

Level 1 Floor							D.Hanford 10.14.2026
Cartwheel ¼ turn inward, close to stand  Arms cover ears	Back Roll Tuck 	Candlestick 	Forward Passé Balance 	Forward Chassé 	Stretch Jump 	Forward Roll Tuck 	¾ Handstand  Arms cover ears
0.6	0.6	0.2	0.4	0.2	0.4	0.4	0.4

Tuck or pike entrance OK

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

Level 1 Floor							D.Hanford 10.14.2026
Cartwheel ¼ turn inward, <i>close to stand</i>  <i>Arms cover ears</i>	Back Roll Tuck 	Candlestick 	Forward Passé Balance 	Forward Chassé 	Stretch Jump 	Forward Roll Tuck 	¾ Handstand  <i>Arms cover ears</i>
0.6	0.6	0.2	0.4	0.2	0.4	0.4	0.4

Tuck or pike entrance OK

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

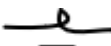
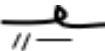
Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

Level 2 Floor								D.Hanford 10.14.2026
Cartwheel ¼ turn inward, <i>close to stand</i>  <i>Arms cover ears</i> 0.6	Back Roll to push-up position  -0.3 if to handstand 0.6	Heel Snap ½ Turn Fwd Passé  0.4	Forward Chassé  0.2	Straight leg Leap 60°  0.6	Split Jump 60°  0.4	Handstand <i>1 second hold</i>  <i>Arms cover ears</i> 0.4	Candlestick  0.2	Bridge-up, Kickover  <i>Arms cover ears</i> 0.6

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

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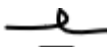
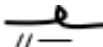
Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

Level 2 Floor								D.Hanford 10.14.2026
Cartwheel ¼ turn inward, <i>close to stand</i>  <i>Arms cover ears</i> 0.6	Back Roll to push-up position  -0.3 if to handstand 0.6	Heel Snap ½ Turn Fwd Passé  0.4	Forward Chassé  0.2	Straight leg Leap 60°  0.6	Split Jump 60°  0.4	Handstand <i>1 second hold</i>  <i>Arms cover ears</i> 0.4	Candlestick  0.2	Bridge-up, Kickover  <i>Arms cover ears</i> 0.6

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

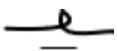
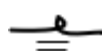
Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

Level 4 Floor									D.Hanford 10.14.2026		
Back Walkover 150°  Arms cover ears	Fwd handspring Step-out  1 step or power hurdle	Cartwheel 	Back Roll HS Straight arms  ←arms cover ears→	Stretch Jump ½ turn 	Straight Leg Leap 120° 	Straddle Jump 120° 	Forward Splits 	1/1 Turn Fwd Passé 	RO, Flic-Flac, Flic-Flac, Rebound 		
0.4	0.6	0.4	0.4	0.4	0.6	0.4	0.2	0.4	0.4 0.6 0.6		

Tuck or pike entrance OK

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

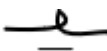
Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

Level 4 Floor									D.Hanford 10.14.2026		
Back Walkover 150°  Arms cover ears	Fwd handspring Step-out  1 step or power hurdle	Cartwheel 	Back Roll HS Straight arms  ←arms cover ears→	Stretch Jump ½ turn 	Straight Leg Leap 120° 	Straddle Jump 120° 	Forward Splits 	1/1 Turn Fwd Passé 	RO, Flic-Flac, Flic-Flac, Rebound 		
0.4	0.6	0.4	0.4	0.4	0.6	0.4	0.2	0.4	0.4 0.6 0.6		

#

Tuck or pike entrance OK

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

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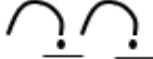
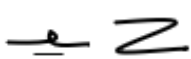
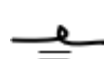
Ave.	J1
	J2

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Ave.	J1
	J2

#

Ave.	J1
	J2

Level 5 Floor										D.Hanford 10.14.2026
Front Tuck, or Aerial Cartwheel, or Aerial Front Walkover	FHS step-out FHS step-out		Cartwheel	Back roll HS <i>Straight arms</i>	Stretch jump Full Turn	Straight Leg Leap or Switch Leap 150°	Straddle Jump 150°	Forward Splits	1/1 Turn Fwd Passé	Round-off, Flic-Flac, Back Tuck
	 <i>1 step or power hurdle</i>			 <i>← arms cover ears →</i>						
0.6	0.6	0.6	0.4	0.4	0.4	0.6	0.4	0.2	0.4	0.4 0.4 0.6

#

Tuck or pike entrance OK

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

#

Ave.	J1
	J2

Level 5 Floor										D.Hanford 10.14.2026	
Front Tuck, or Aerial Cartwheel, or Aerial Front Walkover	FHS step-out FHS step-out	Cartwheel	Back roll HS <i>Straight arms</i>	Stretch jump Full Turn	Straight Leg Leap or Switch Leap 150°	Straddle Jump 150°	Forward Splits	1/1 Turn Fwd Passé	Round-off, Flic-Flac, Back Tuck		
	 <i>1 step or power hurdle</i>		 <i>← arms cover ears →</i>								
0.6	0.6 0.6	0.4	0.4	0.4	0.6	0.4	0.2	0.4	0.4 0.4 0.6		

Level 5 Floor										D.Hanford 10.14.2026	
Front Tuck, or Aerial Cartwheel, or Aerial Front Walkover	FHS step-out FHS step-out	Cartwheel	Back roll HS <i>Straight arms</i>	Stretch jump Full Turn	Straight Leg Leap or Switch Leap 150°	Straddle Jump 150°	Forward Splits	1/1 Turn Fwd Passé	Round-off, Flic-Flac, Back Tuck		
	 <i>1 step or power hurdle</i>		 <i>← arms cover ears →</i>								
0.6	0.6 0.6	0.4	0.4	0.4	0.6	0.4	0.2	0.4	0.4 0.4 0.6		

luck or pike entrance OK

Ave.	J1
	J2

Ave.	J1
	J2

Ave.	J1
	J2

Ave.	J1
	J2

Ave.	J1
	J2

Ave.	J1
	J2