

Pink Events 4-Piece Rules

<p>Pre-Bronze</p> <p>Uncoded & A Value Skills only</p>	<p>Straight Jump <i>using springboard OR tramp board</i></p> <p>with focus on: accelerated run Speed board lean angle body alignment</p>	<p>Low Bar 4 skills including: mount cast 360 circle element dismount</p>	<p>Max 2 lengths (35 secs) 4 skills including: 1/2 turn on toes Balance on one leg Straight Jump dismount</p>	<p>Max 45 secs 5 skills including: shoulder stand hold connection of two jumps (NOT straight jump) 1/2 pivot turn OR 1/2 spin Kick towards Handstand</p>
<p>Bronze</p> <p>Uncoded & A Value Skills only</p>	<p>Handspring Flat Back with focus on: accelerated run Speed board lean angle body alignment</p>	<p>Low Bar 5 skills including: mount cast cast back hip circle dismount</p>	<p>Max 2 lengths (35 secs) 5 skills including: mount 1/2 spin Any jump Kick towards handstand dismount</p>	<p>Max 45 secs 5 skills including: dance combo with 2 skills (1 x split required) minimum 1/2 spin Handstand Cartwheel</p>
<p>Silver</p> <p>Uncoded & A Value skills only</p>	<p>Handspring Flat Back 9.50 Handspring 10.00 1/2 on 10.00 OVER SOFT BLOCKS <i>(optional height 60cm - 100cm)</i> with focus on: accelerated run Speed board lean angle body alignment</p>	<p>Low Bar 5 skills including: mount cast above 45° from bar back hip circle dismount</p>	<p>Max 2 lengths (45 secs) 5 skills including: mount 1/2 spin Any jump A Value Acro non flight skill A Value Acro dismount</p>	<p>Max 1 min 5 skills including: - dance combo with 2 skills (1 x min 90° Split) - Acro series (min 2 skills - direct connection) - Full spin -Acro different flight element (not used in acro series)</p>
<p>Gold</p> <p>Uncoded, A & B Value skills permitted</p>	<p>Handspring OR 1/2 on Over Table Vault (any height allowed)</p>	<p>Must use bars 6 skills including: - mount - Squat On OR Sole circle - cast ABOVE Horizontal immediate BWD hip circle - transition from LB to HB - HB dismount</p>	<p>Max 2 lengths 6 skills including: - mount - full spin - Split Jump / leap - 2 x Acro skills <i>(isolated Or in series)</i> - A Value Acro dismount</p>	<p>Max 1 min 6 skills including: - dance combo with 2 skills (1 x split required) - Acro series (min 2 x A Value Acro flight) - Minimum Full spin - Additional Acro flight or salto</p>

All Routines will be marked out of 10.00 where ALL set requirements are met

*deduct 0.5 from the final score for each missing skill
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Skill Chart

PLEASE NOTE: Only skills on this chart can be used to construct routines

BARS	Uncoded Elements	A	B
	Jump to Front Support	Upstart	Jump 1/2 turn into Float
	Chin Up Backward Circle	Long Upstart	Cast to Handstand
	Upstart Prep Swing	Cast to ABOVE Horizontal	Clear circle to Horizontal
	Tap Swing	Squat on jump to High Bar	Backward Giant
	Cast	Cast Backward Circle	Cast to tuck backaway
	Swing to Wrap Around	Sole Circle	
	Cast to baby Giant	Pike / Straddle Shoot with 1/2 turn	
	Squat on jump down dismount		
Pike / Straddle Shoot dismount			

BEAM	Uncoded Elements	A	B
	Pivot turn on Toes	Jump to 2 feet mount	Straddle Lever to HS Mount
	Half Spin	Jump to Straddle Stand	Split Jump 180
	Pivot squat Turn	Jump to Japana	Straddle Jump
	Kick towards Handstand (optional leg position)	Jump to Tuck Stand	Pike Jump
	Straight/Tuck Jump DMT	Chest stand straddle to HS mount	W Jump 1/2 Turn
	Changement	Jump to Forward Roll mount	1 & 1/2 Spin
	Straight Jump	Full Spin	1/1 Wolf Spin
	Jump to sit on Beam mount	Sissone	Handstand Fwd Roll (optional exit)
	Jump to front support mount	Cat Leap	Forward Walkover
		W Jump	Round Off
		Full Spin	Valdez
		Arabesque	Flic
		Forward Roll	Flic to 2
		Backward Roll	Gainer Flic
		Tic Toc	Full Twist fwd off 1 foot
		Cartwheel	1/1 twist DMT
	Backward Walkover		
	Round Off off End		
	Front Somi DMT		
	Tuck/Straight Back DMT		

FLOOR	Uncoded Elements	A	B
	Assemble Jump	Split Leap	Side Leap
	Cartwheel	Split Jump	Change Leg
	1 Handed Cartwheel	Straight Jump Full Turn	Split Jump Half
	L Hop	Sissone	Split Jump Ring
	Chasse	Scissor Leap	Straddle Jump with/without 1/2 turn
	Star Jump	Cat Leap	Sheep Jump
	Half Spin	Tuck Jump with/without 1/2 turn	Tourjete
	Backward Walkover	W Jump	Cat Leap Full
	Forward Roll	Handstand Forward Roll	Pike Jump with/without 1/2 turn
	Backward Roll	Valdez	Tuck Jump Full
		Flic	W Jump Half
		Round Off	1 & 1/2 Spin
		Forward Walkover	Full Spin with leg at Horizontal
		Handspring	Full Spin with leg at 180 (hug spin)
		Free Walkover	Pike Front
		Free Cartwheel	Straight Front
	Front Somi	Straight back salto with 1/2 twist	
	Backward salto tucked	Full Twist	
	Backward salto straight		