level 5 Floor

Pose, step kick, pose,
Stretch jump full 1/1
(360°) turn, 1/2 kneel,
relevé lock, Back passé
hop, side chassé, 3/4
passé hop turn, forward
chassé, **Straight/Switch
leap** (150°), Fish pose,
Straddle Jump (150°),
Kneel, 1/2 kneel, tuck sit
turn, 1/2 kneel, **Split
RIGHT**, 1/2 spin to log
roll, relevé lock, full **1/1
(360°) passé turn
RIGHT**, straddle stand



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Level 5 Floor

LEVELS 1 - 5

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RIGHT Level 5
Floor

Back arch
contraction, fall to
knees, 1/2 knee,
final pose



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Level 2 Bars

Glide & Cast + Cast

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Level 2 Bars

LEVELS 1 - 5

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Glide + Pullover

Cast

Cast

Back Hip Circle

Underswing dismount

Notes: Glide at beginning: Gymnast's feet may tap or punch before the pullover. Do not release hands! Two casts in a row before the back hip circle. No toe-on dismount.

Level 2 Beam

Kick Up to Stand

LEVELS 1 - 5

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Level 2 Beam

LEVELS 1 - 5

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***Jump to front support**, v sit, Tuck stand, pike stand, ***Kick up to Stand** (no amplitude requirement), **Passé balance** (mark), Relevé lock, plié, relevé, plié, **Stretch/Straight Jump**, relevé lock, **Arabesque** (30°, 1 second), **Forward leg swing**, **Backward leg swing** (both from flat), relevé lock, relevé lock, **1/2 pivot** right, lunge pose, lunge pose, ***Cartwheel to side handstand dismount**

Level 2 Beam

LEVELS 1 - 5

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RIGHT Level 2 Beam

*Jump to front support, v-sit, Tuck stand, pike stand, *Kick up to Stand (no amplitude requirement)



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Level 2 Beam

LEVELS 1 - 5

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RIGHT Level 2 Beam

Passé balance (mark),
Relevé lock, plié, relevé,
plié, Stretch/Straight
Jump, relevé lock,
Arabesque (30°, 1
second)



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Level 2 Beam

LEVELS 1 - 5

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RIGHT Level 2 Beam

Forward leg swing,
Backward leg swing
(both from flat),
relevé lock, relevé
lock, 1/2 pivot right,
lunge pose, lunge
pose, *Cartwheel to
side handstand
dismount



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Level 2 Floor

Dance A Little Bit!

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Level 2 Floor

LEVELS 1 - 5

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Forward contraction pose, ***Cartwheel, Backward roll to pushup**, 1/2 kneel and pose, Passé, ***1/2 Heel Snap**, relevé lock, **Chassé, Leap** (60°), pose, **Split Jump**, ***Handstand, Candlestick** (arms up or down), **Bridge + *Back Kickover**, Relevé and final pose

Question?

Thanks
Sonjay!

When exiting a handstand (or slow acro skill) do the gymnast's feet NEED to step-in immediately?

Answer!

No, usually. Most of the slow acro (handstands, cartwheels) allow EITHER the traditional lunge or step-in to a straight stand option upon exit. Exception: the Cartwheel in Levels 1 and 2 Floor both state step-in immediately, so if ending in a lunge, be sure not to pause and move directly into straight stand.

LEVELS 1 - 5

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