

<b>CLUB I (G7) – SET &amp; VOL</b>	
	Jump (arm set)
1	Jump to seat landing
2	To feet
3	½ twist jump
4	Jump (straddled)
5	Full twist jump
6	Jump (piked)
7	½ twist jump
8	Jump (tucked)
9	Jump to front landing
10	To feet

<b>CLUB H (G6) – SET</b>		<b>VOL</b>
	Jump (arm set)	The VOL routine may include a maximum of two body landings and a maximum of one somersault. No difficulty will be awarded
1	Half twist jump	
2	Jump to front landing	
3	To feet	
4	Jump (piked)	
5	Half twist jump	
6	Jump (straddled)	
7	Jump to back landing	
8	To feet	
9	Jump (tucked)	
10	Full twist jump	<b>VOLUNTARY PROGRESSION TO REGIONAL G</b>

<b>REGIONAL G (G5) – SET 1</b>		<b>REGIONAL G (G5) – SET 2</b>		<b>VOL</b>
	Jump (arm set)		Jump (arm set)	The VOL routine must have a difficulty of <b>no less</b> than 1.4 (same as set) and may include a maximum of two body landings and a maximum of three somersaults. No difficulty will be awarded
1	Back somersault (T)	1	Half twist to front landing	
2	Jump (straddled)	2	To feet	
3	Half twist to seat landing	3	Jump (straddled)	
4	Half twist to feet	4	Full twist jump	
5	Half twist jump	5	Jump (piked)	
6	Jump (piked)	6	Jump to back landing	
7	Full twist jump	7	Half twist to feet	
8	Jump (tucked)	8	Jump (tucked)	
9	3/4 Front Somersault (P/S)	9	Half twist jump	
10	To feet	10	Front somersault (T)	<b>QUALIFYING SCORE TO REGIONAL F: 45.0</b> <b>TO REGIONAL E: 48.5</b>

<b>REG. F (G4, U15) – SET 1</b>		<b>REG. F (G4, U15) – SET 2</b>		<b>VOL</b>
	Jump (arm set)		Jump (arm set)	The VOL routine may include a maximum of five somersaults of no more than 450° rotation. Difficulty will be added.
1	Back somersault (T)	1	Barani (T)	
2	Jump to seat landing	2	Half twist jump	
3	Half twist to feet	3	Jump (straddled)	
4	Jump (tucked)	4	Back somersault (T)	
5	Barani (T)	5	Full twist jump	
6	Jump (straddled)	6	Jump (tucked)	
7	Jump to front landing	7	Jump to back landing	
8	To feet	8	Half twist to feet	
9	Jump (tucked)	9	Jump (piked)	
10	Front somersault (T)	10	Back somersault (P)	<b>QUALIFYING SCORE TO REGIONAL E: 47.5</b> <b>TO REGIONAL D: 50.5</b>

<b>REG. E (G4, 015) – SET 1</b>		<b>REG. E (G4, 015) – SET 2</b>		<b>VOL</b>
	Jump (arm set)		Jump (arm set)	The VOL routine may include a maximum of seven somersaults of between 270° and 450° rotation. Difficulty will be added.
1	Back somersault (S)	1	Barani (P)	
2	Jump (straddled)	2	Jump (straddled)	
3	Full twist jump	3	Back somersault (T)	
4	Jump (tucked)	4	Barani (T)	
5	Back somersault (T)	5	½ twist jump	
6	BSS to seat landing (T)	6	Jump (tucked)	
7	½ twist to feet	7	1½ twist jump	
8	½ twist jump	8	Jump (piked)	
9	Jump (piked)	9	¾ Front Somersault (S)	
10	Barani (P/S)	10	To feet	<b>QUALIFYING SCORE TO REGIONAL D: 49.5</b>

<b>REGIONAL D (G3) – SET</b>		<b>VOL</b>
Ten <u>different</u> elements with at least seven somersaults of at least 270° somersault rotation to include <u>one</u> of the following three elements: <ul style="list-style-type: none"> <li>• Crash Dive&gt;Ball Out/BBO <b>OR</b> Lazy Back&gt;Cody.</li> <li>• Full Twisting Back Somersault.</li> <li>• Rudi.</li> </ul>		The VOL routine is subject to a 6.5 difficulty limit. <b>To TRIAL at NAT C, finish in top 20% with a score of =&gt;49.0 OR gain a score of =&gt;51.0</b>

<b>NATIONAL C (G2) – SET</b>		<b>VOL</b>
Ten <u>different</u> elements with at least nine somersaults of at least 270° somersault rotation to include: <ul style="list-style-type: none"> <li>• Somersault TO Front or Back Landing.</li> <li>• Somersault FROM Front or Back Landing of at least 450°.</li> </ul> <b>AND ONE</b> of the following: <ul style="list-style-type: none"> <li>• Full Twisting Back Somersault</li> <li>• Rudi</li> <li>• A Double somersault</li> </ul>		The VOL routine is subject to an 8.4 difficulty limit. <b>To TRIAL at FIG B you must accrue 2 points. 1 point is gained by finishing in top 20%.</b>

<b>FIG B (G1) – SET</b>		<b>VOL</b>
Ten <u>different</u> elements with at least nine somersaults of at least 270° somersault rotation to include ALL of the following FOUR elements: <ul style="list-style-type: none"> <li>• Somersault TO Front or Back Landing.</li> <li>• Somersault FROM Front or Back Landing of at least 450°.</li> <li>• Double Somersault, with or without twist.</li> <li>• Somersault with AT LEAST 1½ twists.</li> </ul>		No restrictions. <b>To TRIAL at FIG A you must accrue 2 points. 1 point is gained by finishing in top 20%.</b>