

Gymnasts must perform **one skill** from each of the eight Skill Areas. For level four, choreography and music are optional, however, they will not be judged.

Creative starting position

Skill 1&2 connected – choose one from the three options...

- Cartwheel to backward roll (R, R)
- Forward roll to side to side cartwheel (R, S)
- Cat leap to chassé step sideways (S, S)

Skill 3

- Straight jump with full turn (S, R)
- Tuck jump with half turn (S, R)
- Full turn on one foot (R)

Skill 4

- Handstand forward roll (R)
- One-handed cartwheel (R)

Skill 5

- Bridge (B)
- Front splits (B)
- Box splits (B)
- Frog balance (B)
- Straddle lever with one foot supported (B)
- Pike lever with one foot supported (B)
- Headstand (B)

Skill 6

- Straddle jump (S)
- Pike jump (S)
- Wolf jump/hop (S)
- Split jump (S)
- Sissone (S)
- Split leap (S)
- Cat leap with half turn (S, R)
- Scissor leap with half turn (S, R)
- Fouetté hop (S, R)
- Straight jump with full turn (S, R)
- Tuck jump with half turn (S, R)

Skill 7

- Y balance (B)
- Arabesque (B)
- One-foot balance (B)

Skill 8

- Shoulder stand (B)
- Pike fold (B)
- Japana (B)

Creative finishing position

B Balance

L Locomotion

R Rotation

S Spring

WORKING TOGETHER

LEVEL FOUR

Gymnasts must perform the skills from each of the six Skill Areas.

For LEVEL FOUR, choreography and music are optional, however, they will not be judged.

Start	<i>Creative starting position</i>
Skill 1	Leapfrog
Skill 2	Stand on thighs with the base on feet
Skill 3	Cartwheel in canon
Skill 4	Straddle lever OR Pike lever- one foot supported mirrored
Skill 5	Forward roll over arch OR over backsupport
Skill 6	Stand on knee with the base on knees
End	<i>Creative finishing position</i>

VAULT

Gymnasts perform two vaults. They may perform the same option twice or perform two different options.

LEVEL FOUR (90-120CM)

Option 1	Squat through
Option 2	Straddle over
Option 3	From run, straddle onto raised surface, straddle jump off