

**SKILLS &  
COMPULSORIES**  
CHARTS & COMPARISON TABLES  
**2025**

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ELEMENT	Phase 1 X-Mini	Phase 1 Pre-Mini	National Pre Mini	Phase 1 Mini	Phase 2 Mini	Mini Intermediate	Mini Adv Female & Male	Phase 1 Cadet	Phase 2 Cadet	Cadet Intermediate	Cadet Adv Female & male	Phase 1 Junior	Phase 2 Junior	Junior Novice	Junior Intermediate	Junior Adv Female & Male	Phase 1 Youth	Youth Novice	Youth Intermediate	Youth Adv Female & Male	Phase 2 Youth/Adult	Adult Novice	Adult Intermediate	Adult Adv Female & Male
Cossack Jump			✓			✓	✓			✓	✓			✓	✓	✓		✓	✓	✓		✓	✓	✓
Cossack Jump to Prone Straddle Sit Landing							✓				✓				✓	✓			✓	✓			✓	✓
Cossack Jump to Prone Straddle SPLIT Landing							✓				✓				✓	✓			✓	✓			✓	✓
Cossack Jump to Front Split Landing							✓				✓				✓	✓			✓	✓			✓	✓
Cossack Jump 180 Turn											✓					✓			✓	✓			✓	✓
Cossack Jump 180 Turn to Prone Straddle Sit Landing											✓					✓			✓	✓			✓	✓
Cossack Jump 180 Turn to Prone Straddle SPLIT Landing											✓					✓			✓	✓			✓	✓
Cossack Jump 180 Turn to Front Split Landing											✓					✓			✓	✓			✓	✓
Cossack Jump 360 Turn											✓					✓			✓	✓			✓	✓
Cossack Jump 360 Turn to Prone Straddle Sit Landing											✓					✓			✓	✓			✓	✓
Cossack Jump 360 Turn to Prone Straddle SPLIT Landing											✓					✓			✓	✓			✓	✓
Cossack Jump 360 Turn to Front Split Landing											✓					✓			✓	✓			✓	✓
Pike Jump																					✓			✓
Pike Jump to Prone Straddle Sit Landing							✓				✓				✓	✓			✓	✓		✓	✓	✓
Pike Jump to Prone Straddle SPLIT Landing							✓				✓				✓	✓			✓	✓		✓	✓	✓
Pike Jump to Front Split Landing							✓				✓				✓	✓			✓	✓		✓	✓	✓
Straddle Jump							✓				✓				✓	✓			✓	✓		✓	✓	✓
Straddle Jump to Prone Straddle Sit Landing							✓				✓				✓	✓			✓	✓		✓	✓	✓
Straddle Jump to Prone Straddle SPLIT Landing							✓				✓				✓	✓			✓	✓		✓	✓	✓
Straddle Jump to Front Split Landing							✓				✓				✓	✓			✓	✓		✓	✓	✓
Straddle Jump 180 Turn											✓					✓			✓	✓			✓	✓
Straddle Jump 180 Turn to Prone Straddle Sit Landing											✓					✓			✓	✓			✓	✓
Straddle Jump 180 Turn to Prone Straddle SPLIT Landing											✓					✓			✓	✓			✓	✓
Straddle Jump 180 Turn to Front Split Landing											✓					✓			✓	✓			✓	✓
Straddle Jump to Push Up											✓					✓			✓	✓			✓	✓
Straddle Jump 180 Turn to Push Up Landing											✓					✓			✓	✓			✓	✓
Front Jete			✓			✓	✓		✓	✓	✓		✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓
Front Switch Jete																					✓		✓	✓
Front Switch Jete to Prone Straddle Sit Landing																				✓		✓	✓	✓
Front Switch Jete to Prone Straddle SPLIT Landing																				✓		✓	✓	✓
Front Switch Jete to Front Split Landing																				✓		✓	✓	✓
Half Turning Front Switch Jete (180 Turn)																				✓		✓	✓	✓
Half Turning Front Switch Jete to Prone Straddle Sit																				✓		✓	✓	✓
Half Turning Front Switch Jete to Prone Straddle SPLIT																				✓		✓	✓	✓
Half Turning Front Switch Jete to Front Split Landing																				✓		✓	✓	✓
Straddle Jete			✓			✓	✓			✓	✓			✓	✓	✓		✓	✓	✓		✓	✓	✓
Straddle Switch Jete																					✓		✓	✓
Straddle Switch to Prone Straddle Sit Landing																				✓		✓	✓	✓
Straddle Switch to Prone Straddle SPLIT Landing																				✓		✓	✓	✓
Straddle Switch to Front Split Landing																				✓		✓	✓	✓

ELEMENT	National Mini Duos & Teams	National Cadet Duos & Teams	National Junior Duos & Teams	National Youth Duos & Teams	National Adult Duos & Teams
<b>COMPULSORY ELEMENTS</b>					
Jumping Jacks	✓	✓	✓	✓	✓
High Leg Kicks	✓	✓	✓	✓	✓
Push Ups on Knees – Pectoral (Bicep)	✓	✓	✓	✓	✓
Push Ups on Toes – Pectoral (Bicep)	✓	✓	✓	✓	✓
Push Ups on Knees – Tricep	✓	✓	✓	✓	✓
Push Ups on Toes – Tricep	✓	✓	✓	✓	✓
<b>PUSHUPS</b>					
Two Arm Push Up on Knees	✓	✓	✓	✓	✓
Two Arm Triceps Push Up on Knees	✓	✓	✓	✓	✓
Two Arm Push Up	✓	✓	✓	✓	✓
Two Arm Triceps Push Up	✓	✓	✓	✓	✓
Two Arm Triceps Hinge	✓	✓	✓	✓	✓
Two Arm Triceps Double Hinge	✓	✓	✓	✓	✓
Free Fall From Knees to Pushup Landing on Knees	✓	✓	✓	✓	✓
Free Fall From Standing to Push Up Landing			✓	✓	✓
Two Arm Circular (Lateral) Hinge			✓	✓	✓
One Arm Push Up Right			✓	✓	✓
One Arm Push Up Left			✓	✓	✓
One Arm Triceps Push Up Right					✓
One Arm Triceps Push Up Left					✓
<b>STATIC</b>					
Tuck Press	✓	✓	✓	✓	✓
Pike Press Bottom Lift Only	✓	✓	✓	✓	✓
Straddle Press Bottom Lift Only	✓	✓	✓	✓	✓
Pike Press	✓	✓	✓	✓	✓
Straddle Press (one hand in front)	✓	✓	✓	✓	✓
Straddle Press (both hands in front)	✓	✓	✓	✓	✓
Two Arm Supported Planche Open	✓	✓	✓	✓	✓
Two Arm Supported Planche Closed	✓	✓	✓	✓	✓
Two Arm Supported Split Planche			✓	✓	✓
Pike Press 180 Turn	✓	✓	✓	✓	✓
Straddle Press 180 Turn	✓	✓	✓	✓	✓
Pike Press 360 Turn				✓	✓
Straddle Press 360 Turn				✓	✓
V Press Open	✓	✓	✓	✓	✓
One Arm Planche Open					✓
One Arm Planche Closed					✓
<b>FLEXIBILITY</b>					
Prone Straddle Sit	✓	✓	✓	✓	✓
Supine Straddle Sit	✓	✓	✓	✓	✓
Prone Straddle SPLIT	✓	✓	✓	✓	✓
Supine Straddle SPLIT	✓	✓	✓	✓	✓
Front Split Right	✓	✓	✓	✓	✓
Front Split Left	✓	✓	✓	✓	✓
Front Split Right & Left Sides Consecutively	✓	✓	✓	✓	✓
Front Split Left & Right Sides Consecutively	✓	✓	✓	✓	✓
Split Rotation				✓	✓
Needle Point Right	✓	✓	✓	✓	✓
Needle Point Left	✓	✓	✓	✓	✓
Supine Split Right	✓	✓	✓	✓	✓
Supine Split Left	✓	✓	✓	✓	✓
Standing Front Split Right			✓	✓	✓
Standing Front Split Left			✓	✓	✓
Sit Through	✓	✓	✓	✓	✓
Standing Front Split Right & Left Sides Consecutively				✓	✓
Standing Front Split Left & Right Sides Consecutively				✓	✓

ELEMENT	National Mini Duos & Teams	National Cadet Duos & Teams	National Junior Duos & Teams	National Youth Duos & Teams	National Adult Duos & Teams
<b>JUMPS</b>					
Straight Jump	✓	✓	✓	✓	✓
Pirouette Jump 180 Turn	✓	✓	✓	✓	✓
Pirouette Jump 360 Turn	✓	✓	✓	✓	✓
Pirouette Jump 540 Turn					
Air Jack	✓	✓	✓	✓	✓
Air Jack to Prone Straddle Sit Landing	✓	✓	✓	✓	✓
Air Jack to Prone Straddle SPLIT Landing	✓	✓	✓	✓	✓
Pirouette Jump 180 Turn to Prone Straddle Sit Landing		✓	✓	✓	✓
Pirouette Jump 180 Turn to Prone Straddle SPLIT Landing		✓	✓	✓	✓
Pirouette Jump 180 Turn to Front Split Landing		✓	✓	✓	✓
Front Leap	✓	✓	✓	✓	✓
Straddle Leap	✓	✓	✓	✓	✓
Cossack Leap	✓	✓	✓	✓	✓
Cossack Leap to Prone Straddle Sit Landing			✓	✓	✓
Cossack Leap to Prone Straddle SPLIT Landing			✓	✓	✓
Cossack Leap to Front Split Landing			✓	✓	✓
Pike Leap				✓	✓
Pike Leap to Prone Straddle Sit Landing				✓	✓
Pike Leap to Prone Straddle SPLIT Landing				✓	✓
Pike Leap to Front Split Landing				✓	✓
Tuck Jump	✓	✓	✓	✓	✓
Tuck Jump to Prone Straddle Sit Landing	✓	✓	✓	✓	✓
Tuck Jump to Prone Straddle SPLIT	✓	✓	✓	✓	✓
Tuck Jump to Front Split Landing	✓	✓	✓	✓	✓
Tuck Jump 180 Turn	✓	✓	✓	✓	✓
Tuck Jump 180 Turn to Prone Straddle Sit Landing		✓	✓	✓	✓
Tuck Jump 180 Turn to Prone Straddle SPLIT Landing		✓	✓	✓	✓
Tuck Jump 180 Turn to Front Split Landing		✓	✓	✓	✓
Tuck Jump to Push Up Landing			✓	✓	✓
Tuck Jump 180 Turn to Push Up Landing				✓	✓
Tuck Jump 360 Turn			✓	✓	✓
Tuck Jump 360 Turn to Prone Straddle Sit Landing					✓
Tuck Jump 360 Turn to Prone Straddle SPLIT Landing					✓
Tuck Jump 360 Turn to Front Split Landing					✓
Pirouette Jump 360 Turn to Prone Straddle Sit Landing			✓	✓	✓
Pirouette Jump 360 Turn to Prone Straddle SPLIT Landing			✓	✓	✓
Pirouette Jump 360 Turn to Front Split Landing			✓	✓	✓
Front Split Jump	✓	✓	✓	✓	✓
Front Split Jump to Prone Straddle Sit Landing			✓	✓	✓
Front Split Jump to Prone Straddle SPLIT Landing			✓	✓	✓
Front Split Jump to Front Split Landing			✓	✓	✓
Front Split Jump 180 Turn				✓	✓
Front Split Jump 180 Turn to Prone Straddle Sit Landing				✓	✓
Front Split Jump 180 Turn to Prone Straddle SPLIT Landing				✓	✓
Front Split Jump 180 Turn to Front Split Landing				✓	✓
Front Split Jump to Push Up Landing					✓

ELEMENT	National Mini Duos & Teams	National Cadet Duos & Teams	National Junior Duos & Teams	National Youth Duos & Teams	National Adult Duos & Teams
Cossack Jump	✓	✓	✓	✓	✓
Cossack Jump to Prone Straddle Sit Landing	✓	✓	✓	✓	✓
Cossack Jump to Prone Straddle SPLIT Landing	✓	✓	✓	✓	✓
Cossack Jump to Front Split Landing	✓	✓	✓	✓	✓
Cossack Jump 180 Turn		✓	✓	✓	✓
Cossack Jump 180 Turn to Prone Straddle Sit Landing			✓	✓	✓
Cossack Jump 180 Turn to Prone Straddle SPLIT Landing			✓	✓	✓
Cossack Jump 180 Turn to Front Split Landing			✓	✓	✓
Cossack Jump 360 Turn					✓
Cossack Jump 360 Turn to Prone Straddle Sit Landing					✓
Cossack Jump 360 Turn to Prone Straddle SPLIT Landing					✓
Cossack Jump 360 Turn to Front Split Landing					✓
Pike Jump				✓	✓
Pike Jump to Prone Straddle Sit Landing				✓	✓
Pike Jump to Prone Straddle SPLIT Landing				✓	✓
Pike Jump to Front Split Landing				✓	✓
Straddle Jump	✓	✓	✓	✓	✓
Straddle Jump to Prone Straddle Sit Landing	✓	✓	✓	✓	✓
Straddle Jump to Prone Straddle SPLIT Landing	✓	✓	✓	✓	✓
Straddle Jump to Front Split Landing	✓	✓	✓	✓	✓
Straddle Jump 180 Turn			✓	✓	✓
Straddle Jump 180 Turn to Prone Straddle Sit Landing			✓	✓	✓
Straddle Jump 180 Turn to Prone Straddle SPLIT Landing			✓	✓	✓
Straddle Jump 180 Turn to Front Split Landing			✓	✓	✓
Straddle Jump to Push Up				✓	✓
Straddle Jump 180 Turn to Push Up Landing					✓
Front Jete	✓	✓	✓	✓	✓
Front Switch Jete			✓	✓	✓
Front Switch Jete to Prone Straddle Sit Landing				✓	✓
Front Switch Jete to Prone Straddle SPLIT Landing				✓	✓
Front Switch Jete to Front Split Landing				✓	✓
Half Turning Front Switch Jete (180 Turn)				✓	✓
Half Turning Front Switch Jete to Prone Straddle Sit					✓
Half Turning Front Switch Jete to Prone Straddle SPLIT					✓
Half Turning Front Switch Jete to Front Split Landing					✓
Straddle Jete	✓	✓	✓	✓	✓
Straddle Switch Jete			✓	✓	✓
Straddle Switch to Prone Straddle Sit Landing				✓	✓
Straddle Switch to Prone Straddle SPLIT Landing				✓	✓
Straddle Switch to Front Split Landing				✓	✓

ELEMENT	Elementary Phase 1 X-Mini Individual (Unisex)	Elementary Phase 1 Pre-Mini Individual (Unisex)	National Pre-Mini Individual (Unisex)	Elementary Phase 1 Mini Individual (Unisex)	Elementary Phase 2 Mini Individual (Unisex)	National Mini Intermediate Individual Female	National Mini Adv Individual Female & Male
<b>COMPULSORY ELEMENTS</b>							
Jumping Jacks	✓	✓	✓	✓	✓	✓	✓
High Leg Kicks	✓	✓	✓	✓	✓	✓	✓
Push Ups on Knees – Pectoral (Bicep)	✓	✓	✓	✓	✓	✓	✓
Push Ups on Toes – Pectoral (Bicep)			✓		✓	✓	✓
Push Ups on Knees – Tricep			✓			✓	✓
Push Ups on Toes – Tricep			✓			✓	✓
<b>PUSHUPS</b>							
Two Arm Push Up on Knees			✓			✓	✓
Two Arm Triceps Push Up on Knees			✓		✓	✓	✓
Two Arm Push Up			✓			✓	✓
Two Arm Triceps Push Up			✓		✓	✓	✓
Two Arm Triceps Hinge			✓			✓	✓
Two Arm Triceps Double Hinge							✓
Free Fall From Knees to Pushup Landing on Knees							✓
Free Fall From Standing to Push Up Landing							✓
Two Arm Circular (Lateral) Hinge							✓
One Arm Push Up Right							
One Arm Push Up Left							
One Arm Triceps Push Up Right							
One Arm Triceps Push Up Left							
<b>STATIC</b>							
Tuck Press			✓			✓	✓
Pike Press Bottom Lift Only	✓	✓	✓	✓	✓	✓	✓
Straddle Press Bottom Lift Only	✓	✓	✓	✓	✓	✓	✓
Pike Press			✓		✓	✓	✓
Straddle Press (one hand in front)			✓		✓	✓	✓
Straddle Press (both hands in front)			✓		✓	✓	✓
Two Arm Supported Planche Open							✓
Two Arm Supported Planche Closed							✓
Two Arm Supported Split Planche							✓
Pike Press 180 Turn							✓
Straddle Press 180 Turn							✓
Pike Press 360 Turn							✓
Straddle Press 360 Turn							✓
V Press Open							✓
One Arm Planche Open							✓
One Arm Planche Closed							✓
<b>FLEXIBILITY</b>							
Prone Straddle Sit	✓	✓	✓	✓	✓	✓	✓
Supine Straddle Sit			✓			✓	✓
Prone Straddle SPLIT			✓			✓	✓
Supine Straddle SPLIT			✓			✓	✓
Front Split Right			✓		✓	✓	✓
Front Split Left			✓		✓	✓	✓
Front Split Right & Left Sides Consecutively							✓
Front Split Left & Right Sides Consecutively							✓
Split Rotation							✓
Needle Point Right			✓			✓	✓
Needle Point Left			✓			✓	✓
Supine Split Right							✓
Supine Split Left							✓
Standing Front Split Right							✓
Standing Front Split Left							✓
Sit Through			✓			✓	✓
Standing Front Split Right & Left Sides Consecutively							✓
Standing Front Split Left & Right Sides Consecutively							✓



ELEMENT	Elementary Phase 1 X-Mini Individual (Unisex)	Elementary Phase 1 Pre-Mini Individual (Unisex)	National Pre-Mini Individual (Unisex)	Elementary Phase 1 Mini Individual (Unisex)	Elementary Phase 2 Mini Individual (Unisex)	National Mini Intermediate Individual Female	National Mini Adv Individual Female & Male
<b>JUMPS</b>							
Straight Jump	✓	✓	✓	✓		✓	✓
Pirouette Jump 180 Turn			✓		✓	✓	✓
Pirouette Jump 360 Turn			✓		✓	✓	✓
Pirouette Jump 540 Turn							
Air Jack		✓	✓	✓	✓	✓	✓
Air Jack to Prone Straddle Sit Landing			✓			✓	✓
Air Jack to Prone Straddle SPLIT Landing			✓			✓	✓
Pirouette Jump 180 Turn to Prone Straddle Sit Landing							✓
Pirouette Jump 180 Turn to Prone Straddle SPLIT Landing							✓
Pirouette Jump 180 Turn to Front Split Landing							✓
Front Leap			✓			✓	✓
Straddle Leap			✓			✓	✓
Cossack Leap			✓			✓	✓
Cossack Leap to Prone Straddle Sit Landing							✓
Cossack Leap to Prone Straddle SPLIT Landing							✓
Cossack Leap to Front Split Landing							✓
Pike Leap							
Pike Leap to Prone Straddle Sit Landing							
Pike Leap to Prone Straddle SPLIT Landing							
Pike Leap to Front Split Landing							
Tuck Jump			✓		✓	✓	✓
Tuck Jump to Prone Straddle Sit Landing			✓			✓	✓
Tuck Jump to Prone Straddle SPLIT			✓			✓	✓
Tuck Jump to Front Split Landing			✓			✓	✓
Tuck Jump 180 Turn							✓
Tuck Jump 180 Turn to Prone Straddle Sit Landing							✓
Tuck Jump 180 Turn to Prone Straddle SPLIT Landing							✓
Tuck Jump 180 Turn to Front Split Landing							✓
Tuck Jump to Push Up Landing							
Tuck Jump 180 Turn to Push Up Landing							
Tuck Jump 360 Turn							
Tuck Jump 360 Turn to Prone Straddle Sit Landing							
Tuck Jump 360 Turn to Prone Straddle SPLIT Landing							
Tuck Jump 360 Turn to Front Split Landing							
Pirouette Jump 360 Turn to Prone Straddle Sit Landing							✓
Pirouette Jump 360 Turn to Prone Straddle SPLIT Landing							✓
Pirouette Jump 360 Turn to Front Split Landing							✓
Front Split Jump							✓
Front Split Jump to Prone Straddle Sit Landing							
Front Split Jump to Prone Straddle SPLIT Landing							
Front Split Jump to Front Split Landing							
Front Split Jump 180 Turn							
Front Split Jump 180 Turn to Prone Straddle Sit Landing							
Front Split Jump 180 Turn to Prone Straddle SPLIT Landing							
Front Split Jump 180 Turn to Front Split Landing							
Front Split Jump to Push Up Landing							

ELEMENT	Elementary Phase 1 X-Mini Individual (Unisex)	Elementary Phase 1 Pre-Mini Individual (Unisex)	National Pre-Mini Individual (Unisex)	Elementary Phase 1 Mini Individual (Unisex)	Elementary Phase 2 Mini Individual (Unisex)	National Mini Intermediate Individual Female	National Mini Adv Individual Female & Male
Cossack Jump			✓			✓	✓
Cossack Jump to Prone Straddle Sit Landing							✓
Cossack Jump to Prone Straddle SPLIT Landing							✓
Cossack Jump to Front Split Landing							✓
Cossack Jump 180 Turn							
Cossack Jump 180 Turn to Prone Straddle Sit Landing							
Cossack Jump 180 Turn to Prone Straddle SPLIT Landing							
Cossack Jump 180 Turn to Front Split Landing							
Cossack Jump 360 Turn							
Cossack Jump 360 Turn to Prone Straddle Sit Landing							
Cossack Jump 360 Turn to Prone Straddle SPLIT Landing							
Cossack Jump 360 Turn to Front Split Landing							
Pike Jump							
Pike Jump to Prone Straddle Sit Landing							
Pike Jump to Prone Straddle SPLIT Landing							
Pike Jump to Front Split Landing							
Straddle Jump							✓
Straddle Jump to Prone Straddle Sit Landing							✓
Straddle Jump to Prone Straddle SPLIT Landing							✓
Straddle Jump to Front Split Landing							✓
Straddle Jump 180 Turn							
Straddle Jump 180 Turn to Prone Straddle Sit Landing							
Straddle Jump 180 Turn to Prone Straddle SPLIT Landing							
Straddle Jump 180 Turn to Front Split Landing							
Straddle Jump to Push Up							
Straddle Jump 180 Turn to Push Up Landing							
Front Jete			✓			✓	✓
Front Switch Jete							
Front Switch Jete to Prone Straddle Sit Landing							
Front Switch Jete to Prone Straddle SPLIT Landing							
Front Switch Jete to Front Split Landing							
Half Turning Front Switch Jete (180 Turn)							
Half Turning Front Switch Jete to Prone Straddle Sit							
Half Turning Front Switch Jete to Prone Straddle SPLIT							
Half Turning Front Switch Jete to Front Split Landing							
Straddle Jete			✓			✓	✓
Straddle Switch Jete							
Straddle Switch to Prone Straddle Sit Landing							
Straddle Switch to Prone Straddle SPLIT Landing							
Straddle Switch to Front Split Landing							

ELEMENT	Elementary Phase 1 Cadet Individual (Unisex)	Elementary Phase 2 Cadet Individual (Unisex)	National Cadet Intermediate Individual Female	National Cadet Adv Individual Female & Male
<b>COMPULSORY ELEMENTS</b>				
Jumping Jacks	✓	✓	✓	✓
High Leg Kicks	✓	✓	✓	✓
Push Ups on Knees – Pectoral (Bicep)	✓	✓	✓	✓
Push Ups on Toes – Pectoral (Bicep)		✓	✓	✓
Push Ups on Knees – Tricep			✓	✓
Push Ups on Toes – Tricep			✓	✓
<b>PUSHUPS</b>				
Two Arm Push Up on Knees			✓	✓
Two Arm Triceps Push Up on Knees		✓	✓	✓
Two Arm Push Up			✓	✓
Two Arm Triceps Push Up		✓	✓	✓
Two Arm Triceps Hinge				✓
Two Arm Triceps Double Hinge				✓
Free Fall From Knees to Pushup Landing on Knees				✓
Free Fall From Standing to Push Up Landing				
Two Arm Circular (Lateral) Hinge				
One Arm Push Up Right				
One Arm Push Up Left				
One Arm Triceps Push Up Right				
One Arm Triceps Push Up Left				
<b>STATIC</b>				
Tuck Press			✓	✓
Pike Press Bottom Lift Only	✓	✓	✓	✓
Straddle Press Bottom Lift Only	✓	✓	✓	✓
Pike Press		✓	✓	✓
Straddle Press (one hand in front)		✓	✓	✓
Straddle Press (both hands in front)		✓	✓	✓
Two Arm Supported Planche Open			✓	✓
Two Arm Supported Planche Closed				✓
Two Arm Supported Split Planche				
Pike Press 180 Turn				✓
Straddle Press 180 Turn				✓
Pike Press 360 Turn				
Straddle Press 360 Turn				
V Press Open				✓
One Arm Planche Open				
One Arm Planche Closed				
<b>FLEXIBILITY</b>				
Prone Straddle Sit	✓	✓	✓	✓
Supine Straddle Sit			✓	✓
Prone Straddle SPLIT			✓	✓
Supine Straddle SPLIT			✓	✓
Front Split Right		✓	✓	✓
Front Split Left		✓	✓	✓
Front Split Right & Left Sides Consecutively				✓
Front Split Left & Right Sides Consecutively				✓
Split Rotation				
Needle Point Right			✓	✓
Needle Point Left			✓	✓
Supine Split Right				✓
Supine Split Left				✓
Standing Front Split Right				
Standing Front Split Left				
Sit Through			✓	✓
Standing Front Split Right & Left Sides Consecutively				
Standing Front Split Left & Right Sides Consecutively				

ELEMENT	Elementary Phase 1 Cadet Individual (Unisex)	Elementary Phase 2 Cadet Individual (Unisex)	National Cadet Intermediate Individual Female	National Cadet Adv Individual Female & Male
<b>JUMPS</b>				
Straight Jump			✓	✓
Pirouette Jump 180 Turn	✓	✓	✓	✓
Pirouette Jump 360 Turn		✓	✓	✓
Pirouette Jump 540 Turn				
Air Jack	✓	✓	✓	✓
Air Jack to Prone Straddle Sit Landing			✓	✓
Air Jack to Prone Straddle SPLIT Landing				✓
Pirouette Jump 180 Turn to Prone Straddle Sit Landing				✓
Pirouette Jump 180 Turn to Prone Straddle SPLIT Landing				✓
Pirouette Jump 180 Turn to Front Split Landing				✓
Front Leap		✓	✓	✓
Straddle Leap			✓	✓
Cossack Leap			✓	✓
Cossack Leap to Prone Straddle Sit Landing				✓
Cossack Leap to Prone Straddle SPLIT Landing				✓
Cossack Leap to Front Split Landing				
Pike Leap				
Pike Leap to Prone Straddle Sit Landing				
Pike Leap to Prone Straddle SPLIT Landing				
Pike Leap to Front Split Landing				
Tuck Jump	✓	✓	✓	✓
Tuck Jump to Prone Straddle Sit Landing			✓	✓
Tuck Jump to Prone Straddle SPLIT				✓
Tuck Jump to Front Split Landing			✓	✓
Tuck Jump 180 Turn				✓
Tuck Jump 180 Turn to Prone Straddle Sit Landing				✓
Tuck Jump 180 Turn to Prone Straddle SPLIT Landing				✓
Tuck Jump 180 Turn to Front Split Landing				✓
Tuck Jump to Push Up Landing				
Tuck Jump 180 Turn to Push Up Landing				
Tuck Jump 360 Turn				✓
Tuck Jump 360 Turn to Prone Straddle Sit Landing				
Tuck Jump 360 Turn to Prone Straddle SPLIT Landing				
Tuck Jump 360 Turn to Front Split Landing				
Pirouette Jump 360 Turn to Prone Straddle Sit Landing				
Pirouette Jump 360 Turn to Prone Straddle SPLIT Landing				
Pirouette Jump 360 Turn to Front Split Landing				
Front Split Jump				✓
Front Split Jump to Prone Straddle Sit Landing				
Front Split Jump to Prone Straddle SPLIT Landing				
Front Split Jump to Front Split Landing				
Front Split Jump 180 Turn				
Front Split Jump 180 Turn to Prone Straddle Sit Landing				
Front Split Jump 180 Turn to Prone Straddle SPLIT Landing				
Front Split Jump 180 Turn to Front Split Landing				
Front Split Jump to Push Up Landing				

ELEMENT	Elementary Phase 1 Cadet Individual (Unisex)	Elementary Phase 2 Cadet Individual (Unisex)	National Cadet Intermediate Individual Female	National Cadet Adv Individual Female & Male
Cossack Jump			✓	✓
Cossack Jump to Prone Straddle Sit Landing				✓
Cossack Jump to Prone Straddle SPLIT Landing				✓
Cossack Jump to Front Split Landing				✓
Cossack Jump 180 Turn				✓
Cossack Jump 180 Turn to Prone Straddle Sit Landing				
Cossack Jump 180 Turn to Prone Straddle SPLIT Landing				
Cossack Jump 180 Turn to Front Split Landing				
Cossack Jump 360 Turn				
Cossack Jump 360 Turn to Prone Straddle Sit Landing				
Cossack Jump 360 Turn to Prone Straddle SPLIT Landing				
Cossack Jump 360 Turn to Front Split Landing				
Pike Jump				
Pike Jump to Prone Straddle Sit Landing				
Pike Jump to Prone Straddle SPLIT Landing				
Pike Jump to Front Split Landing				
Straddle Jump				✓
Straddle Jump to Prone Straddle Sit Landing				✓
Straddle Jump to Prone Straddle SPLIT Landing				✓
Straddle Jump to Front Split Landing				✓
Straddle Jump 180 Turn				
Straddle Jump 180 Turn to Prone Straddle Sit Landing				
Straddle Jump 180 Turn to Prone Straddle SPLIT Landing				
Straddle Jump 180 Turn to Front Split Landing				
Straddle Jump to Push Up				
Straddle Jump 180 Turn to Push Up Landing				
Front Jete		✓	✓	✓
Front Switch Jete				
Front Switch Jete to Prone Straddle Sit Landing				
Front Switch Jete to Prone Straddle SPLIT Landing				
Front Switch Jete to Front Split Landing				
Half Turning Front Switch Jete (180 Turn)				
Half Turning Front Switch Jete to Prone Straddle Sit				
Half Turning Front Switch Jete to Prone Straddle SPLIT				
Half Turning Front Switch Jete to Front Split Landing				
Straddle Jete			✓	✓
Straddle Switch Jete				
Straddle Switch to Prone Straddle Sit Landing				
Straddle Switch to Prone Straddle SPLIT Landing				
Straddle Switch to Front Split Landing				

ELEMENT	Elementary Phase 1 Junior Individual (Unisex)	Elementary Phase 2 Junior Individual (Unisex)	National Junior Novice Individual Female	National Intermediate Individual Female	Junior Junior Adv Individual Female & Male
<b>COMPULSORY ELEMENTS</b>					
Jumping Jacks	✓	✓	✓	✓	✓
High Leg Kicks	✓	✓	✓	✓	✓
Push Ups on Knees – Pectoral (Bicep)	✓	✓	✓	✓	✓
Push Ups on Toes – Pectoral (Bicep)		✓	✓	✓	✓
Push Ups on Knees – Tricep			✓	✓	✓
Push Ups on Toes – Tricep			✓	✓	✓
<b>PUSHUPS</b>					
Two Arm Push Up on Knees			✓	✓	✓
Two Arm Triceps Push Up on Knees		✓	✓	✓	✓
Two Arm Push Up			✓	✓	✓
Two Arm Triceps Push Up		✓	✓	✓	✓
Two Arm Triceps Hinge				✓	✓
Two Arm Triceps Double Hinge				✓	✓
Free Fall From Knees to Pushup Landing on Knees				✓	✓
Free Fall From Standing to Push Up Landing					✓
Two Arm Circular (Lateral) Hinge					✓
One Arm Push Up Right					✓
One Arm Push Up Left					✓
One Arm Triceps Push Up Right					
One Arm Triceps Push Up Left					
<b>STATIC</b>					
Tuck Press			✓	✓	✓
Pike Press Bottom Lift Only	✓	✓	✓	✓	✓
Straddle Press Bottom Lift Only	✓	✓	✓	✓	✓
Pike Press		✓	✓	✓	✓
Straddle Press (one hand in front)		✓	✓	✓	✓
Straddle Press (both hands in front)		✓	✓	✓	✓
Two Arm Supported Planche Open				✓	✓
Two Arm Supported Planche Closed				✓	✓
Two Arm Supported Split Planche					✓
Pike Press 180 Turn					✓
Straddle Press 180 Turn					✓
Pike Press 360 Turn					
Straddle Press 360 Turn					
V Press Open				✓	✓
One Arm Planche Open					
One Arm Planche Closed					
<b>FLEXIBILITY</b>					
Prone Straddle Sit	✓	✓	✓	✓	✓
Supine Straddle Sit			✓	✓	✓
Prone Straddle SPLIT				✓	✓
Supine Straddle SPLIT				✓	✓
Front Split Right		✓	✓	✓	✓
Front Split Left		✓	✓	✓	✓
Front Split Right & Left Sides Consecutively					✓
Front Split Left & Right Sides Consecutively					✓
Split Rotation					✓
Needle Point Right			✓	✓	✓
Needle Point Left			✓	✓	✓
Supine Split Right					✓
Supine Split Left					✓
Standing Front Split Right					✓
Standing Front Split Left					✓
Sit Through			✓	✓	✓
Standing Front Split Right & Left Sides Consecutively					
Standing Front Split Left & Right Sides Consecutively					

ELEMENT	Elementary Phase 1 Junior Individual (Unisex)	Elementary Phase 2 Junior Individual (Unisex)	National Junior Novice Individual Female	National Junior Intermediate Individual Female	National Junior Adv Individual Female & Male
<b>JUMPS</b>					
Straight Jump			✓	✓	✓
Pirouette Jump 180 Turn	✓	✓	✓	✓	✓
Pirouette Jump 360 Turn		✓	✓	✓	✓
Pirouette Jump 540 Turn					
Air Jack	✓	✓	✓	✓	✓
Air Jack to Prone Straddle Sit Landing				✓	✓
Air Jack to Prone Straddle SPLIT Landing				✓	✓
Pirouette Jump 180 Turn to Prone Straddle Sit Landing				✓	✓
Pirouette Jump 180 Turn to Prone Straddle SPLIT Landing				✓	✓
Pirouette Jump 180 Turn to Front Split Landing				✓	✓
Front Leap		✓	✓	✓	✓
Straddle Leap			✓	✓	✓
Cossack Leap			✓	✓	✓
Cossack Leap to Prone Straddle Sit Landing					✓
Cossack Leap to Prone Straddle SPLIT Landing					✓
Cossack Leap to Front Split Landing					✓
Pike Leap					
Pike Leap to Prone Straddle Sit Landing					
Pike Leap to Prone Straddle SPLIT Landing					
Pike Leap to Front Split Landing					
Tuck Jump	✓	✓	✓	✓	✓
Tuck Jump to Prone Straddle Sit Landing			✓	✓	✓
Tuck Jump to Prone Straddle SPLIT				✓	✓
Tuck Jump to Front Split Landing			✓	✓	✓
Tuck Jump 180 Turn			✓	✓	✓
Tuck Jump 180 Turn to Prone Straddle Sit Landing				✓	✓
Tuck Jump 180 Turn to Prone Straddle SPLIT Landing				✓	✓
Tuck Jump 180 Turn to Front Split Landing				✓	✓
Tuck Jump to Push Up Landing				✓	✓
Tuck Jump 180 Turn to Push Up Landing					
Tuck Jump 360 Turn				✓	✓
Tuck Jump 360 Turn to Prone Straddle Sit Landing					
Tuck Jump 360 Turn to Prone Straddle SPLIT Landing					
Tuck Jump 360 Turn to Front Split Landing					
Pirouette Jump 360 Turn to Prone Straddle Sit Landing					✓
Pirouette Jump 360 Turn to Prone Straddle SPLIT Landing					✓
Pirouette Jump 360 Turn to Front Split Landing					✓
Front Split Jump				✓	✓
Front Split Jump to Prone Straddle Sit Landing					✓
Front Split Jump to Prone Straddle SPLIT Landing					✓
Front Split Jump to Front Split Landing				✓	✓
Front Split Jump 180 Turn					
Front Split Jump 180 Turn to Prone Straddle Sit Landing					
Front Split Jump 180 Turn to Prone Straddle SPLIT Landing					
Front Split Jump 180 Turn to Front Split Landing					
Front Split Jump to Push Up Landing					

ELEMENT	Elementary Phase 1 Junior Individual (Unisex)	Elementary Phase 2 Junior Individual (Unisex)	National Junior Novice Individual Female	National Junior Intermediate Individual Female	National Junior Adv Individual Female & Male
Cossack Jump			✓	✓	✓
Cossack Jump to Prone Straddle Sit Landing				✓	✓
Cossack Jump to Prone Straddle SPLIT Landing					✓
Cossack Jump to Front Split Landing				✓	✓
Cossack Jump 180 Turn					✓
Cossack Jump 180 Turn to Prone Straddle Sit Landing					✓
Cossack Jump 180 Turn to Prone Straddle SPLIT Landing					✓
Cossack Jump 180 Turn to Front Split Landing					✓
Cossack Jump 360 Turn					
Cossack Jump 360 Turn to Prone Straddle Sit Landing					
Cossack Jump 360 Turn to Prone Straddle SPLIT Landing					
Cossack Jump 360 Turn to Front Split Landing					
Pike Jump					
Pike Jump to Prone Straddle Sit Landing					
Pike Jump to Prone Straddle SPLIT Landing					
Pike Jump to Front Split Landing					
Straddle Jump				✓	✓
Straddle Jump to Prone Straddle Sit Landing				✓	✓
Straddle Jump to Prone Straddle SPLIT Landing					✓
Straddle Jump to Front Split Landing					✓
Straddle Jump 180 Turn					✓
Straddle Jump 180 Turn to Prone Straddle Sit Landing					✓
Straddle Jump 180 Turn to Prone Straddle SPLIT Landing					✓
Straddle Jump 180 Turn to Front Split Landing					✓
Straddle Jump to Push Up					✓
Straddle Jump 180 Turn to Push Up Landing					
Front Jete		✓	✓	✓	✓
Front Switch Jete					✓
Front Switch Jete to Prone Straddle Sit Landing					
Front Switch Jete to Prone Straddle SPLIT Landing					
Front Switch Jete to Front Split Landing					
Half Turning Front Switch Jete (180 Turn)					
Half Turning Front Switch Jete to Prone Straddle Sit					
Half Turning Front Switch Jete to Prone Straddle SPLIT					
Half Turning Front Switch Jete to Front Split Landing					
Straddle Jete			✓	✓	✓
Straddle Switch Jete					✓
Straddle Switch to Prone Straddle Sit Landing					✓
Straddle Switch to Prone Straddle SPLIT Landing					✓
Straddle Switch to Front Split Landing					✓



ELEMENT	Elementary Phase 1 Youth Individual (Unisex)	Elementary Phase 2 Youth/Adult Individual (Unisex)	National Youth Novice Individual Female	National Youth Intermediate Individual Female	National Youth Adv Individual Female & Male
<b>COMPULSORY ELEMENTS</b>					
Jumping Jacks	✓	✓	✓	✓	✓
High Leg Kicks	✓	✓	✓	✓	✓
Push Ups on Knees – Pectoral (Bicep)	✓	✓	✓	✓	✓
Push Ups on Toes – Pectoral (Bicep)		✓	✓	✓	✓
Push Ups on Knees – Tricep			✓	✓	✓
Push Ups on Toes – Tricep			✓	✓	✓
<b>PUSHUPS</b>					
Two Arm Push Up on Knees			✓	✓	✓
Two Arm Triceps Push Up on Knees		✓	✓	✓	✓
Two Arm Push Up			✓	✓	✓
Two Arm Triceps Push Up		✓	✓	✓	✓
Two Arm Triceps Hinge			✓	✓	✓
Two Arm Triceps Double Hinge				✓	✓
Free Fall From Knees to Pushup Landing on Knees				✓	✓
Free Fall From Standing to Push Up Landing				✓	✓
Two Arm Circular (Lateral) Hinge				✓	✓
One Arm Push Up Right					✓
One Arm Push Up Left					✓
One Arm Triceps Push Up Right					
One Arm Triceps Push Up Left					
<b>STATIC</b>					
Tuck Press			✓	✓	✓
Pike Press Bottom Lift Only	✓	✓	✓	✓	✓
Straddle Press Bottom Lift Only	✓	✓	✓	✓	✓
Pike Press		✓	✓	✓	✓
Straddle Press (one hand in front)		✓	✓	✓	✓
Straddle Press (both hands in front)		✓	✓	✓	✓
Two Arm Supported Planche Open			✓	✓	✓
Two Arm Supported Planche Closed				✓	✓
Two Arm Supported Split Planche					✓
Pike Press 180 Turn					✓
Straddle Press 180 Turn					✓
Pike Press 360 Turn					✓
Straddle Press 360 Turn					✓
V Press Open				✓	✓
One Arm Planche Open					
One Arm Planche Closed					
<b>FLEXIBILITY</b>					
Prone Straddle Sit	✓	✓	✓	✓	✓
Supine Straddle Sit			✓	✓	✓
Prone Straddle SPLIT				✓	✓
Supine Straddle SPLIT				✓	✓
Front Split Right	✓	✓	✓	✓	✓
Front Split Left	✓	✓	✓	✓	✓
Front Split Right & Left Sides Consecutively					✓
Front Split Left & Right Sides Consecutively					✓
Split Rotation					✓
Needle Point Right			✓	✓	✓
Needle Point Left			✓	✓	✓
Supine Split Right				✓	✓
Supine Split Left				✓	✓
Standing Front Split Right					✓
Standing Front Split Left					✓
Sit Through			✓	✓	✓
Standing Front Split Right & Left Sides Consecutively					✓
Standing Front Split Left & Right Sides Consecutively					✓

ELEMENT	Elementary Phase 1 Youth Individual (Unisex)	Elementary Phase 2 Youth/Adult Individual (Unisex)	National Youth Novice Individual Female	National Youth Intermediate Individual Female	National Youth Adv Individual Female & Male
<b>JUMPS</b>					
Straight Jump			✓	✓	✓
Pirouette Jump 180 Turn	✓	✓	✓	✓	✓
Pirouette Jump 360 Turn	✓	✓	✓	✓	✓
Pirouette Jump 540 Turn					✓
Air Jack	✓	✓	✓	✓	✓
Air Jack to Prone Straddle Sit Landing				✓	✓
Air Jack to Prone Straddle SPLIT Landing				✓	✓
Pirouette Jump 180 Turn to Prone Straddle Sit Landing				✓	✓
Pirouette Jump 180 Turn to Prone Straddle SPLIT Landing				✓	✓
Pirouette Jump 180 Turn to Front Split Landing				✓	✓
Front Leap		✓	✓	✓	✓
Straddle Leap			✓	✓	✓
Cossack Leap			✓	✓	✓
Cossack Leap to Prone Straddle Sit Landing					✓
Cossack Leap to Prone Straddle SPLIT Landing					✓
Cossack Leap to Front Split Landing					✓
Pike Leap					✓
Pike Leap to Prone Straddle Sit Landing					✓
Pike Leap to Prone Straddle SPLIT Landing					✓
Pike Leap to Front Split Landing					✓
Tuck Jump	✓	✓	✓	✓	✓
Tuck Jump to Prone Straddle Sit Landing			✓	✓	✓
Tuck Jump to Prone Straddle SPLIT				✓	✓
Tuck Jump to Front Split Landing			✓	✓	✓
Tuck Jump 180 Turn			✓	✓	✓
Tuck Jump 180 Turn to Prone Straddle Sit Landing				✓	✓
Tuck Jump 180 Turn to Prone Straddle SPLIT Landing				✓	✓
Tuck Jump 180 Turn to Front Split Landing				✓	✓
Tuck Jump to Push Up Landing				✓	✓
Tuck Jump 180 Turn to Push Up Landing					✓
Tuck Jump 360 Turn				✓	✓
Tuck Jump 360 Turn to Prone Straddle Sit Landing					
Tuck Jump 360 Turn to Prone Straddle SPLIT Landing					
Tuck Jump 360 Turn to Front Split Landing					
Pirouette Jump 360 Turn to Prone Straddle Sit Landing					✓
Pirouette Jump 360 Turn to Prone Straddle SPLIT Landing					✓
Pirouette Jump 360 Turn to Front Split Landing					✓
Front Split Jump				✓	✓
Front Split Jump to Prone Straddle Sit Landing					✓
Front Split Jump to Prone Straddle SPLIT Landing					✓
Front Split Jump to Front Split Landing				✓	✓
Front Split Jump 180 Turn					✓
Front Split Jump 180 Turn to Prone Straddle Sit Landing					✓
Front Split Jump 180 Turn to Prone Straddle SPLIT Landing					✓
Front Split Jump 180 Turn to Front Split Landing					✓
Front Split Jump to Push Up Landing					

ELEMENT	Elementary Phase 1 Youth Individual (Unisex)	Elementary Phase 2 Youth/Adult Individual (Unisex)	National Youth Novice Individual Female	National Youth Intermediate Individual Female	National Youth Adv Individual Female & Male
Cossack Jump			✓	✓	✓
Cossack Jump to Prone Straddle Sit Landing				✓	✓
Cossack Jump to Prone Straddle SPLIT Landing				✓	✓
Cossack Jump to Front Split Landing				✓	✓
Cossack Jump 180 Turn					✓
Cossack Jump 180 Turn to Prone Straddle Sit Landing					✓
Cossack Jump 180 Turn to Prone Straddle SPLIT Landing					✓
Cossack Jump 180 Turn to Front Split Landing					✓
Cossack Jump 360 Turn					
Cossack Jump 360 Turn to Prone Straddle Sit Landing					
Cossack Jump 360 Turn to Prone Straddle SPLIT Landing					
Cossack Jump 360 Turn to Front Split Landing					
Pike Jump					✓
Pike Jump to Prone Straddle Sit Landing					✓
Pike Jump to Prone Straddle SPLIT Landing					✓
Pike Jump to Front Split Landing					✓
Straddle Jump				✓	✓
Straddle Jump to Prone Straddle Sit Landing				✓	✓
Straddle Jump to Prone Straddle SPLIT Landing				✓	✓
Straddle Jump to Front Split Landing				✓	✓
Straddle Jump 180 Turn					✓
Straddle Jump 180 Turn to Prone Straddle Sit Landing					✓
Straddle Jump 180 Turn to Prone Straddle SPLIT Landing					✓
Straddle Jump 180 Turn to Front Split Landing					✓
Straddle Jump to Push Up					✓
Straddle Jump 180 Turn to Push Up Landing					
Front Jete		✓	✓	✓	✓
Front Switch Jete					✓
Front Switch Jete to Prone Straddle Sit Landing					✓
Front Switch Jete to Prone Straddle SPLIT Landing					✓
Front Switch Jete to Front Split Landing					✓
Half Turning Front Switch Jete (180 Turn)					✓
Half Turning Front Switch Jete to Prone Straddle Sit					
Half Turning Front Switch Jete to Prone Straddle SPLIT					
Half Turning Front Switch Jete to Front Split Landing					
Straddle Jete			✓	✓	✓
Straddle Switch Jete					✓
Straddle Switch to Prone Straddle Sit Landing					✓
Straddle Switch to Prone Straddle SPLIT Landing					✓
Straddle Switch to Front Split Landing					✓

ELEMENT	Elementary Phase 2 Youth/Adult Individual (Unisex)	National Adult Novice Individual Female	National Adult Intermediate Individual Female	National Adult Adv Individual Female & Male
<b>COMPULSORY ELEMENTS</b>				
Jumping Jacks	✓	✓	✓	✓
High Leg Kicks	✓	✓	✓	✓
Push Ups on Knees – Pectoral (Bicep)	✓	✓	✓	
Push Ups on Toes – Pectoral (Bicep)	✓	✓	✓	✓
Push Ups on Knees – Tricep		✓	✓	
Push Ups on Toes – Tricep		✓	✓	✓
<b>PUSHUPS</b>				
Two Arm Push Up on Knees		✓	✓	
Two Arm Triceps Push Up on Knees	✓	✓	✓	
Two Arm Push Up		✓	✓	✓
Two Arm Triceps Push Up	✓	✓	✓	✓
Two Arm Triceps Hinge		✓	✓	✓
Two Arm Triceps Double Hinge			✓	✓
Free Fall From Knees to Pushup Landing on Knees			✓	
Free Fall From Standing to Push Up Landing			✓	✓
Two Arm Circular (Lateral) Hinge			✓	✓
One Arm Push Up Right				✓
One Arm Push Up Left				✓
One Arm Triceps Push Up Right				✓
One Arm Triceps Push Up Left				✓
<b>STATIC</b>				
Tuck Press		✓	✓	✓
Pike Press Bottom Lift Only	✓	✓	✓	✓
Straddle Press Bottom Lift Only	✓	✓	✓	✓
Pike Press	✓	✓	✓	✓
Straddle Press (one hand in front)	✓	✓	✓	✓
Straddle Press (both hands in front)	✓	✓	✓	✓
Two Arm Supported Planche Open		✓	✓	✓
Two Arm Supported Planche Closed			✓	✓
Two Arm Supported Split Planche				✓
Pike Press 180 Turn			✓	✓
Straddle Press 180 Turn			✓	✓
Pike Press 360 Turn				✓
Straddle Press 360 Turn				✓
V Press Open			✓	✓
One Arm Planche Open				✓
One Arm Planche Closed				✓
<b>FLEXIBILITY</b>				
Prone Straddle Sit	✓	✓	✓	✓
Supine Straddle Sit		✓	✓	✓
Prone Straddle SPLIT			✓	✓
Supine Straddle SPLIT			✓	✓
Front Split Right	✓	✓	✓	✓
Front Split Left	✓	✓	✓	✓
Front Split Right & Left Sides Consecutively				✓
Front Split Left & Right Sides Consecutively				✓
Split Rotation				✓
Needle Point Right		✓	✓	✓
Needle Point Left		✓	✓	✓
Supine Split Right			✓	✓
Supine Split Left			✓	✓
Standing Front Split Right			✓	✓
Standing Front Split Left			✓	✓
Sit Through		✓	✓	✓
Standing Front Split Right & Left Sides Consecutively				✓
Standing Front Split Left & Right Sides Consecutively				✓

ELEMENT	Elementary Phase 2 Youth/Adult Individual (Unisex)	National Adult Novice Individual Female	National Adult Intermediate Individual Female	National Adult Adv Individual Female & Male
<b>JUMPS</b>				
Straight Jump		✓	✓	✓
Pirouette Jump 180 Turn	✓	✓	✓	✓
Pirouette Jump 360 Turn	✓	✓	✓	✓
Pirouette Jump 540 Turn				✓
Air Jack	✓	✓	✓	✓
Air Jack to Prone Straddle Sit Landing		✓	✓	✓
Air Jack to Prone Straddle SPLIT Landing			✓	✓
Pirouette Jump 180 Turn to Prone Straddle Sit Landing			✓	✓
Pirouette Jump 180 Turn to Prone Straddle SPLIT Landing			✓	✓
Pirouette Jump 180 Turn to Front Split Landing			✓	✓
Front Leap	✓	✓	✓	✓
Straddle Leap		✓	✓	✓
Cossack Leap		✓	✓	✓
Cossack Leap to Prone Straddle Sit Landing		✓	✓	✓
Cossack Leap to Prone Straddle SPLIT Landing			✓	✓
Cossack Leap to Front Split Landing			✓	✓
Pike Leap				✓
Pike Leap to Prone Straddle Sit Landing				✓
Pike Leap to Prone Straddle SPLIT Landing				✓
Pike Leap to Front Split Landing				✓
Tuck Jump	✓	✓	✓	✓
Tuck Jump to Prone Straddle Sit Landing		✓	✓	✓
Tuck Jump to Prone Straddle SPLIT			✓	✓
Tuck Jump to Front Split Landing		✓	✓	✓
Tuck Jump 180 Turn		✓	✓	✓
Tuck Jump 180 Turn to Prone Straddle Sit Landing		✓	✓	✓
Tuck Jump 180 Turn to Prone Straddle SPLIT Landing			✓	✓
Tuck Jump 180 Turn to Front Split Landing			✓	✓
Tuck Jump to Push Up Landing			✓	✓
Tuck Jump 180 Turn to Push Up Landing				✓
Tuck Jump 360 Turn			✓	✓
Tuck Jump 360 Turn to Prone Straddle Sit Landing				✓
Tuck Jump 360 Turn to Prone Straddle SPLIT Landing				✓
Tuck Jump 360 Turn to Front Split Landing				✓
Pirouette Jump 360 Turn to Prone Straddle Sit Landing			✓	✓
Pirouette Jump 360 Turn to Prone Straddle SPLIT Landing			✓	✓
Pirouette Jump 360 Turn to Front Split Landing			✓	✓
Front Split Jump		✓	✓	✓
Front Split Jump to Prone Straddle Sit Landing			✓	✓
Front Split Jump to Prone Straddle SPLIT Landing			✓	✓
Front Split Jump to Front Split Landing			✓	✓
Front Split Jump 180 Turn				✓
Front Split Jump 180 Turn to Prone Straddle Sit Landing				✓
Front Split Jump 180 Turn to Prone Straddle SPLIT Landing				✓
Front Split Jump 180 Turn to Front Split Landing				✓
Front Split Jump to Push Up Landing				✓

ELEMENT	Elementary Phase 2 Youth/Adult Individual (Unisex)	National Adult Novice Individual Female	National Adult Intermediate Individual Female	National Adult Adv Individual Female & Male
Cossack Jump		✓	✓	✓
Cossack Jump to Prone Straddle Sit Landing			✓	✓
Cossack Jump to Prone Straddle SPLIT Landing			✓	✓
Cossack Jump to Front Split Landing			✓	✓
Cossack Jump 180 Turn			✓	✓
Cossack Jump 180 Turn to Prone Straddle Sit Landing			✓	✓
Cossack Jump 180 Turn to Prone Straddle SPLIT Landing			✓	✓
Cossack Jump 180 Turn to Front Split Landing			✓	✓
Cossack Jump 360 Turn				✓
Cossack Jump 360 Turn to Prone Straddle Sit Landing				✓
Cossack Jump 360 Turn to Prone Straddle SPLIT Landing				✓
Cossack Jump 360 Turn to Front Split Landing				✓
Pike Jump				✓
Pike Jump to Prone Straddle Sit Landing				✓
Pike Jump to Prone Straddle SPLIT Landing				✓
Pike Jump to Front Split Landing				✓
Straddle Jump		✓	✓	✓
Straddle Jump to Prone Straddle Sit Landing			✓	✓
Straddle Jump to Prone Straddle SPLIT Landing			✓	✓
Straddle Jump to Front Split Landing			✓	✓
Straddle Jump 180 Turn				✓
Straddle Jump 180 Turn to Prone Straddle Sit Landing				✓
Straddle Jump 180 Turn to Prone Straddle SPLIT Landing				✓
Straddle Jump 180 Turn to Front Split Landing				✓
Straddle Jump to Push Up				✓
Straddle Jump 180 Turn to Push Up Landing				✓
Front Jete	✓	✓	✓	✓
Front Switch Jete			✓	✓
Front Switch Jete to Prone Straddle Sit Landing				✓
Front Switch Jete to Prone Straddle SPLIT Landing				✓
Front Switch Jete to Front Split Landing				✓
Half Turning Front Switch Jete (180 Turn)				✓
Half Turning Front Switch Jete to Prone Straddle Sit				✓
Half Turning Front Switch Jete to Prone Straddle SPLIT				✓
Half Turning Front Switch Jete to Front Split Landing				✓
Straddle Jete		✓	✓	✓
Straddle Switch Jete			✓	✓
Straddle Switch to Prone Straddle Sit Landing				✓
Straddle Switch to Prone Straddle SPLIT Landing				✓
Straddle Switch to Front Split Landing				✓

ELEMENT	National Pre-Mini	Mini Intermediate	Mini Adv Female & Male	National Mini Duos & Teams	Cadet Intermediate	Cadet Adv Female & Male	National Cadet Duos & Teams	Junior Novice	Junior Intermediate	Junior Adv Female & Male	National Junior Duos & Teams	Youth Novice	Youth Intermediate	Youth Adv Female & Male	National Youth Duos & Teams	Adult Novice	Adult Intermediate	Adult Adv Female & Male	National Adult Duos & Teams
<b>COMPULSORY ELEMENTS</b>																			
Jumping Jacks	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
High Leg Kicks	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Push Ups on Knees – Pectoral (Bicep)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Push Ups on Toes – Pectoral (Bicep)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Push Ups on Knees – Tricep	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Push Ups on Toes – Tricep	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>PLANCHES</b>																			
Two Arm Push Up on Knees	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Two Arm Triceps Push Up on Knees	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Two Arm Push Up	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Two Arm Triceps Push Up	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Two Arm Triceps Hinge	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Two Arm Triceps Double Hinge	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Free Fall From Knees to Pushup Landing on Knees	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Free Fall From Standing to Push Up Landing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Two Arm Circular (Lateral) Hinge	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
One Arm Push Up Right	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
One Arm Push Up Left	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
One Arm Triceps Push Up Right	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
One Arm Triceps Push Up Left	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>PIKES</b>																			
Tuck Press	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pike Press Bottom Lift Only	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Straddle Press Bottom Lift Only	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pike Press	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Straddle Press (one hand in front)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Straddle Press (both hands in front)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Two Arm Supported Planche Open	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Two Arm Supported Planche Closed	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Two Arm Supported Split Planche	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pike Press 180 Turn	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Straddle Press 180 Turn	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pike Press 360 Turn	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Straddle Press 360 Turn	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
V Press Open	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
One Arm Planche Open	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
One Arm Planche Closed	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>SPLITS</b>																			
Prone Straddle Sit	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Supine Straddle Sit	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Prone Straddle SPLIT	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Supine Straddle SPLIT	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Front Split Right	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Front Split Left	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Front Split Right & Left Sides Consecutively	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Front Split Left & Right Sides Consecutively	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Split Rotation	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Needle Point Right	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Needle Point Left	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Supine Split Right	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Supine Split Left	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Standing Front Split Right	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Standing Front Split Left	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sit Through	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Standing Front Split Right & Left Sides Consecutively	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Standing Front Split Left & Right Sides Consecutively	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>JUMPS</b>																			
Straight Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pirouette Jump 180 Turn	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pirouette Jump 360 Turn	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pirouette Jump 540 Turn	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Air Jack	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Air Jack to Prone Straddle Sit Landing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Air Jack to Prone Straddle SPLIT Landing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pirouette Jump 180 Turn to Prone Straddle Sit Landing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pirouette Jump 180 Turn to Prone Straddle SPLIT Landing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pirouette Jump 180 Turn to Front Split Landing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Front Leap	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Straddle Leap	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cossack Leap	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cossack Leap to Prone Straddle Sit Landing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cossack Leap to Prone Straddle SPLIT Landing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cossack Leap to Front Split Landing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pike Leap	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pike Leap to Prone Straddle Sit Landing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pike Leap to Prone Straddle SPLIT Landing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pike Leap to Front Split Landing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Tuck Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Tuck Jump to Prone Straddle Sit Landing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Tuck Jump to Prone Straddle SPLIT	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Tuck Jump to Front Split Landing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Tuck Jump 180 Turn	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Tuck Jump 180 Turn to Prone Straddle Sit Landing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Tuck Jump 180 Turn to Prone Straddle SPLIT Landing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Tuck Jump 180 Turn to Front Split Landing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Tuck Jump to Push Up Landing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Tuck Jump 180 Turn to Push Up Landing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Tuck Jump 360 Turn	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Tuck Jump 360 Turn to Prone Straddle Sit Landing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Tuck Jump 360 Turn to Prone Straddle SPLIT Landing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Tuck Jump 360 Turn to Front Split Landing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pirouette Jump 360 Turn to Prone Straddle Sit Landing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

ELEMENT	National Pre-Mini	Mini Intermediate	Mini Adv Female & Male	National Mini Duos & Teams	Cadet Intermediate	Cadet Adv Female & Male	National Cadet Duos & Teams	Junior Novice	Junior Intermediate	Junior Adv Female & Male	National Junior Duos & Teams	Youth Novice	Youth Intermediate	Youth Adv Female & Male	National Youth Duos & Teams	Adult Novice	Adult Intermediate	Adult Adv Female & Male	National Adult Duos & Teams
Pirouette Jump 360 Turn to Prone Straddle SPLIT Landing			✓							✓	✓			✓	✓		✓	✓	✓
Pirouette Jump 360 Turn to Front Split Landing			✓							✓	✓			✓	✓		✓	✓	✓
Front Split Jump			✓	✓		✓	✓		✓	✓	✓		✓	✓	✓	✓	✓	✓	✓
Front Split Jump to Prone Straddle Sit Landing										✓	✓			✓	✓		✓	✓	✓
Front Split Jump to Prone Straddle SPLIT Landing										✓	✓			✓	✓		✓	✓	✓
Front Split Jump to Front Split Landing									✓	✓	✓		✓	✓	✓		✓	✓	✓
Front Split Jump 180 Turn										✓	✓		✓	✓	✓		✓	✓	✓
Front Split Jump 180 Turn to Prone Straddle Sit Landing										✓	✓			✓	✓		✓	✓	✓
Front Split Jump 180 Turn to Prone Straddle SPLIT Landing										✓	✓			✓	✓		✓	✓	✓
Front Split Jump 180 Turn to Front Split Landing										✓	✓		✓	✓	✓		✓	✓	✓
Front Split Jump to Push Up Landing										✓	✓			✓	✓		✓	✓	✓
Cossack Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cossack Jump to Prone Straddle Sit Landing			✓	✓		✓	✓		✓	✓	✓		✓	✓	✓		✓	✓	✓
Cossack Jump to Prone Straddle SPLIT Landing			✓	✓		✓	✓		✓	✓	✓		✓	✓	✓		✓	✓	✓
Cossack Jump to Front Split Landing			✓	✓		✓	✓		✓	✓	✓		✓	✓	✓		✓	✓	✓
Cossack Jump 180 Turn						✓	✓			✓	✓			✓	✓		✓	✓	✓
Cossack Jump 180 Turn to Prone Straddle Sit Landing										✓	✓			✓	✓		✓	✓	✓
Cossack Jump 180 Turn to Prone Straddle SPLIT Landing										✓	✓			✓	✓		✓	✓	✓
Cossack Jump 360 Turn to Front Split Landing										✓	✓			✓	✓		✓	✓	✓
Cossack Jump 360 Turn										✓	✓			✓	✓		✓	✓	✓
Cossack Jump 360 Turn to Prone Straddle Sit Landing										✓	✓			✓	✓		✓	✓	✓
Cossack Jump 360 Turn to Prone Straddle SPLIT Landing										✓	✓			✓	✓		✓	✓	✓
Cossack Jump 360 Turn to Front Split Landing										✓	✓			✓	✓		✓	✓	✓
Pike Jump														✓	✓			✓	✓
Pike Jump to Prone Straddle Sit Landing														✓	✓			✓	✓
Pike Jump to Prone Straddle SPLIT Landing														✓	✓			✓	✓
Pike Jump to Front Split Landing														✓	✓			✓	✓
Straddle Jump			✓	✓		✓	✓		✓	✓	✓		✓	✓	✓	✓	✓	✓	✓
Straddle Jump to Prone Straddle Sit Landing			✓	✓		✓	✓		✓	✓	✓		✓	✓	✓		✓	✓	✓
Straddle Jump to Prone Straddle SPLIT Landing			✓	✓		✓	✓		✓	✓	✓		✓	✓	✓		✓	✓	✓
Straddle Jump to Front Split Landing			✓	✓		✓	✓		✓	✓	✓		✓	✓	✓		✓	✓	✓
Straddle Jump 180 Turn										✓	✓			✓	✓			✓	✓
Straddle Jump 180 Turn to Prone Straddle Sit Landing										✓	✓			✓	✓			✓	✓
Straddle Jump 180 Turn to Prone Straddle SPLIT Landing										✓	✓			✓	✓			✓	✓
Straddle Jump 180 Turn to Front Split Landing										✓	✓			✓	✓			✓	✓
Straddle Jump to Push Up										✓	✓			✓	✓			✓	✓
Straddle Jump 180 Turn to Push Up Landing										✓	✓			✓	✓			✓	✓
Front Jete	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Front Switch Jete										✓	✓			✓	✓		✓	✓	✓
Front Switch Jete to Prone Straddle Sit Landing														✓	✓			✓	✓
Front Switch Jete to Prone Straddle SPLIT Landing														✓	✓			✓	✓
Front Switch Jete to Front Split Landing														✓	✓			✓	✓
Half Turning Front Switch Jete (180 Turn)														✓	✓			✓	✓
Half Turning Front Switch Jete to Prone Straddle Sit																		✓	✓
Half Turning Front Switch Jete to Prone Straddle SPLIT																		✓	✓
Half Turning Front Switch Jete to Front Split Landing																		✓	✓
Straddle Jete	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Straddle Switch Jete										✓	✓		✓	✓	✓		✓	✓	✓
Straddle Switch to Prone Straddle Sit Landing										✓	✓			✓	✓			✓	✓
Straddle Switch to Prone Straddle SPLIT Landing										✓	✓			✓	✓			✓	✓
Straddle Switch to Front Split Landing										✓	✓			✓	✓			✓	✓



ELEMENT	Phase 1 X-Mini	Phase 1 Pre-Mini	Phase 1 Mini	Phase 2 Mini	Phase 1 Cadet	Phase 2 Cadet	Phase 1 Junior	Phase 2 Junior	Phase 1 Youth	Phase 2 Youth/Adult
<b>COMPULSORY ELEMENTS</b>										
Jumping Jacks x 4	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
High Leg Kicks x 4	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<i>If both compulsory push-up options are ticked (✓) below, you must choose <u>1</u> skill to perform:</i>										
Two Arm Push Ups on Knees x 4 – Pectoral (Bicep)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Two Arm Push Ups on Toes x 4 – Pectoral (Bicep)				✓		✓		✓		✓
<b>PUSHUPS</b>										
<i>If skill is required &amp; all skill options are ticked (✓) below, you must choose <u>1</u> Push Up skill to perform:</i>										
Two Arm Push Up on Knees - Tricep				✓		✓		✓		✓
Two Arm Push Up on Toes - Tricep				✓		✓		✓		✓
<b>STATIC</b>										
<i>If skill is required &amp; all skill options are ticked (✓) below, you must choose <u>1</u> Static skill to perform:</i>										
Pike Press (Bottom Lift Only)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Straddle Press (Bottom Lift Only)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pike Press				✓		✓		✓		✓
Straddle Press (one hand in front)				✓		✓		✓		✓
Straddle Press (both hands in front)				✓		✓		✓		✓
<b>FLEXIBILITY</b>										
<i>If skill is required &amp; all skill options are ticked (✓) below, you must choose <u>1</u> Flex skill to perform:</i>										
Prone Straddle Sit (both arms <b>must</b> reach forward)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Front Split Right (hands <b>must</b> remain on either side of body to support proper execution of skill)				✓		✓		✓		✓
Front Split Left (hands <b>must</b> remain on either side of body to support proper execution of skill)				✓		✓		✓		✓
<b>JUMPS</b>										
Straight Jump	✓	✓	✓							
Air Jack		✓	✓	✓	✓	✓	✓	✓	✓	✓
Tuck Jump				✓	✓	✓	✓	✓	✓	✓
<i>If skill is required &amp; both pirouette jump options are ticked (✓) below, you must choose <u>1</u> skill to perform:</i>										
Pirouette Jump 180 Turn				✓	✓	✓	✓	✓	✓	✓
Pirouette Jump 360 Turn				✓		✓		✓	✓	✓
<i>If skill is required &amp; both skills are ticked (✓) below, you must choose <u>1</u> skill to perform:</i>										
Front Leap						✓		✓		✓
Front Jete						✓		✓		✓

SKILL ELEMENT	PRIMARY SCHOOL										
	Pre-Choreographed Teams							Sport Aerobics Teams			
	Prep - Yr. 1	Yr. 1 - Yr. 2 Phase 1	Yr. 1 - Yr. 2 Phase 2	Yr. 3 - Yr. 4 Phase 1	Yr. 3 - Yr. 4 Phase 2	Yr. 5 - Yr. 6 Phase 1	Yr. 5 - Yr. 6 Phase 2	Large Teams		Advanced Teams	Duos / Teams
								Phase 1	Phase 2		
<b>COMPULSORY MOVES</b>											
Jumping Jacks x 4	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
High Leg Kicks x 4											
High Leg Kicks (90° Only)	✓	✓	✓	✓		✓		✓			
Two Arm Push Ups on knees x 4 (Half Speed) - Pectoral (Bicep)	✓	✓						✓			
Two Arm Push Ups on Knees x 4 – Pectoral (Bicep)			✓	✓	✓	✓	✓		✓	✓	✓
Two Arm Push Ups on Toes x 4 – Pectoral (Bicep)										✓	✓
<b>PUSH UPS</b>											
Two Arm Push Up on Knees – Pectoral (Bicep)									✓	✓	✓
Two Arm Push Up – Pectoral (Bicep)										✓	✓
Two Arm Push Up on Knees - Tricep										✓	✓
Two Arm Push Up on Toes - Tricep										✓	✓
<b>STATIC</b>											
Pike Press Bottom Lift Only										✓	✓
Straddle Press Bottom Lift Only										✓	✓
Pike Press										✓	✓
Straddle Press (one hand in front)										✓	✓
Straddle Press (both hands in front)										✓	✓
Tuck Press										✓	✓
Two Arm Supported Planche Open										✓	✓
<b>FLEXIBILITY</b>											
Straddle Sit (create own arm lines)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Prone Straddle Sit (Arms <b>must</b> reach forward)										✓	✓
Front Split Right (hands <b>must</b> remain on either side of body)										✓	✓
Front Split Left (hands <b>must</b> remain on either side of body)										✓	✓
Needle Point (Right or Left Leg)										✓	✓
Supine Straddle Sit										✓	✓
Sit Through										✓	✓
<b>JUMPS</b>											
Straight Jump									✓	✓	✓
Air Jack							✓		✓	✓	✓
Tuck Jump									✓	✓	✓
Front Leap										✓	✓
Front Jete										✓	✓
Cossack Jump										✓	✓
Straddle Jump										✓	✓
Split Jump										✓	✓
Pirouette Jump 180 Turn										✓	✓
Pirouette Jump 360 Turn										✓	✓
Cossack Leap										✓	✓
Front Jete										✓	✓
Straddle Jete										✓	✓

SKILL ELEMENT	SECONDARY SCHOOL						
	Pre-Choreographed Teams			Large Teams		Advanced Teams	Individuals, Duos, Small Teams
	Yr. 7 Phase 1	Secondary (Yr. 7 - 12 ) Phase 1	Secondary (Yr. 7 - 12 ) Phase 2	Phase 1	Phase 2		
<b>COMPULSORY MOVES</b>							
Jumping Jacks x 4	✓	✓	✓	✓	✓	✓	✓
High Leg Kicks x 4	✓	✓	✓	✓	✓	✓	✓
High Leg Kicks (90° Only)				✓			
Two Arm Push Ups on knees x 4 (Half Speed) - Pectoral (Bicep)				✓			
Two Arm Push Ups on Knees x 4 – Pectoral (Bicep)	✓	✓	✓	✓	✓	✓	✓
Two Arm Push Ups on Toes x 4 – Pectoral (Bicep)						✓	✓
<b>PUSH UPS</b>							
Two Arm Push Up on Knees – Pectoral (Bicep)					✓	✓	✓
Two Arm Push Up – Pectoral (Bicep)					✓	✓	✓
Two Arm Push Up on Knees - Tricep						✓	✓
Two Arm Push Up on Toes - Tricep						✓	✓
Two Arm Triceps Hinge Push Up						✓	✓
<b>STATIC</b>							
Pike Press Bottom Lift Only						✓	✓
Straddle Press Bottom Lift Only						✓	✓
Pike Press						✓	✓
Straddle Press (one hand in front)						✓	✓
Straddle Press (both hands in front)						✓	✓
Tuck Press						✓	✓
Two Arm Supported Planche Open						✓	✓
<b>FLEXIBILITY</b>							
Straddle Sit (create own arm lines)	✓	✓	✓	✓	✓	✓	✓
Prone Straddle Sit (Arms <b>must</b> reach forward)						✓	✓
Front Split Right (hands <b>must</b> remain on either side of body)						✓	✓
Front Split Left (hands <b>must</b> remain on either side of body)						✓	✓
Needle Point (Right or Left Leg)						✓	✓
Supine Straddle Sit						✓	✓
Sit Through						✓	✓
<b>JUMPS</b>							
Straight Jump	✓	✓			✓	✓	✓
Air Jack			✓		✓	✓	✓
Tuck Jump					✓	✓	✓
Front Leap						✓	✓
Front Jete						✓	✓
Cossack Jump						✓	✓
Straddle Jump						✓	✓
Split Jump						✓	✓
Pirouette Jump 180 Turn						✓	✓
Pirouette Jump 360 Turn						✓	✓
Air Jack to Straddle Sit Landing						✓	✓
Tuck Jump to Split Landing (Front Split or Straddle Sit)						✓	✓
180° Pirouette Jump to Split Landing (Front Split or Straddle Sit)						✓	✓
Switch Front Jete						✓	✓
Cossack Leap						✓	✓
Straddle Jete						✓	✓
360° Pirouette Jump to Split Landing (Front Split or Straddle Sit)						✓	✓