

Level D

Vault:

- Run, hurdle handstand flat back onto resi
- Tree fall
- Front handspring over resi (spotted)
- Handstand block, flatback onto 8"
- Handstand shoulder shrugs against wall
- ½ on over table topper (T-hands)

Bars:

- Back hip circle
- Cast to horizontal
- Double back hip circle (spotted)
- Long hang pullover
- Two glide swings in a row
- Squat on (spotted)
- Tap swings to ½ turn dismount
- Front hip circle
- Jump to high bar
- Glide swing to toes to bar
- Shooting star dismount

Beam:

- ½ turns
- Handstands
- Leap to jump
- Side handstand twist dismount (spotted)
- Cartwheel (low beam)
- Front handspring dismount
- Bridge kickover laser beam
- Back walkover floor line

Floor:

- Handstand forward roll (straight arms)
- Backward roll to push up
- Backwalkovers
- Handstand bridge stand up

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- Cartwheel round off
- Roll turn
- Dive cartwheel
- Dive rolls down cheese
- Front handspring over barrel
- Spotted back handspring

Tramp:

- Give each kid 10 jumps
- Straight jumps
- Tuck jumps
- Straddle jumps
- Pike jumps
- Seat drops (Hands right by bottom, give the tramp a high five)
- Seat doggy tummy
- Seat drop, jump half turn, seat drop
- Free jumps 10-15 secs

Foam pit:

- (NO flips or forward rolls) Kids should be jumping to their bottoms
- Kids stand backward with arms by ears and fall in keeping their arms by their ears

Tumble Track:

- Straight jumps
- Tuck jumps
- Straddle jumps
- Pike jumps
- Spin jumps
- Ski jumps
- Backward straight, tuck, straddle, spin, and ski
- Forward rolls
- Run forward roll on to blue mat
- Cartwheels
- Peanut rolls
- Round offs
- Free choice (no flips)

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