

Novice 1.1-1.5

Set A	Set B
Front drop	Full twist
To feet	Straddle Jump
Straddle jump	Half to seat
Seat drop	Half to seat
Half to seat	To feet
Half to feet	Tuck jump
Tuck jump	Half twist
Half twist	Pike jump
Pike jump	Back drop
Full twist	To feet

Intermediate 1.6-2.4

Set A 1.6	Set B 1.6
Back tuck	Back drop
Straddle jump	Half to feet
Half to seat	Straddle jump
Half to seat	Full twist
To feet	Pike jump
Half twist	Seat drop
Tuck jump	Half to seat
Half to front	Half to feet
To feet	Tuck jump
Full twist	Front pike

Intervanced 2.5-3.1

Set A 2.5	Set B 2.5
Pike barani	Pike back
Straddle jump	Seat drop
Tuck back	To feet
Seat drop	Straddle jump
Half to feet	Tuck Barani
Tuck jump	Tuck jump
Half to front	Back drop
To feet	To feet
Pike jump	Pike jump
Tuck barani	Pike front

Advanced 3.1-4.2

Set A 3.2	Set B 3.2
Lazy back	Straight back
To feet	Straddle Jump
Tuck barani	Full twist
Tuck jump	Pike jump
Pike back	Pike barani
Pike barani	Tuck back
Half twist	Tuck jump
Straddle jump	Crash dive
Tuck back	½ to feet
Full twist	Tuck front

Elite 4.3-6.2

7-9 somersaults

Minimum of One of:

- Front somersault of 360° rotation from feet to feet, with 540° of twist
- Back somersault of 360° rotation from feet to feet, with 360° of twist

AND

Minimum of one of:

- A somersault of 270° rotation to body landing, immediately followed by a somersault of 540° rotation from body landing to feet.

Maximum s/s rotation of 630°

Maximum twist rotation of 720°

Elitepro 6.3+

Minimum of 10 somersaults

No cap on twisting

No s/s rotation over 1080°

Elite

Elite Pro

Competitors will perform 2 voluntary routines, the highest scoring of the 2 will be used for ranking.	Competitors will perform 2 voluntary routines, the highest scoring of the 2 will be used for ranking.
10 unique individual skills	10 unique individual skills
Each routine must contain: - A somersault with 270° rotation to front or back landing, immediately followed by a somersault of 450° rotation from said front or back landing to feet. The second somersault can have a maximum twist of 540° - AND ONE OF: - A somersault of 360° forward rotation from feet with 540° of twist (rudi) - OR - A somersault of 360° backward rotation with 360° of twist (full back)	No s/s rotation over 1080° is permitted, performing a skill above this will result in disqualification There is no cap on twisting All skills must have a s/s rotation of at least 270°
Maximum s/s rotation is 640°, maximum twisting rotation is 540°	
Min. of 7 and Max. of 9 Somersaults in either routine	

