

Compulsory 5 – New Rules 2022

Vault

Tuck front to 40cm (vault landing plus 10cm mat)

Bars

- Leg lift x2 (1 if better for judging)
- Dish hold
- Arch hold
- Chin circle over
- Cast to horizontal
- Back hip circle immediate back hip circle out (undershoot to horizontal or above)
- 3x swing above horizontal

Beam

- Optional entry to L hold mount
- Split handstand step in
- Backward walkover
- Split jump
- Straight jump – tuck jump (any order)
- Relevé on one foot hold for 2 seconds – step and prepare 1.2 spin forward (passé développée) arms finish above head
- Cartwheel straight jump dismount

Floor

- On a 10cm parallel line in front of head judge approx. 1m into floor area – step hurdle round off flic
- Handspring to two
- Flic to 1
- Split leap, cat leap
- Full spin
- Straddle jump

R&C

- Standing forward leg lift on first leg, hold forward, side and back
- Repeat on opposite leg
- Backward roll with straight arms to front support
- Drag feet through to straddle lever hold
- Press to straddle stand
- Straddle stand press to handstand
- Lower to bridge
- Lift one leg hold
- Kick back to split handstand hold 2 seconds step down
- Split jump first leg
- Split jump second leg
- Jump ½ turn