

Beg. Girls Gymnastics	Int. Girls Gymnastics	Adv. Girls Gymnastics
Floor	Floor	Floor
1. Cartwheel	1. Forward roll to straddle	1. Handstand forward roll
2. Forward Roll	2. cartwheel chasse cartwheel	2. Power hurdle round off rebound
3. Candle	3. Backward roll to pike stand	3. Backward roll to pike stand
4. Backward roll	4. Handstand (3 seconds) lunge	4. Backbend kick-over
5. Backbend (15 seconds)	5. One-armed cartwheel	5. Straight leg leap (60°)
6. Handstand (3 seconds) lunge	6. Backbend Kick over	6. ½ turn
7. Standing backbend	Bars	7. Stretch jump, tuck jump (connected)
Bars	1. Long hang pullover	Bars
1. Chin hold (10 seconds)	2. Cast (above 45°)	1. Pullover
2. Cast	3. Back hip circle	2. Horizontal cast
3. Back hip circle	4. Re-grip swings	3. Back hip circle
4. Cast/ cast push away	5. Pullover	4. Single leg cut forward/ backward
5. Pullover	Beam	5. Forward stride circle (mill circle)
Beam	1. Jump to front support, tuck sit, V sit	6. Cast squat on
1. Jump to front support mount	2. Handstand	Beam
2. Tuck sit/ V sit	3. Arabesque, chasse combos	1. Jump to front support, tuck sit, V sit, whip to push up, tuck stand
3. Forward/backward/ sideway walks	4. Tuck/ split jumps	2. Arabesque
4. Arabesque	5. Cartwheel dismount	3. Handstand
5. Coupé/ Relevé walks	Vault	4. Pivot turn (in relevé)
6. Stretch jump	1. Strong run	5. Split jump(60°)
7. Tuck/straddle jump dismount	2. Hurdle, underarm circle	6. Cartwheel to side handstand dismount
	3. Front handspring to back	Vault
	4. Straddle jump onto horse	1. Hurdle, underarm circle, two foot take off from board
		2. Front handspring to back