2027 Routine Examples

Level 1

	VAULT	BARS	BEAM	FLOOR
	Springboard/Trampette	**Low Bar Only - 4 Skills**	**Max 2 lengths - 4 Skills**	**45 secs - 4 Skills**
Example 1	**Run Stretch Jump** with focus on: Accelerated run Board lean angle Arms behind on trampette/springboard Good landing	Jump to Front support Cast back hip circle (2 skills) Forward circle down	Any mount Pivot turn on 2 feet 1 leg balance (HOLD 2 secs) Stretch jump Tuck jump dismount	Tuck Jump rebound star jump Shoulder stand (Hold 2 secs) Pivot turn on 2 feet Kick towards Handstand (feet must join at / above 45º)
Example 2		Circle up to Front support Cast back hip circle (2 skills) Cast to push away and land		Cat leap, Tuck Jump Backward roll (Optional exit) Half Spin on 1 foot Kick towards Handstand (feet must join at / above 45º)

Level 2 / Bronze

	VAULT	BARS	BEAM	FLOOR
	Stacked Mats	**Low Bar Only - 5 Skills**	**Max 2 lengths - 5 Skills**	**45 secs - 5 Skills**
Example 1	**Handspring Flat Back** **(Min: 40cm - Max:120cm)** **Alternate Tramp Board Allowed** with focus on: Accelerated run Board lean angle Body alignment	Circle up to front support Cast return to the bar Cast back hip circle (2 skills) Forward circle down	Any mount 1/2 Spin on 1 foot Kick towards Handstand Tuck jump Round off dismount	Tuck Jump rebound Star Jump (min 60º split) Kick to Handstand - Must join feet (No hold required) 1/2 Spin on 1 foot Cartwheel
Example 2		Upstart prep swing return to stand Circle up to front support Cast back hip circle (2 skills) Straddle Shoot dismount	Any mount 1/2 Spin on 1 foot Kick to needle scale (Hold 1 sec) Straight jump Tuck Jump dismount	Cat leap into Split leap (min 60º split) Kick to Handstand - Must join feet (No hold required) Full spin Round off

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Silver

	VAULT	BARS	BEAM	FLOOR
	On/Over Stack Mats	**Low Bar Only - 5 Skills**	**Max 2 lengths - 5 Skills**	**Max 1 min - 5 Skills**
Example 1	**Handspring Flat Back (SV 9.50)** **(Min: 60cm - Max:140cm)** **Alternate Tramp Board Allowed** with focus on: Accelerated run / speed Board lean angle Body alignment	Circle up to front support Cast above 45º from bar Cast back hip circle (2 skills) Squat on jump down to land	Any mount 1/2 Spin on 1 foot W Jump Cartwheel Round off dismount	Tuck Jump rebound split Jump (Min 90º) Forward roll step out to Cartwheel Full Spin Round off
Example 2	**Handspring/Half On (SV 10.00)** **(Min: 40cm - Max:120cm)** **Alternate Tramp Board Allowed** with focus on: Accelerated run / speed Board lean angle Body alignment	Upstart prep swing return to stand Circle up to front support Cast above 45º from bar into back Hip circle (2 skills) Straddle Shoot dismount	Any mount Full Spin on 1 foot Tuck Jump Forward Roll Cartwheel to handstand return to stand	Cat leap into split leap (Min 90º) Handstand forward roll into forward roll Full spin Round off flic

Level 3

	VAULT	BARS	BEAM	FLOOR
	Over Stack Mats	**Low Bar OR both bars** **5 Skills**	**Max 2 lengths - 5 Skills**	**Max 1 min - 5 Skills**
Example 1	**Handspring** **(Min: 60cm - Max:140cm)** **Alternate Tramp Board Allowed** with focus on: Accelerated run / speed Board lean angle Good landing	Upstart Cast above 45º return to bar Cast into back hip circle (2 skills) Straddle Shoot Dismount	Any mount 1/2 Spin on 1 foot Split Jump (min 60º split) Cartwheel Tuck Dismount	W Jump rebound Split Jump (min 90º split) Forward walkover step out to round off Full Spin Backward Walkover
Example 2	**Half On** **(Min: 60cm - Max:140cm)** **Alternate Tramp Board Allowed** with focus on: Accelerated run / speed Board lean angle Good landing	Upstart prep swing return to stand Circle up to front support Cast (Min 45º) into back hip circle (2 skills) Clear undershoot	Any mount Full Spin Sissone (min 60º split) Backward Walkover Round Off Dismount	Split leap (min 90º split) assemble W Jump Round off Flic Full spin Backward roll to Handstand

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Level 4

	VAULT	BARS	BEAM	FLOOR
	Over Stack Mats	**Must use both bars - 5 Skills**	**Max 1 min - 5 Skills**	**Max 1 min - 5 Skills**
Example 1	**Handspring or 1/2 On** **(Min: 60cm - Max:140cm)** with focus on: Accelerated run / speed Board lean angle Good landing	Upstart Cast above 70º into back hip circle Squat on Tap Swing Swing ½ turn push away to land	Any mount 1/2 Spin on 1 foot Split Jump (min 90º split) Cartwheel Tuck Dismount	Chasse cat leap, assemble straddle jump (min 90º split) Round off Flic Full Spin Front Somi
Example 2	**Yurchenko (RO BHS)** **(Min: 60cm - Max:140cm)** with focus on: Accelerated run / speed Board lean angle Good landing	Circle up to front support Cast above 70º into back hip circle Squat on Tap Swing Long Upstart Straddle Shoot	Any mount Full Spin Split leap (min 90º split) Backward Walkover Round Off Dismount	Split Leap (min 90º split) into assemble tuck jump Round off Flic Full Spin Handspring to 1, Handspring to 2

Gold

	VAULT	BARS	BEAM	FLOOR
	Over Table - Any Height- MAX 135cm	**Must use both bars - 6 Skills**	**Max 1 min - 6 Skills**	**Max 1 min - 6 Skills**
Example 1	**Handspring** with focus on: Accelerated run / speed Board lean angle Good landing	Circle up to front support Cast above 90º into back hip circle Squat on Long Upstart Straddle Shoot	Any mount Full Spin Split Jump (min 90º split) Walkover Cartwheel Tuck Dismount	Split Jump (min 120º split) rebound W Jump Round off Flic Full Spin Free Cartwheel
Example 2	**Half On** with focus on: Accelerated run / speed Board lean angle Good landing	Upstart Cast above 90º return to bar Cast to pike onto bar Sole circle to catch HB ¾ circle round HB Straddle Shoot	Any mount Full Spin Split leap (min 90º split) Cartwheel Handstand (MUST join feet at vertical) Round Off dismount	Split Leap (min 120º split) into Cat Leap Round off flic Tuck 1 1/2 Spin Front Somi

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Level 5

	VAULT	BARS	BEAM	FLOOR
	Upto Stack mats / Resi	**Must use both bars - 6 Skills**	**Max 1 min - 6 Skills**	**Max 1 min - 6 Skills**
Example 1	**Handspring Fall to Tummy (Min: 60cm - Max:140cm)** must touch feet before falling to tummy	Upstart Cast above 90º Clear circle to any angle Upstart Sole Circle to catch HB Long Upstart Cast to tuck backaway	Any mount Full Spin Split Jump (min 120º split) Flic Cartwheel Tuck Dismount	Split Jump (min 120º split) rebound Straddle Jump Round off Flic Tuck Full Spin Front somi
Example 2	**1/2 On or Yurchenko to stand** can miss feet and go to back evaluation stops when feet / back touch mat	Upstart Squat on Long Upstart Cast to HS Clear to HS Giant Backaway	Any mount Full Spin Sissone (min 120º split) W Jump Forward Walkover Front somi dismount	Sissone (min 120º split) into Cat leap full turn Front somi round off flic 1 1/2 Spin Free cartwheel

Level 6

	VAULT	BARS	BEAM	FLOOR
	Table Vault to Stack Mats	**Must use both bars - 6 Skills (2xB)**	**Max 1 min 15 secs - 6 Skills (2xB)**	**Max 1 min 15 secs - 6 Skills (2xB)**
Example 1	**Handspring Fall to Tummy** must touch feet before falling to tummy	Upstart Squat on Long Upstart Cast to HS Clear to HS Giant Backaway	Any mount Full Spin Split Jump (min 150º split) W jump Flic Free Round off dismount	Cat leap full to change leg leap (min 150º split) Round off Flic tuck 1 1/2 Spin Handspring Front Somi
Example 2	**1/2 On or Yurchenko to Stand** can miss feet and go to back evaluation stops when feet / back touch mat	Upstart Cast above horizontal Clear circle to above horizontal Sole circle Long Upstart Cast to HS backaway	Any mount Full Spin Sissone into Split leap (min 1 x 150º split) Walkover flic Round off Tuck salto dismount	Sissone into straddle jump (min 1 x 150º split) Round off flic full twist Full Spin Pike Front

Platinum

	VAULT	BARS	BEAM	FLOOR
	Table Vault	**Must use both bars 7 Skills (1xB)**	**Max 1 min 30 secs 7 Skills (1xB)**	**Max 1 min 30 secs 7 Skills (1xB)**
Example 1	**Any Vault from PN Vault Chart**	Upstart Cast above horizontal Clear circle to above horizontal Upstart Squat on Long Upstart Cast HS into Giant Circle Straight backaway	Any mount Full Spin Split Jump into sissone (min 1 x 150º split) Flic Free Round off dismount	Cat leap full assemble Split Jump (min 150º split) Round off Straight Tuck Jump full Handspring Front Somi
Example 2	**Any Vault from PN Vault Chart**	Upstart Squat on Long Upstart Cast HS Giant Circle Toe on to HS Straight backaway	Any mount Full wolf spin Sissone into Split leap (min 1 x 150º split) Forward walkover Cartwheel Tuck back dismount	Sissone into Change leg leap (min 1 x 150º split) Round off flic Tuck Split Jump 1/2 Pike Front

Level 7

	VAULT	BARS	BEAM	FLOOR
	Table Vault to Stack mats	**Must use both bars - 7 Skills (3xB)**	**Max 1 min 15 secs - 7 Skills (3xB)**	**Max 1 min 30 secs - 7 Skills (3xB)**
Example 1	**Handspring fall to tummy** must touch feet	Upstart Squat On Long Upstart Cast to HS Giant Toe On Giant Backaway	Any mount Full Spin Split Jump (min 180º split) W jump Walkover Flic Round off Tuck Salto dismount	Straddle jump rebound straddle jump 1/2 (min 180º split) Round off Flic Straight Pike Jump Handspring pike front
Example 2	**1/2 On or Yurchenko to stand** Can miss feet and go to back evaluation stops when feet / back touch mat	Upstart HS Sole Circle Long Upstart Cast to HS Clear to HS Giant Backaway	Any mount Full wolf spin Straddle Jump (min 1 x 180º split) Pike Jump Forward Walkover to Cartwheel Round off Straight dismount	Change leg leap (min 180º split) into Side leap Round off flic Tuck Double Spin Handspring Straight front

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Level 8

	VAULT	BARS	BEAM	FLOOR
	Table Vault	**Must use both bars - 8 Skills (4xB)**	**Max 1 min 30 secs - 8 Skills (4xB)**	**Max 1 min 30 secs - 8 Skills (4xB)**
Example 1	**Any Vault from L8 Vault Chart**	Upstart Cast to HS with 1/2 turn Clear to HS Sole Circle Long Upstart Cast to HS Giant Backaway	Any mount Minimum full turn on 1 foot Split Jump (min 180º split) into Sissone Walkover Flic Round off Tuck dismount	Change leg Side into Straddle Jump (min 1 x 180º split) Round off Flic Full twist Double Spin OR W Jump full Straight front punch front
Example 2	**Any Vault from L8 Vault Chart**	Upstart Cast to HS Mo Shoot Upstart Cast to HS Giant Circle Toe on to HS Backaway	Any mount Minimum full turn on 1 foot Change leg into sissone (min 1 x 180º split) Flic to 1, Flic to 2 OR Flic Layout W jump Gainer salto dismount (From end of beam)	Change leg into Tour jete 1/2 Round off flic Straight Change leg 1/2 Handspring Straight front full twist

Diamond

	VAULT	BARS	BEAM	FLOOR
	Table Vault	**Must use both bars - 7 Skills (2xB)**	**Max 1 min 30 secs - 7 Skills (2xB)**	**Max 1 min 30 secs - 7 Skills (2xB)**
Example 1	**Any Vault from DN Vault Chart**	Upstart Squat On Long Upstart Cast to HS Clear to HS Giant Straight backaway	Any mount Minimum full turn on 1 foot Split Jump into sissone (min 1 x 180º split) Double Flic Round off Straight salto dismount	Cat leap full assemble Split Jump (min 180º split) Round off flic Full Twist Change leg leap Handspring Straight Front
Example 2	**Any Vault from DN Vault Chart**	Upstart Cast to HS Toe On Sole Circle Long Upstart Cast HS Giant Circle Shoot Front Dismount	Any mount Minimum full turn on 1 foot Cat leap into Change leg (min 1 x 180º split) Cartwheel into round off tuck dismount	Change leg into Johnson leap (min 180º split) Front somi step out to RO Full Twist Split Jump 1/2 OR Tuck Jump full RO flic Double Tuck

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