		PRIMARY SCHOOL											
				Pre-C	Choreographed 1	eams						obics Teams Choreo)	
SKILL ELEMENT	Prep -	Yr. 1	Yr. 2	Yr. 1 - Yr. 2	Yr. 3 - Yr. 4 Phase 1	Yr. 3 - Yr. 4	Yr. 5 - Yr. 6	Yr. 5 – Yr. 6	Boys	Large	Teams	Advanced	Duos / Small /
SINEE ELEMENT	Yr. 1	Phase 1	Phase 1	Phase 2	Inc. Pre-Chore Small Teams	Phase 2	Phase 1	Phase 2	Teams	Phase 1	Phase 2	Teams	Boys Teams
COMPULSORY MOVES													
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)												✓	✓
PUSH UPS													
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			<u> </u>								<u> </u>	✓	✓
STATIC													
Pike Press Bottom Lift Only			1						✓		1	✓	✓
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		!	<u> </u>	1	l e					<u> </u>	<u> </u>	✓	✓
FLEXIBILITY													
Straddle Sit (create own arm lines)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Prone Straddle Sit (arms must reach forward)												√	✓
Front Split Right (hands must remain on either side of body)												✓	✓
Front Split Left (hands <u>must</u> remain on either side of body)												✓	✓
Needle Point (Right or Left Leg)			ļ									✓	✓
Supine Straddle Sit												√	√
Sit Through		<u> </u>	<u> </u>	<u> </u>	l e					<u> </u>	<u> </u>	✓	✓
JUMPS													
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												✓	✓

	SECONDARY SCHOOL								
	Pre-C	horeographed 1	Teams			bics Teams Choreo)			
				Large	Teams				
SKILL ELEMENT	Yr. 7 Only Phase 1	Secondary Phase 1	Secondary Phase 2	Phase 1	Phase 2	Advanced Teams	Duos / Small / Boys Teams		
COMPULSORY MOVES					<u> </u>				
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)						✓	✓		
PUSH UPS									
Two Arm Push Up on Knees – Pectoral (Bicep)					✓	√	√		
Two Arm Push Up – Pectoral (Bicep)					· ·	· ·	· ·		
Two Arm Push Up on Knees - Tricep						· ·	<u> </u>		
Two Arm Push Up on Toes - Tricep						· ·	· ·		
Two Arm Triceps Hinge Push Up						· ·	· ·		
STATIC						·	•		
Pike Press Bottom Lift Only	_	1			1	√	√		
Straddle Press Bottom Lift Only						· ·			
Pike Press						· ·	· ·		
Straddle Press (one hand in front)	_					· · · · · · · · · · · · · · · · · · ·			
Straddle Press (one hand in front) Straddle Press (both hands in front)	_					· · · · · · · · · · · · · · · · · · ·			
,						√			
Tuck Press Two Arm Supported Planche Open						· · ·			
FLEXIBILITY			l e		<u> </u>	٧	· ·		
Straddle Sit (create own arm lines)			_	√	· ·	/			
Prone Straddle Sit (Arms must reach forward)	· ·	v	v	v	v	· · ·	<u> </u>		
						√	<u> </u>		
Front Split Right (hands <u>must</u> remain on either side of body)						√	<u> </u>		
Front Split Left (hands must remain on either side of body)						· · ·			
Needle Point (Right or Left Leg)						√	<u> </u>		
Supine Straddle Sit						√	<u> </u>		
Sit Through					<u> </u>	√	· ·		
JUMPS					√		√		
Straight Jump	· ·	✓				√	<u> </u>		
Air Jack			✓		√	V			
Tuck Jump					✓	√	√		
Front Leap						√	<u> </u>		
Front Jete						√	<u> </u>		
Cossack Jump							<u> </u>		
Straddle Jump						√	<u> </u>		
Split Jump						√	<u> </u>		
Pirouette Jump 180 Turn									
Pirouette Jump 360 Turn						√	<u> </u>		
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)						√	<u> </u>		
Switch Front Jete						✓	<u> </u>		
Cossack Leap						√	<u>√</u>		
Straddle Jete						✓	√		
360° Pirouette Jump to Split Landing (Front Split or Straddle Sit)						✓	✓		

ELEMENT	Phase 1	Phase 1	Phase 1	Phase 2 Pre-	Phase 1	Phase 2	Phase 1	Phase 2	Phase 1	Phase 2 Youth /	Boys 12 Yrs. &
	X-Mini	Pre-Mini	Mini	Mini / Mini	Cadet	Cadet	Junior	Junior	Youth	Adult	Under
COMPULSORY ELEMENTS											
Jumping Jacks x 4	✓	✓	✓	✓	✓	√	✓	✓	✓	✓	✓
High Leg Kicks x 4	√	√	✓	✓	<u> </u>	✓	✓	✓	✓	✓	✓
If both compulsory push-up options are ticked (\checkmark) below, you must choose	1 skill to perform	:									
Two Arm Push Ups on Knees x 4 – Pectoral (Bicep)	✓	✓	✓	✓	✓	✓	√	✓	✓	✓	✓
Two Arm Push Ups on Toes x 4 – Pectoral (Bicep)				✓		✓		✓		✓	
PUSHUPS											
If skill is required & all skill options are ticked (\checkmark) below, you must choose 1	Push Up skill to	perform:									
Two Arm Push Up on Knees - Tricep				✓		✓		✓		✓	
Two Arm Push Up on Toes - Tricep				\checkmark		√				√	
STATIC											
If skill is required & all skill options are ticked (\checkmark) below, you must choose $\underline{1}$	Static skill to pe	erform:									
Pike Press (Bottom Lift Only)	✓	✓	✓	✓	√	✓	✓	✓	✓	✓	✓
Straddle Press (Bottom Lift Only)	✓	✓	✓	<u> </u>	✓	√	✓	√	✓	√	
Pike Press Straddle Press (one hand in front)				<u> </u>		<u> </u>		√		✓	
Straddle Press (one nand in front) Straddle Press (both hands in front)								∨			
FLEXIBILITY								,		,	
If skill is required & all skill options are ticked (\checkmark) below, you must choose $\underline{1}$	Flex skill to pen	form:									
Prone Straddle Sit (both arms must reach forward)	✓	✓	✓	✓	✓	√	✓	✓	✓	✓	✓
Front Split Right (hands must remain on either side of body to support proper execution of skill)				√		√		<u> </u>	√	√	
Front Split Left (hands must remain on either side of body to support proper execution of skill)				✓		· ·		V	√		
JUMPS											
Straight Jump	✓	✓	✓								
Air Jack		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Tuck Jump				✓	✓	✓	✓	✓	✓	✓	✓
If skill is required & both pirouette jump options are ticked (\checkmark) below, you mi	ust choose <u>1</u> ski	II to perform:									
Pirouette Jump 180 Turn				✓	✓	✓	✓	✓	✓	✓	
Pirouette Jump 360 Turn				✓		✓		✓	✓	✓	
If skill is required & both skills are ticked (\checkmark) below, you must choose $\underline{1}$ skil	I to perform:										
Front Leap						✓		✓		✓	
Front Jete						√		✓		√	

ELEMENT	National Pre-Mini	Mini Intermediate	Mini Adv Female & Male	National Mini Duos & Teams	Cadet Novice	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 & Tear
COMPULSORY ELEMENTS																				
Jumping Jacks	√	√	V	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
High Leg Kicks Push Ups on Knees – Pectoral (Bicep)	✓ ✓	✓ ✓	· ·	✓	✓ ✓	<u>√</u>	✓ ✓	✓ ✓	√	✓ ✓	✓ ✓	√	✓ ✓	✓ ✓	✓ ✓	✓	✓	✓ ✓	√	✓ ✓
Push Ups on Toes – Pectoral (Bicep)	√	·	· ·	· ·	<i>'</i>	→	· ·	· /	· ·	→	· ·	· ·	· ·	· ·	· ·	· ·	· ·	√	✓	<i>'</i>
Push Ups on Knees – Tricep	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓
Push Ups on Toes – Tricep	✓	√	√	✓	√	√	√	✓	✓	√	√	√	√	✓	√	✓	√	√		✓
Two Arm Push Up on Knees	✓	✓	 	√	 	✓	√	✓		✓	 	√	√	√	√	· ✓	1 🗸	√	_	√
Two Arm Triceps Push Up on Knees	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓
Two Arm Push Up	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
Two Arm Triceps Push Up Two Arm Triceps Hinge	✓ ✓	<i>'</i>	· · ·	✓	√	✓	✓	✓ ✓	√	<u>√</u>	√	√	√	✓ ✓	✓ ✓	✓	√	✓ ✓	✓ ✓	✓ ✓
Two Arm Triceps Finige Two Arm Triceps Double Hinge	•		· ✓	, ,			· ·	· /		· ·	, ,	, ,	·	, ,	, ,	· ·	·	<i>,</i>	, ,	· ·
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		<u> </u>	<u> </u>	<u> </u>			<u> </u>						ı		<u> </u>	<u> </u>	<u> </u>	<u> </u>	√	✓
Tuck Press	✓	√	√	✓	✓	√	√	√	 	✓	√	√	√	✓	√	√	√	√	✓	✓
Pike Press Bottom Lift Only	✓	V	√	√	√	√	√	√	√ ·	√	√	√	√	√	√	✓	√	✓	√	✓
Straddle Press Bottom Lift Only	√	√	√	✓ ✓	√	√	√	√	√	√	√	√	√	√	√ -/	V	V	√ ./	√	√ -/
Pike Press Straddle Press (one hand in front)	✓ ✓	✓	· ·	· ·	✓	<u>√</u>	√	✓ ✓	√	<u>√</u>	√	√	✓ ✓	✓ ✓	✓ ✓	✓	✓	√	✓ ✓	✓ ✓
Straddle Press (one nand 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			✓	✓			✓	✓				· ·		✓	√	V		√	✓ ✓	✓
Straddle Press 180 Turn			√	· ✓			·	<i>'</i>			<i>√</i>	·		· ✓	✓	✓		<i>√</i>	✓	✓
Pike Press 360 Turn															√	√				√
Straddle Press 360 Turn V Press Open			✓	✓			✓	√		✓	✓	✓		✓	✓ ✓	✓ ✓		✓	√ √	✓ ✓
One Arm Planche Open			·	,								·				·		,	<i>'</i>	· ·
One Arm Planche Closed																			✓	✓
ELEXIBILITY Prone Straddle Sit	✓	-/	T 🗸		· ·	√				-/	T 🗸	· ·					T 🗸	· ✓		
Supine Straddle Sit	· ·	· ·	· ·	· ·	·		· ·	· ·	· ·	· ·	· ·	· ·	· ·	· ·	· ·	· ·	· ·	· ·	· ·	√
Prone Straddle SPLIT	✓	✓	✓	✓		✓	✓	✓		✓	✓	✓		✓	✓	✓		✓	✓	✓
Supine Straddle SPLIT	√	√	√	√		<u>√</u>	√	√		√	√	√		√	<i>\</i>	√		√	√	✓
Front Split Right Front Split Left	✓ ✓	*	· ·	✓	· ·	<u>√</u>	\ \ \ \ \	<i>'</i>	\ \ \ \ \	- ✓	· ·	✓	✓ ✓	√	V	✓	· ·	✓ ✓	✓	✓ ✓
Front Split Right & Left Sides Consecutively			✓	·		,	√	<i>√</i>			√	<i>√</i>			✓	·			√	·
Front Split Left & Right Sides Consecutively			✓	✓			✓	✓			✓	✓			✓	√			✓	√
Split Rotation Needle Point Right	✓	✓	✓	√	√	✓	✓	√	√	✓	✓ ✓	✓	✓	✓	✓ ✓	✓	√	✓	✓ ✓	✓
Needle Point Left	<i>→</i>	·	· ·	· ·	<i>'</i>	<i>-</i>	<i>'</i>	· /	· ·	· ✓	<i>'</i>	<i>,</i>	· ·	· ·	<i>'</i>	· ·	· ·	<i>'</i>	<i>'</i>	· ·
Supine Split Right			√	✓			✓	✓			√	√		√	✓	✓		✓	√	√
Supine Split Left			✓	✓			✓	✓			✓ ✓	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \		✓	✓ ✓	✓		✓	✓ ✓	✓
Standing Front Split Right Standing Front Split Left											√	<u>√</u>			√	V V		√	√	V ✓
Sit Through	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Standing Front Split Right & Left Sides Consecutively															√	√			√	√
Standing Front Split Left & Right Sides Consecutively		<u> </u>	<u> </u>	!			<u> </u>				<u> </u>		!		✓			!	✓	√
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 <u>SPLIT Landing</u> Pirouette Jump 180 Turn to Prone Straddle Sit Landing	✓	√	√	✓			✓ ✓	✓ ✓		<u>√</u>	√	✓ ✓		✓ ✓	✓ ✓	✓ ✓		✓ ✓	✓	✓ ✓
Pirouette Jump 180 Turn to Prone Straddle Sit Landing			√				√	· ·		<u>√</u>	· ·	√		√	· ·	· ·		√	V	✓
Pirouette Jump 180 Turn to Front Split Landing			✓				✓	✓		✓	✓	✓		✓	✓	✓		✓	√	✓
ront Leap	√	✓ ✓	✓ ✓	✓ ✓	✓	√	√	✓ ✓	√	✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓
Straddle Leap Cossack Leap	✓ ✓	<i>'</i>	· ·	✓	✓ ✓	<u>√</u>	√ √	✓ ✓	✓ ✓	✓	✓	✓ ✓	✓	✓	✓	✓	✓	✓	✓ ✓	✓
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															√	V			✓	✓
Pike Leap to Prone Straddle SPLIT Landing															✓	✓			✓	✓
ike Leap to Front Split Landing	,			,		,				,		,		,	√	V		,	√	√
uck Jump uck Jump to Prone Straddle Sit Landing	√	✓	/	✓	✓	<u>√</u>	✓ ✓	√	✓ ✓	<u>√</u>	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓	✓	✓ ✓	✓ ✓	✓ ✓
uck Jump to Prone Straddle Sit Landing uck Jump to Prone Straddle <u>SPLIT</u>	√	√	· ·	√	,		√	· ·		<u>√</u>	· ·	· ·		√	· ·	· ·		√	V /	✓
uck Jump to Front Split Landing	√	V	✓	✓	√	√	✓	✓	√	✓	✓	✓	✓	✓	✓	✓	√	✓	✓	✓
uck Jump 180 Turn			√	✓		✓	√	V	✓	√	<i>\</i>	√	✓	√	<i>\</i>	V	V	√	√	√
uck Jump 180 Turn to Prone Straddle Sit Landing uck Jump 180 Turn to Prone Straddle SPLIT Landing			✓				√ √	✓ ✓		✓ ✓	√	√ √		✓ ✓	✓ ✓	✓	✓	✓ ✓	✓ ✓	✓ ✓
uck Jump 180 Turn to Front Split Landing			· ·				√	· /		√	√	√		✓	✓	✓		√	√	✓
Fuck 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							,				· · ·	· · ·		•	· ·	· ·		v	✓	✓
Tuck Jump 360 Turn to Prone Straddle SPLIT Landing																			✓	✓
Tuck Jump 360 Turn to Front Split Landing			./								./	1			./	-/		- 1	√	√
Pirouette Jump 360 Turn to Prone Straddle Sit Landing			✓								✓	✓			✓	✓		✓	✓	✓

																,	•			ions commed
ELEMENT	National Pre-Mini	Mini Intermediate	Mini Adv Female & Male	National Pre-Mini / Mini Duos & Teams	Cadet Novice	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			√								· ·	√			√	<u>√</u>		<u> </u>	· /	· ·
Front Split Jump			· ·	✓			✓	✓		✓	· /	√		✓	· /	→	√	,	· /	· ·
Front Split Jump to Prone Straddle Sit Landing			·	,			·	•		·	· ·	√		•	· /	<u> </u>	·	<u> </u>		· ·
Front Split Jump to Prone Straddle SPLIT Landing											· /	· ✓			· /			<u> </u>	· /	, /
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 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															√	<u>√</u>			√	√
Pike Jump to Prone Straddle Sit Landing															·	•			v	
Pike Jump to Prone Straddle SPLIT Landing															√	√			✓ ✓	✓ ✓
Pike Jump to Front Split Landing Straddle Jump			✓	✓			✓	✓		✓	√	✓		✓	√	<u>√</u>	✓	✓	∨	√
Straddle Jump to Prone Straddle Sit Landing			√	√			√	V		· ·	· ·	√		<u> </u>	V /	∨	V	V ✓	· /	∨
Straddle Jump to Prone Straddle Sit Landing Straddle Jump to Prone Straddle SPLIT Landing			√	√			√	∨		V	· ·	√		<u> </u>	V /	<u> </u>		<u> </u>	√	∨
Straddle Jump to Front Split Landing			· ·	√			· ·	· ·			· ·	√		<u> </u>	V ✓	<u> </u>		<u> </u>	· ·	V ✓
Straddle Jump 180 Turn			· ·	,			,	•			· ·	· ·		•	· /	· ·		•	· ·	· ·
Straddle Jump 180 Turn to Prone Straddle Sit Landing											'	· √			•	<u>,</u>			· /	· ·
Straddle Jump 180 Turn to Prone Straddle SPLIT Landing											· /	· ✓			· /	· ·			· /	· /
Straddle Jump 180 Turn to Front Split Landing											· /	√			· /	<u> </u>			· ·	· ·
Straddle Jump to Push Up											· /				· /	<u> </u>		✓	· /	· /
Straddle Jump 180 Turn to Push Up Landing																			·	<i>√</i>
Front Jete	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	√	√
Front Switch Jete			İ						i de la companya de		√	✓			✓	✓		√	✓	√
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 Pre-Mini / Mini Individual (Unisex)	National Mini Intermediate Individual Female	National Mini Adv Individual Female & Male
COMPULSORY ELEMENTS				-/-			
Jumping Jacks	√	✓ ✓	<u> </u>	✓	· · ·	<u>√</u>	✓ ✓
High Leg Kicks Push Ups on Knees – Pectoral (Bicep)	· · ·	∨	∀	▼	· · ·	▼	∨ ✓
	٧	V	∨ ✓	V	V	∨	∨
Push Ups on Toes – Pectoral (Bicep) Push Ups on Knees – Tricep			√		v	∨	∨
Push Ups on Toes – Tricep			v ✓				∨
PUSHUPS			v		<u> </u>		v
Two Arm Push Up on Knees			√		ı	<u> </u>	√
Two Arm Triceps Push Up on Knees			√		√	<i>,</i>	· ·
Two Arm Push Up			· ·		·	<i>√</i>	·
Two Arm Triceps Push Up			· ·		√	<i>→</i>	·
Two Arm Triceps Hinge			<i>,</i> ✓		·	<i>,</i>	·
Two Arm Triceps Double Hinge						•	
Free Fall From Knees to Pushup Landing on Knees							<u> </u>
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							
STATIC							
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							
FLEXIBILITY							
Propo Straddla Sit				,		,	
Prone Straddle Sit	✓	√	√	✓	√	√	√
Supine Straddle Sit	√	√ 	√	√	√	√	√
Supine Straddle Sit Prone Straddle SPLIT	√	√ 	· ,	√	√ 	✓ ✓	✓ ✓
Supine Straddle Sit Prone Straddle SPLIT Supine Straddle SPLIT	√	√ 	√ √ √	√ 		√ √ √	√ √ √
Supine Straddle Sit Prone Straddle SPLIT Supine Straddle SPLIT Front Split Right	✓ 	√ 	√	√ 	<i>\</i>	√ √ √	✓ ✓ ✓
Supine Straddle Sit Prone Straddle SPLIT Supine Straddle SPLIT Front Split Right Front Split Left	✓ ————————————————————————————————————	✓ ————————————————————————————————————	√ √ √	√ 		√ √ √	✓ ✓ ✓ ✓
Supine Straddle Sit Prone Straddle SPLIT Supine Straddle SPLIT Front Split Right Front Split Left Front Split Right & Left Sides Consecutively	✓ ————————————————————————————————————		√ √ √	√ 		√ √ √	√ √ √ √ √
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			√ √ √	✓		√ √ √	✓ ✓ ✓ ✓
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			√ √ √ √			√ √ √ √	√ √ √ √ √
Supine Straddle Sit Prone Straddle SPLIT Supine Straddle SPLIT Front Split Right Front Split Left Front Split Left Front Split Left & Consecutively Front Split Rotation Needle Point Right			√ √ √ √			√ √ √ √	\frac{}{}
Supine Straddle Sit Prone Straddle SPLIT Supine Straddle SPLIT Front Split Right Front Split Left Front Split Left & Left Sides Consecutively Front Split Left & Right Sides Consecutively Split Rotation Needle Point Right Needle Point Left			√ √ √ √			√ √ √ √	\frac{}{}
Supine Straddle Sit Prone Straddle SPLIT Supine Straddle SPLIT Front Split Right Front Split Left Front Split Right & Left Sides Consecutively Front Split Rotation Needle Point Right Needle Point Left Supine Split Right			√ √ √ √			√ √ √ √	\frac{}{}
Supine Straddle Sit Prone Straddle SPLIT Supine Straddle SPLIT Front Split Right Front Split Left Front Split Left & Left Sides Consecutively Front Split Left & Right Sides Consecutively Front Split Left & Right Sides Consecutively Split Rodation Needle Point Right Needle Point Left Supine Split Right Supine Split Left			√ √ √ √			√ √ √ √	\frac{}{}
Supine Straddle Sit Prone Straddle SPLIT Supine Straddle SPLIT Front Split Right Front Split Left Front Split Left & Left Sides Consecutively Front Split Left & Right 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			√ √ √ √			√ √ √ √	\frac{\sqrt{\chi}}{\sqrt{\chi}}
Supine Straddle Sit Prone Straddle SPLIT Supine Straddle SPLIT Front Split Right Front Split Left Front Split Left & 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 Right Standing Front Split Left			✓ ✓ ✓ ✓ ✓			√ √ √ √ √	\frac{\sqrt{\chi}}{\sqrt{\chi}}
Supine Straddle Sit Prone Straddle SPLIT Supine Straddle SPLIT Front Split Right Front Split Left Front Split 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			√ √ √ √			√ √ √ √	\frac{\sqrt{\chi}}{\sqrt{\chi}}
Supine Straddle Sit Prone Straddle SPLIT Supine Straddle SPLIT Front Split Right Front Split Left Front Split 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			✓ ✓ ✓ ✓ ✓			√ √ √ √ √	\frac{\sqrt{\chi}}{\sqrt{\chi}}
Supine Straddle Sit Prone Straddle SPLIT Supine Straddle SPLIT Front Split Right Front Split Left Front Split Left & Right & Left Sides Consecutively Front Split Left & Right Sides Consecutively Split Rotation Needle Point Right Needle Point Right 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 Right & Left Sides Consecutively Standing Front Split Right & Left Sides Consecutively			✓ ✓ ✓ ✓ ✓			√ √ √ √ √	\frac{1}{\sqrt{1}}
Supine Straddle Sit Prone Straddle SPLIT Supine Straddle SPLIT Front Split Right Front Split Left Front Split Left Front Split Left & Right Sides Consecutively Front Split Rotation Needle Point Right Needle Point Right Supine Split Right Supine Split Left Standing Front Split Right Standing Front Split Left Standing Front Split Left Standing Front Split Left Standing Front Split Right Standing Front Split Right & Left Sides Consecutively Standing Front Split Right & Left Sides Consecutively Standing Front Split Left & Right Sides Consecutively			✓ ✓ ✓ ✓ ✓			√ √ √ √ √	\frac{1}{\sqrt{1}}
Supine Straddle Sit Prone Straddle SPLIT Supine Straddle SPLIT Front Split Right Front Split Left Front Split Left Front Split Left & Right Sides Consecutively Front Split Left & Right Sides Consecutively Split Rotation Needle Point Right Needle Point Left Supine Split Right Supine Split Right Standing Front Split Right Standing Front Split Left Sit Through Standing Front Split Right & Left Sides Consecutively Standing Front Split Right & Consecutively Standing Front Split Right & Consecutively Standing Front Split Left & Right Sides Consecutively Standing Front Split Left & Right Sides Consecutively Straight Jump			\frac{1}{\sqrt{1}}			✓ ✓ ✓ ✓ ✓	\frac{\sqrt{\chi}}{\sqrt{\chi}}
Supine Straddle Sit Prone Straddle SPLIT Supine Straddle SPLIT Front Split Right Front Split Left Front Split Left Front Split 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 Right & Consecutively Standing Front Split Right & Left Sides Consecutively Standing Front Split Left & Right Sides Consecutively JUMPS Straight Jump Pirouette Jump 180 Turn			\frac{1}{\sqrt{1}}			✓ ✓ ✓ ✓ ✓	✓ ✓ ✓ ✓ ✓ ✓ ✓
Supine Straddle Sit Prone Straddle SPLIT Supine Straddle SPLIT Front Split Right Front Split Left Front Split Left Front Split Left & Right & Left Sides Consecutively Front Split Left & Right Sides Consecutively Split Rotation Needle Point Right Needle Point Left Supine Split Right 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 Standing Front Split Left & Right Sides Consecutively Standing Front Split Left & Right Sides Consecutively Straight Jump Pirouette Jump 180 Turn Pirouette Jump 360 Turn			\frac{1}{\sqrt{1}}			✓ ✓ ✓ ✓ ✓ ✓	\frac{1}{\sqrt{1}}
Supine Straddle Sit Prone Straddle SPLIT Supine Straddle SPLIT Front Split Right Front Split Left Front Split Left Front Split Left & 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 Sit Through Standing Front Split Left & Right Sides Consecutively Standing Front Split Left & Right Sides Consecutively Standing Front Split Left & Right Sides Consecutively Straight Jump Pirouette Jump 180 Turn Pirouette Jump 540 Turn Pirouette Jump 540 Turn			\frac{1}{\sqrt{1}}			✓ ✓ ✓ ✓ ✓ ✓	\frac{1}{\sqrt{1}}
Supine Straddle Sit Prone Straddle SPLIT Supine Straddle SPLIT Front Split Right Front Split Left Front Split Left Front Split Right & Left Sides Consecutively Front Split Right & Left Sides Consecutively Split Rotation Needle Point Right Needle Point Left Supine Split Right Supine Split Right Supine Split Left Standing Front Split Right Standing Front Split Right Standing Front Split Left Sit Through Standing Front Split Right & Left Sides Consecutively Standing Front Split Left & Right Sides Consecutively Standing Front Split Left & Right Sides Consecutively IUMPS Straight Jump Pirouette Jump 180 Turn Pirouette Jump 540 Turn Pirouette Jump 540 Turn Pirouette Jump 540 Turn Pirouette Jump 540 Turn			\frac{1}{\sqrt{1}}			✓ ✓ ✓ ✓ ✓ ✓ ✓	\frac{1}{\sqrt{1}}
Supine Straddle Sit Prone Straddle SPLIT Supine Straddle SPLIT Front Split Right Front Split Left Front Split Left & Right & Left Sides Consecutively Front Split Left & Right Sides Consecutively Split Rotation Needle Point Right Needle Point Left Supine Split Right Supine Split Right Supine Split Left Standing Front Split Right Standing Front Split Right Standing Front Split Left Sit Through Standing Front Split Right & Left Sides Consecutively Standing Front Split Left & Right Sides Consecutively JUMPS Straight Jump Pirouette Jump 180 Turn Pirouette Jump 360 Turn Pirouette Jump 540 Turn Pirouette Jump 540 Turn Air Jack Air Jack to Prone Straddle Sit Landing			\frac{1}{\sqrt{1}}			✓ ✓ ✓ ✓ ✓ ✓ ✓	\(\frac{1}{\sqrt{1}} \)
Supine Straddle Sit Prone Straddle SPLIT Supine Straddle SPLIT Front Split Right Front Split Left Front Split Left & Consecutively Front Split Left & Right 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 Standing Front Split Left & Right Sides Consecutively IUMPS Straight Jump Pirouette Jump 180 Turn Pirouette Jump 180 Turn Pirouette Jump 540 Turn Pirouette Jump 540 Turn Air Jack Air Jack to Prone Straddle Sit Landing Air Jack to Prone Straddle SPLIT Landing			\frac{1}{\sqrt{1}}			✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	\(\frac{1}{\sqrt{1}} \)
Supine Straddle Sit Prone Straddle SPLIT Supine Straddle SPLIT Front Split Right Front Split Left Front Split Left Front Split Left & Right Sides Consecutively Front Split Rotation Needle Point Right Needle Point Right Supine Split Right Supine Split Left Standing Front Split Right Standing Front Split Left Standing Front Split Left Standing Front Split Left Standing Front Split Right Standing Front Split Right Standing Front Split Right Standing Front Split Right & Left Sides Consecutively Standing Front Split Right & Consecutively Standing Front Split Left & Right Sides Consecutively IUMPS 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			\frac{1}{\sqrt{1}}			✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	\(\frac{1}{\sqrt{1}} \)
Supine Straddle Sit Prone Straddle SPLIT Supine Straddle SPLIT Front Split Right Front Split Left Front Split Left Front Split Left & Right Sides Consecutively Front Split Rotation Needle Point Right Needle Point Left Supine Split Right Supine Split Right Standing Front Split Left Standing Front Split Left Standing Front Split Left Standing Front Split Left Sit Through Standing Front Split Right & Left Sides Consecutively Standing Front Split Left & Right Sides Consecutively Standing Front Split Left & Right Sides Consecutively IUMPS 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 SPLIT Landing Pirouette Jump 180 Turn to Prone Straddle SPLIT Landing			\frac{1}{\sqrt{1}}			✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	\(\frac{1}{\sqrt{1}} \)
Supine Straddle Sit Prone Straddle SPLIT Supine Straddle SPLIT Front Split Right Front Split Left Front Split Left Front Split Left & Right Sides Consecutively Front Split Left & Right Sides Consecutively Split Rotation Needle Point Right Needle Point Left Supine Split Right Supine Split Right Standing Front Split Right Standing Front Split Left Sit Through Standing Front Split Right & Left Sides Consecutively Standing Front Split Left & Right Sides Consecutively Standing Front Split Left & Right Sides Consecutively Standing Front Split Left & Right Sides Consecutively IUMPS Straight Jump Pirouette Jump 180 Turn Pirouette Jump 540 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 SPLIT Landing Pirouette Jump 180 Turn to Prone Straddle SPLIT Landing Pirouette Jump 180 Turn to Prone Straddle SPLIT Landing Pirouette Jump 180 Turn to Prone Straddle SPLIT Landing			\frac{1}{\sqrt{1}}			✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	\(\frac{1}{\sqrt{1}} \)
Supine Straddle SPLIT Supine Straddle SPLIT Front Split Right Front Split Right Front Split Left Front Split Left Front Split Left & Right Sides Consecutively Front Split Left & Right Sides Consecutively Split Rotation Needle Point Right Needle Point Left Supine Split Right Supine Split Right Supine Split Left Standing Front Split Left Standing Front Split Left Sit Through Standing Front Split Left & Right Sides Consecutively Standing Front Split Left & Right Sides Consecutively Standing Front Split Left & Right Sides Consecutively IUMPS 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 SPLIT Landing Pirouette Jump 180 Turn to Prone Straddle SPLIT Landing Pirouette Jump 180 Turn to Prone Straddle SPLIT Landing Pirouette Jump 180 Turn to Prone Straddle SPLIT Landing Pirouette Jump 180 Turn to Prone Straddle SPLIT Landing Pirouette Jump 180 Turn to Prone Straddle SPLIT Landing Pirouette Jump 180 Turn to Prone Straddle SPLIT Landing Pirouette Jump 180 Turn to Prone Straddle SPLIT Landing Pirouette Jump 180 Turn to Prone Straddle SPLIT Landing Pirouette Jump 180 Turn to Front Split Landing			\frac{1}{\sqrt{1}}			✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	\frac{1}{\sqrt{1}}
Supine Straddle SPLIT Supine Straddle SPLIT Supine Straddle SPLIT Front Split Right 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 Right Supine Split Right Standing Front Split Left Standing Front Split Left Sit Through Standing Front Split Left & Right Sides Consecutively Standing Front Split Left & Right Sides Consecutively IUMPS 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 Prone Straddle SpLIT Landing Pirouette Jump 180 Turn to Prone Straddle SpLIT Landing Pirouette Jump 180 Turn to Front Split Landing Straddle Leap			\frac{1}{\sqrt{1}}			✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	\(\frac{1}{\sqrt{1}} \)
Supine Straddle SPLIT Supine Straddle SPLIT Supine Straddle SPLIT Front Split Right Front Split Left Front Split Left Front Split Left & Right Sides Consecutively Front Split Left & Right Sides Consecutively Split Rotation Needle Point Right Needle Point Left Supine Split Left Supine Split Left Standing Front Split Right Standing Front Split Right Standing Front Split Left Sit Through Standing Front Split Right & Left Sides Consecutively Standing Front Split Left & Right Sides Consecutively IUMPS Straight Jump Pirouette Jump 180 Turn Pirouette Jump 540 Turn Air Jack Air Jack to Prone Straddle Sit Landing Air Jack to Prone Straddle Sit 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			\frac{1}{\sqrt{1}}			✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	
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 Right Supine Split Left Standing Front Split Right Standing Front Split Right Standing Front Split Right & Left Sides Consecutively Standing Front Split Right & Left Sides Consecutively Standing Front Split Left & Right Sides Consecutively Standing Front Split Left & Right Sides Consecutively IUMPS Straight Jump Pirouette Jump 180 Turn Pirouette Jump 360 Turn Pirouette Jump 360 Turn Pirouette Jump 540 Turn Air Jack Air Jack to Prone Straddle Sit Landing Air Jack to Prone Straddle Sit Landing Pirouette Jump 180 Turn to Prone Straddle Sit Landing Pirouette Jump 180 Turn to Prone Straddle SPLIT Landing Pirouette Jump 180 Turn to Prone Straddle SPLIT Landing Pirouette Jump 180 Turn to Front Split Landing			\frac{1}{\sqrt{1}}			✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	\(\frac{1}{\sqrt{1}} \)
Supine Straddle SPLIT Supine 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 Left Supine Split Right Supine Split Right Supine Split Left Standing Front Split Right Standing Front Split Right Standing Front Split Left Sit Through Standing Front Split Left & Right Sides Consecutively Standing Front Split Left & Right Sides Consecutively Standing Front Split Left & Right Sides Consecutively IUMPS 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 Sit Landing Pirouette Jump 180 Turn to Prone Straddle SpLIT Landing Pirouette Jump 180 Turn to Front Split Landing			\frac{1}{\sqrt{1}}			✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	\(\frac{1}{\sqrt{1}} \)
Supine Straddle SPLIT Supine 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 Right Supine Split Left Standing Front Split Right Standing Front Split Right Standing Front Split Right & Left Sides Consecutively Standing Front Split Right & Left Sides Consecutively Standing Front Split Right & Left Sides Consecutively Standing Front Split Left & Right Sides Consecutively Standing Front Split Left & Right Sides Consecutively IUMPS 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 SpLIT Landing Pirouette Jump 180 Turn to Prone Straddle SpLIT Landing Pirouette Jump 180 Turn to Front Split Landing Piroack Leap to Prone Straddle SpLIT Landing Cossack Leap to Prone Straddle SpLIT Landing			\frac{1}{\sqrt{1}}			✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	\(\frac{1}{\sqrt{1}} \)
Supine Straddle SPLIT Supine 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 Left Supine Split Right Supine Split Left Supine Split Left Standing Front Split Left Standing Front Split Left Standing Front Split Left Standing Front Split Right Standing Front Split Right & Left Sides Consecutively Standing Front Split Right & Left Sides Consecutively Standing Front Split Left & Right Sides Consecutively TUMPS Straight Jump Pirouette Jump 180 Turn Pirouette Jump 360 Turn Pirouette Jump 540 Turn Air Jack to Prone Straddle Sit Landing Air Jack to Prone Straddle SPLIT Landing Pirouette Jump 180 Turn to Prone Straddle SPLIT Landing Pirouette Jump 180 Turn to Prone Straddle SPLIT Landing Pirouette Jump 180 Turn to Front Split Landing Pirouette Jump 180 Front Split Landing			\frac{1}{\sqrt{1}}			✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	\(\frac{1}{\sqrt{1}} \)
Supine Straddle SPLIT Supine Straddle SPLIT Supine Straddle SPLIT Front Split Right Front Split Left 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 Left Supine Split Left Standing Front Split Right Standing Front Split Left Standing Front Split Right Standing Front Split Right & Left Sides Consecutively Standing Front Split Left Sit Through Standing Front Split Left & Right Sides Consecutively Straight Jump Pirouette Jump 180 Turn Pirouette Jump 180 Turn 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 to Prone Straddle Sit Landing Pick Leap Pike Leap to Prone Straddle Sit Landing			\frac{1}{\sqrt{1}}			✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	\(\frac{1}{\sqrt{1}} \)
Supine Straddle Sit Prone Straddle SPLIT Supine Straddle SPLIT Supine Straddle SPLIT Front Split Right Front Split Left Front Split Left Front Split Left & Right Sides Consecutively Front Split Left & Right Sides Consecutively Split Rotation Needle Point Right Needle Point Left Supine Split Right Supine Split Right Supine Split Right Standing Front Split Right Standing Front Split Right Standing Front Split Right & Left Sides Consecutively Standing Front Split Right & Left Sides Consecutively Standing Front Split Right & Left Sides Consecutively Standing Front Split Left & Right Sides Consecutively IUMPS 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 Front Split Landing Pixe Leap Pixe Leap to Prone Straddle SpLIT Landing Pike Leap to Prone Straddle SpLIT Landing			\frac{1}{\sqrt{1}}			✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	\(\frac{1}{\sqrt{1}} \)
Supine Straddle Sit Prone Straddle SPLIT Supine Straddle SPLIT Supine Straddle SPLIT Front Split Right Front Split Right Front Split Left Front Split Left Front Split Left & Right Sides Consecutively Front Split Left & Right Sides Consecutively Split Rotation Needle Point Right Needle Point Left Supine Split Left 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 Standing Front Split Left & Right Sides Consecutively Standing Front Split Left & Right Sides Consecutively IUMPS 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 Sit Landing Pirouette Jump 180 Turn to Prone Straddle SPLIT Landing Pirouette Jump 180 Turn to Front Split Landing Pire Leap Pike Leap to Prone Straddle SpLIT Landing Pike Leap to Front Split Landing Pike Leap to Front Split Landing			\frac{1}{\sqrt{1}}			✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	\(\frac{1}{\sqrt{1}} \)
Supine Straddle Sit Prone Straddle SPLIT Supine Straddle SPLIT Supine Straddle SPLIT Front Split Right Front Split Right & Left Sides Consecutively Front Split Left & Right Sides Consecutively Front Split Left & Right Sides Consecutively Split Rotation Needle Point Right Needle Point Left Supine Split Left Supine Split Left Standing Front Split Right Standing Front Split Right Standing Front Split Left Sit Through Standing Front Split Right & Left Sides Consecutively Standing Front Split Left & Right Sides Consecutively Standing Front Split Left & Right Sides Consecutively IUMPS Straight Jump Pirouette Jump 180 Turn Pirouette Jump 360 Turn Pirouette Jump 540 Turn Air Jack to Prone Straddle Sit Landing Air Jack to Prone Straddle Sit Landing Pirouette Jump 180 Turn to Prone Straddle SpLIT Landing Pirouette Jump 180 Turn to Front Split Landing Pixe Leap Pixe Leap to Prone Straddle Sit Landing Pike Leap to Prone Straddle SpLIT Landing Pike Leap to Prone Straddle 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
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							
Cossack Jump Cossack Jump to Prone Straddle Sit Landing			✓			V	<u> </u>
Cossack Jump to Prone Straddle Sit Landing Cossack Jump to Prone Straddle SPLIT Landing							√
							√
Cossack Jump to Front Split Landing Cossack Jump 180 Turn							V
Cossack Jump 180 Turn to Prone Straddle Sit Landing							
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 Switch Late			✓			· ·	✓
Front Switch Jete to Drope Streddle Sit Landing							
Front Switch Jete to Prone Straddle Sit Landing Front Switch Jete to Prone Straddle SPLIT Landing							
Front Switch Jete to Prone Straddle SPLTI Landing Front Switch Jete to Front Split Landing							
Half Turning Front Switch Jete (180 Turn)							
Half Turning Front Switch Jete (180 Turn) Half Turning Front Switch Jete to Prone Straddle <u>Si</u> t							
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 Str Landing Straddle Switch to Prone Straddle SPLIT Landing							
Straddle Switch to Front Split Landing							
Statute State to Front Spire Editioning							



ELEMENT COMPULSORY ELEMENTS	Elementary Phase 1 Cadet Individual (Unisex)	Elementary Phase 2 Cadet Individual (Unisex)	National Cadet Novice Individual Female	National Cadet Int Individual Female	National Cadet Adv Individual Female & Male
Jumping Jacks High Leg Kicks Push Ups on Knees – Pectoral (Bicep)	, ,	<i>y y y</i>	✓ ✓ ✓	· · · · · · · · · · · · · · · · · · ·	, ,
Push Ups on Toes – Pectoral (Bicep) Push Ups on Knees – Tricep Push Ups on Toes – Tricep		Ý	√ √ √	√ √ √	, , ,
Two Arm Triceps 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					
STATIC 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					<i>'</i>
Straddle Press 180 Turn Pike Press 360 Turn					,
Straddle Press 360 Turn V Press Open One Arm Planche Open					√
One Arm Planche Closed FLEXIBILITY Prone Straddle Sit			I ✓	I ✓	
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					√
Standing Front Split Left Standing Front Split Right & Left Sides Consecutively Standing Front Split Left & Right Sides Consecutively			✓	√	√
JUMPS Straight Jump	_			√	√
Pirouette Jump 180 Turn Pirouette Jump 360 Turn Pirouette Jump 540 Turn		<u>√</u>	✓ ✓	∀	✓ ✓
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			Ý	v	
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			· · · · · · · · · · · · · · · · · · ·	✓ ✓	<i>' ' ' '</i>
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 Front Split 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 Pront 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					√ ✓



	Elementary	Elementary	National	National	National
ELEMENT	Phase 1 Cadet	Phase 2 Cadet	Cadet Novice	Cadet Int Individual	Cadet Adv Individual
	Individual (Unisex)	Individual (Unisex)	Individual Female	Female	Female & Male
	muividuai (Onisex)	iliulviduai (Ullisex)	ilidividual Felliale	remale	remale & Male
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 COMPULSORY ELEMENTS umping Jacks	Elementary				
umping Jacks	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
	√	√	√	√	√
ligh Leg Kicks	√	∀	√	<u>√</u>	✓
rush Ups on Knees – Pectoral (Bicep) rush Ups on Toes – Pectoral (Bicep)		✓ ✓	✓ ✓	√ √	✓ ✓
ush Ups on Knees – Tricep		·	✓	✓	✓
ush Ups on Toes – Tricep USHUPS			✓	<u> </u>	√
wo Arm Push Up on Knees			√	√	√
wo Arm Triceps Push Up on Knees wo Arm Push Up		√	✓ ✓	✓ ✓	✓ ✓
wo Arm Triceps Push Up wo Arm Triceps Hinge		✓	✓ ✓	√ √	✓ ✓
wo Arm Triceps Double Hinge			·	✓	✓
ree Fall From Knees to Pushup Landing on Knees ree Fall From Standing to Push Up Landing				✓	✓
wo 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					
TATIC					
uck Press like Press Bottom Lift Only	√	√	✓ ✓	<u>√</u>	√
traddle Press Bottom Lift Only	✓	√	√	√	√
rike Press straddle Press (one hand in front)		✓	✓ ✓	√ ✓	✓
traddle Press (both hands in front)		✓	✓ ✓	√	✓ ✓
wo Arm Supported Planche Open wo Arm Supported Planche Closed			· · · · · · · · · · · · · · · · · · ·	∨ ✓	√
wo Arm Supported Split Planche like Press 180 Turn					✓ ✓
traddle Press 180 Turn					→
rike Press 360 Turn etraddle Press 360 Turn					
Press Open				✓	✓
One Arm Planche Open One Arm Planche Closed					
LEXIBILITY Frone Straddle Sit			√	√	
Supine Straddle Sit		,	· ✓	✓	√
rone Straddle <u>SPLIT</u> supine Straddle SPLIT				√	✓
ront Split Right		✓ ✓	✓ ✓	√	√
ront Split Left ront Split Right & Left Sides Consecutively		∀	√	✓	✓ ✓
ront Split Left & Right Sides Consecutively					✓ ✓
leedle Point Right			✓	✓	√
leedle Point Left supine Split Right			✓	✓	✓ ✓
supine Split Left					√
standing Front Split Right Standing Front Split Left					✓ ✓
it Through standing Front Split Right & Left Sides Consecutively			✓	✓	✓
tanding Front Split Left & Right Sides Consecutively					
JMPS Straight Jump			√	√	√
Prouette Jump 180 Turn Prouette Jump 360 Turn	✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓
rirouette Jump 540 Turn					
ir Jack ir Jack to Prone Straddle Sit Landing	√	✓	√	<u> </u>	✓
ir Jack to Prone Straddle SPLIT Landing				√	√
Prouette Jump 180 Turn to Prone Straddle Sit Landing Prouette Jump 180 Turn to Prone Straddle <u>SPLIT</u> Landing				✓	✓ ✓
rouette Jump 180 Turn to Front Split Landing		√	√	✓ ✓	√ √
ront Leap traddle Leap		ν 	✓	✓	✓
Cossack Leap Cossack Leap to Prone Straddle Sit Landing			√	✓	✓ ✓
cossack Leap to Prone Straddle SPLIT Landing					V
cossack Leap to Front Split Landing Pike Leap					√
ike Leap to Prone Straddle Sit Landing					
ike Leap to Prone Straddle <u>SPLIT Landing</u> ike Leap to Front Split Landing					
uck Jump uck Jump to Prone Straddle Sit Landing	✓	✓	✓	√	✓ ✓
uck Jump to Prone Straddle SPLIT				✓	√
uck Jump to Front Split Landing uck Jump 180 Turn			✓ ✓	√	✓
uck Jump 180 Turn to Prone Straddle Sit Landing uck Jump 180 Turn to Prone Straddle <u>SPLIT</u> Landing				<u> </u>	<i>'</i>
uck Jump 180 Turn to Front Split Landing				√	∨
uck Jump to Push Up Landing uck Jump 180 Turn to Push Up Landing				✓	√
uck Jump 360 Turn				✓	✓
uck Jump 360 Turn to Prone Straddle Sit Landing uck Jump 360 Turn to Prone Straddle <u>SPLIT</u> Landing					
uck Jump 360 Turn to Front Split Landing					./
Prouette Jump 360 Turn to Prone Straddle Sit Landing Prouette Jump 360 Turn to Prone Straddle <u>SPLIT</u> Landing					✓ ✓
rouette Jump 360 Turn to Front Split Landing				/	V
				✓	✓ ✓
ront Split Jump ront Split Jump to Prone Straddle Sit Landing				./	√
ront Split Jump ront Split Jump to Prone Straddle Sit Landing ront Split Jump to Prone Straddle <u>SPLIT</u> Landing				✓	√
ront Split Jump ront Split Jump to Prone Straddle Sit Landing ront Split Jump to Prone Straddle <u>SPLIT</u> Landing ront Split Jump to Pront Split Landing ront Split Jump to Front Split Landing ront Split Jump 180 Turn					
ront Split Jump ront Split Jump to Prone Straddle Sit Landing ront Split Jump to Prone Straddle <u>SPLIT</u> Landing ront Split Jump to Front Split Landing ront Split Jump to Front Split Landing ront Split Jump 180 Turn ront Split Jump 180 Turn to Prone Straddle Sit Landing					
ront Split Jump ront Split Jump to Prone Straddle Sit Landing ront Split Jump to Prone Straddle SPLIT Landing ront Split Jump to Front Split Landing ront Split Jump to Front Split Landing ront Split Jump 180 Turn ront Split Jump 180 Turn to Prone Straddle Sit Landing ront Split Jump 180 Turn to Prone Straddle SPLIT Landing ront Split Jump 180 Turn to Front Split Landing ront Split Jump 180 Turn to Front Split Landing					
ront Split Jump ront Split Jump to Prone Straddle Sit Landing ront Split Jump to Prone Straddle SPLIT Landing ront Split Jump to Front Split Landing ront Split Jump 180 Turn ront Split Jump 180 Turn to Prone Straddle Sit Landing ront Split Jump 180 Turn to Prone Straddle Sit Landing ront Split Jump 180 Turn to Prone Straddle SPLIT Landing ront Split Jump 180 Turn to Front Split Landing ront Split Jump 180 Turn to Front Split Landing ront Split Jump to Push Up Landing			—	√	
ront Split Jump ront Split Jump to Prone Straddle Sit Landing ront Split Jump to Prone Straddle SPLIT Landing ront Split Jump to Front Split Landing ront Split Jump to Front Split Landing ront Split Jump 180 Turn ront Split Jump 180 Turn to Prone Straddle Sit Landing ront Split Jump 180 Turn to Prone Straddle SPLIT Landing ront Split Jump 180 Turn to Front Split Landing ront Split Jump 180 Turn to Front Split Landing			<i>,</i>	✓ ✓	\frac{1}{}

2020 FISAL Addition Still Comparison Chart.							
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 180 Turn			1		√		
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			i a de la companya d		√		
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					√		



Deep 1 Act Section Act	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
The spirits	COMPULSORY ELEMENTS Jumping Jacks	√	√	√	√	✓
Section Sect	High Leg Kicks	·			·	·
Test and the property of the	Push Ups on Toes – Pectoral (Bicep)	•		✓	√ ·	√
To come to the process	Push Ups on Toes – Tricep			·	•	· · · · · · · · · · · · · · · · · · ·
Teach Chean Substance	PUSHUPS			√	√	√
Teacher Teac	Two Arm Triceps Push Up on Knees		✓	✓	√	√ ·
Teacher News Teacher	Two Arm Triceps Push Up		✓	√	•	√ ·
Fig. 4 File of Section				√		
Too A in Color Indicate 1 steps 1920	Free Fall From Knees to Pushup Landing on Knees				<u> </u>	·
Co. Am Dec. Co.	Two Arm Circular (Lateral) Hinge				·	✓ ·
Concess Content Cont						·
Teach Free Read Read Teach	One Arm Triceps Push Up Right					
The Propis Speed will first in the Common Life Share of Speed Spee	STATIC					
Sub-Prises (Cord Dark Final) The Arm Suproval Process Cord Sub-Prise (Cord Dark Final) The Arm Suproval Process Cord Sub-Prise (Cord Dark Final) The Arm Suproval Process Cord Sub-Prise (Cord Dark Final) The Arm Suproval Prise (Cord Dark	Pike Press Bottom Lift Only			✓	√	√
Seatile Seat Color Seat C		✓	· · · · · · · · · · · · · · · · · · ·	· ·	·	· ·
Too Arm Suprocess Planeton Open	Straddle Press (one hand in front)					·
Too Am Augurnal Sight Reasons	Two Arm Supported Planche Open		· ·		√	√
Fine Peers 100 First 00 First Fine Peers 100 First					√	
The Promise Section 1 in 1997	Pike Press 180 Turn				√	· ·
CPent Cylind Collect The Time Stands Stands The Stands Stan	Pike Press 360 Turn				V	<u> </u>
Great Part Section Coord Trace Strongle Set Court State Set Court Set Set Set Court Set	Straddle Press 360 Turn V Press Open				✓	
The man state of the ma	One Arm Planche Open					
Suppres Bigstafe Bit - Treet Sale Right - Treet Sale Right - Y - Y - Y - Y - Y - Y - Y - Y - Y - Y	FLEXIBILITY					
Some Standale SPATT		✓	√			
Foot Self Right Tot Self Left A Form School Self Left A Self School Connectively Tot Self Left A Form School Self Left A Self School Connectively Tot Self Left A Form School Self Left A Self School Connectively Tot Self Left A Form School Self Left A Self School Connectively Tot Self Left A Form School Self Left A Self School Connectively Tot Self Left A Form School Self Left A Self School Connectively Tot Self Left A Form School Self Left A Self Self Left A Self School Self Left A Self School Self Left A Self Self Left A Self School Self Left A Self Self Left A Self S	Prone Straddle SPLIT				· .	·
Front Spir Left & Left Bildes Consecutively Cpil Rotella For Left V Consecutive Consecutively Cpil Rotella For Left V Consecutive Consecutively V Consecutive Consec	Front Split Right			· ·	√	· ✓
From Spill Left & Right Sides Consecutively Spill Rogation A Spil		✓	√	√	✓	
Needer Front Right	Front Split Left & Right Sides Consecutively					,
Supres Spill Right V V V Submitted From Spill Left V V V Standing From Spill Left V V V Standing From Spill Left Sides Consecutively Standing From Spill Left A Right Sides Consecutively Standing From Spill Left Consecutively Standing From Spill Left Consecutively V V V V V V V V V V V V V V V V V V V	Needle Point Right				· .	√
Suprise Spill Left Sandrian Front Spill Left Sandrian Front Spill Left Sandrian Front Spill Left A Spirl Solids Consecutively Standrian Front Spill Left & Spirl Solids Consecutively Standrian Front Spirl Left & Spirl Solids Consecutively Spirl Spirl Spirl Left & Spirl				✓	· .	
Standing Front Spill Left Similary Front Spill Left Sides Consecutively	Supine Split Left				√	·
Standing Front Spit Right II. Act Sides Consecutively	Standing Front Split Left					√
Straight Jump V V V V V V V V V V V V V V V V V V V	Standing Front Split Right & Left Sides Consecutively			√	√	✓ ✓
Straight Jump Proceeds Jump 180 Turn V V V V V V V Proceeds Jump 180 Turn V V V V V V V V V V V V V V V V V V V						√
Proceets Jump 660 Tum V V V V V V V V V V V V V V V V V V	Straight Jump	./	./		V	V
Air Jack to Prone Straddle Sit Landing Air Jack to Prone Straddle Sit Landing Air Jack to Prone Straddle Sit Landing Y Y Air Jack to Prone Straddle Sit Landing Y Y Y Priouete Jump 180 Turn to Prone Straddle Sit Landing Y Y Y Y Y Y Y Y Y Y Y Y Y	Pirouette Jump 360 Turn				·	✓ ·
Air Jack to Prone Straddie SPLIT Landing Pircuette Jump 180 Tum to Prone Straddie SPLIT Landing Pircuette Jump 180 Tum to Prone Straddie SPLIT Landing Pircuette Jump 180 Tum to Prone Straddie SPLIT Landing Pircuette Jump 180 Tum to Prone Straddie SPLIT Landing Pircuette Jump 180 Tum to Prone Straddie SPLIT Landing Pircuette Jump 180 Tum to Prone Straddie SPLIT Landing Cossack Leap to Prone Straddie SPLIT Landing Cossack Leap to Prone Straddie SPLIT Landing Pike Leap to Prone Straddie SPL		✓	✓	√	✓	· .
Prouete Jump 180 Tum to Prone Straddle St Landing Provete Lump 180 Tum to Front Spit Landing Provete Lump to Prone Straddle St Landing Provete Landing					·	· · · · · · · · · · · · · · · · · · ·
Firotet Jump 180 Tum to Front Spit Landing	Pirouette Jump 180 Turn to Prone Straddle Sit Landing				√	· · · · · · · · · · · · · · · · · · ·
Stradiel Leap Cossack Leap to Prone Straddie Sit Landing Cossack Leap to Prone Straddie Sit Landing Cossack Leap to Prone Straddie Sit Landing Pike Leap to Prone Straddie Sit Landing Pike Leap to Front Spit Landing Pike Leap to Prone Straddie Sit Landing V Pike Leap to Prone Straddie Sit Landing V Pike Leap to Prone Straddie Sit Landing V V V V V V V V V V V V V					· .	·
Cossack Leap to Prone Straddle Sit Landing Cossack Leap to Prone Straddle Sit Landing Cossack Leap to Front Sit Landing Pike Leap to Front Sit Landing Pike Leap to Prone Straddle SPLIT Landing Pice Leap S80 Turn to Prone Straddle SPLIT Landing Pice Leap S80 Turn to Prone Straddle SPLIT Landing Pice Leap S80 Turn to Prone Straddle SPLIT Landing Pice Leap S80 Turn to Prone Straddle SPLIT Landing Pice Leap S80 Turn to Prone Straddle SPLIT Landing Pice Leap S80 Turn to Prone Straddle SPLIT Landing Pice Leap S80 Turn to Prone Straddle SPLIT Landing Pice Total S81 Lump to Prone Straddle S81 Landing Pice Total S81 Lump 180 Turn to Prone Straddle S81 Landing Pice Total S81 Lump 180 Turn to Prone Straddle S81 Landing Pice Total S81 Lump 180 Turn to Prone Straddle S81 Landing Pice Total S81 Lump 180 Turn to Prone Straddle S81 Landing Pice Total S81 Lump 180 Turn to Prone Straddle S81 Landing Pice Total S81 Lump 180 Turn to Prone Straddle S81 Landing Pice Total S81 Lump 180 Turn to Prone Straddle S81 Landing Pice Total S81 Lump 180 Turn to Prone Straddle S81 Landing Pice Total S81 Lump 180 Turn to Prone Straddle S81		✓	✓		· .	✓ ✓
Cossack Leap to Prone Straddle SPLIT Landing Pike Leap to Front Spitt Landing Pike Leap to Prone Straddle Stil Landing Pike Leap to Prone Straddle SPLIT Landing Tuck Jump to Prone Straddle SPLIT Strading Tuck Jump to Prone Straddle SPLIT Landing Tuck Jump to Prone Straddle SPLIT Strading Tuck Jump to Prone Straddle SPLIT Strading Tuck Jump 180 Tum Tuck Jump 180 Tum to Prone Straddle SPLIT Landing Tuck Jump 180 Tum to Prone Straddle SPLIT Landing Tuck Jump 180 Tum to Prone Straddle SPLIT Landing Tuck Jump 180 Tum to Prone Straddle SPLIT Landing Tuck Jump 180 Tum to Prone Straddle SPLIT Landing Tuck Jump 180 Tum to Prone Straddle SPLIT Landing Tuck Jump 180 Tum to Prone Straddle SPLIT Landing Tuck Jump 180 Tum to Prone Straddle SPLIT Landing Tuck Jump 180 Tum to Prone Straddle SPLIT Landing Tuck Jump 380 Tum to Prone Straddle SPLIT Landing Tuck Jump 380 Tum to Prone Straddle SPLIT Landing Tuck Jump 380 Tum to Prone Straddle SPLIT Landing Tuck Jump 380 Tum to Prone Straddle SPLIT Landing Tuck Jump 380 Tum to Prone Straddle SPLIT Landing Tuck Jump 380 Tum to Prone Straddle SPLIT Landing Tuck Jump 380 Tum to Prone Straddle SPLIT Landing Tuck Jump 380 Tum to Prone Straddle SPLIT Landing Tuck Jump 380 Tum to Prone Straddle SPLIT Landing Tent Split Jump 180 Tum to Prone Straddle SPLIT Landing Tent Split Jump 180 Tum to Prone Straddle SPLIT Landing Tent Split Jump 180 Tum to Prone Straddle SPLIT Landing Tent Split Jump 180 Tum to Prone Straddle SPLIT Landing Tent Split Jump 180 Tum to Prone Straddle SPLIT Landing Tent Split Jump 180 Tum to Prone Straddle SPLIT Landing Tent Split Jump 180 Tum to Prone Straddle SPLIT Landing Tent Split Jump 180 Tum to Prone Straddle SPLIT Landing Tent Split Jump 180 Tum to Prone Straddle SPLIT Landing Tent Split Jump 180 Tum to Prone Straddle SPLIT Landing Tent Split Jump 180 Tum to Prone Straddle SPLIT Landing Tent Split Jump 180 Tum to Prone Straddle SPLIT Landin	Cossack Leap				√	√
Pike Leap to Prone Straddie Sit Landing	Cossack Leap to Prone Straddle SPLIT Landing					*
Pike Leap to Prone Straddle St Landing Pike Leap to Front Spill Landing Pike Leap to Front Spill Landing Pike Leap to Front Spill Landing Tuck Jump Tuck Jump to Prone Straddle St Landing Tuck Jump to Prone Straddle St Landing Tuck Jump to Prone Straddle St Landing Tuck Jump to Front Spill Landing Tuck Jump to Front Spill Landing Tuck Jump 10 Turn to Prone Straddle Spill Landing Tuck Jump 10 Turn to Prone Straddle Spill Landing Tuck Jump 10 Turn to Prone Straddle Spill Landing Tuck Jump 10 Turn to Prone Straddle Spill Landing Tuck Jump 10 Turn to Prone Straddle Spill Landing Tuck Jump 10 Turn to Prone Straddle Spill Landing Tuck Jump 10 Turn to Prone Straddle Spill Landing Tuck Jump 30 Turn to Prone Straddle Sit Landing Tuck Jump 30 Turn to Prone Straddle Sit Landing Tuck Jump 30 Turn to Prone Straddle Sit Landing Tuck Jump 30 Turn to Prone Straddle Spill Landing Front Spill Jump 10 Turn to Prone Straddle Spill Landing Prouete Jump 30 Turn to Prone Straddle Spill Landing Prouete Jump 30 Turn to Prone Straddle Spill Landing Prouete Jump 30 Turn to Prone Straddle Spill Landing Prouete Jump 30 Turn to Prone Straddle Spill Landing Prouete Jump 30 Turn to Prone Straddle Spill Landing Prouete Jump 10 Turn to Prone Straddle Spill Landing Prouete Jump 10 Turn to Prone Straddle Spill Landing Pront Spill Jump 10 Prone Straddle Stil Landing Pront Spill						·
Pike Leap to Front Spitt Landing	Pike Leap to Prone Straddle Sit Landing					√
Tuck Jump to Prone Straddle Sit Landing Tuck Jump to Frone Straddle SPLIT Tuck Jump to Frone Straddle SPLIT Tuck Jump to Frone Straddle SPLIT Tuck Jump 180 Turm Tuck Jump 180 Turm Tuck Jump 180 Turm to Prone Straddle St Landing Tuck Jump 180 Turn to Prone Straddle SPLIT Landing Tuck Jump 180 Turn to Prone Straddle SPLIT Landing Tuck Jump 180 Turn to Prone Straddle SPLIT Landing Tuck Jump 180 Turn to Prone Straddle SPLIT Landing Tuck Jump 180 Turn to Prone Straddle SPLIT Landing Tuck Jump 380 Turn to Prone Straddle SPLIT Landing Tuck Jump 380 Turn to Prone Straddle SPLIT Landing Tuck Jump 380 Turn to Prone Straddle SPLIT Landing Tuck Jump 380 Turn to Prone Straddle SPLIT Landing Tuck Jump 380 Turn to Prone Straddle SPLIT Landing Tuck Jump 380 Turn to Prone Straddle SPLIT Landing Tuck Jump 380 Turn to Prone Straddle SPLIT Landing Truck Jump 380 Turn to Prone Straddle SPLIT Landing Truck Jump 380 Turn to Prone Straddle SPLIT Landing Truck Jump 380 Turn to Prone Straddle SPLIT Landing Tront Split Jump 180 Turn to Prone Straddle SPLIT Landing Tront Split Jump 180 Turn to Prone Straddle SPLIT Landing Tront Split Jump 180 Turn to Prone Straddle SPLIT Landing Tront Split Jump 180 Turn to Prone Straddle SPLIT Landing Tront Split Jump 180 Turn to Prone Straddle SPLIT Landing Tront Split Jump 180 Turn to Prone Straddle SPLIT Landing Tront Split Jump 180 Turn to Prone Straddle SPLIT Landing Tront Split Jump 180 Turn to Prone Straddle SPLIT Landing Tront Split Jump 180 Turn to Prone Straddle SPLIT Landing Tront Split Jump 180 Turn to Prone Straddle SPLIT Landing Tront Split Jump 180 Turn to Prone Straddle SPLIT Landing Tront Split Jump 180 Turn to Prone Straddle SPLIT Landing Tront Split Jump 180 Turn to Prone Straddle SPLIT Landing Tront Split Jump 180 Turn to Prone Straddle SPLIT L	Pike Leap to Front Split Landing					√
Tuck Jump to Prone Straddle SPLIT Tuck Jump 180 Turn to Prone Straddle St Landing Tuck Jump 180 Turn to Prone Straddle St Landing Tuck Jump 180 Turn to Prone Straddle St Landing Tuck Jump 180 Turn to Prone Straddle SPLIT Landing Tuck Jump 180 Turn to Front Spilt Landing Tuck Jump 180 Turn to Prone Straddle SPLIT Landing Tuck Jump 180 Turn to Prone Straddle St Landing Tuck Jump 180 Turn to Push Up Landing Tuck Jump 180 Turn to Push Up Landing Tuck Jump 180 Turn to Push Up Landing Tuck Jump 360 Turn to Prone Straddle St Landing Tuck Jump 360 Turn to Prone Straddle SPLIT Landing Tuck Jump 360 Turn to Prone Straddle SPLIT Landing Tuck Jump 360 Turn to Front Spilt Landing Tuck Jump 360 Turn to Frone Straddle SPLIT Landing Tuck Jump 360 Turn to Frone Straddle SPLIT Landing Tuck Jump 360 Turn to Frone Straddle SPLIT Landing Friouette Jump 360 Turn to Frone Straddle SPLIT Landing Pirouette Jump 360 Turn to Frone Straddle SPLIT Landing Front Spilt Jump 180 Turn to Frone Straddle SPLIT Landing Front Spilt Jump 180 Turn to Frone Straddle SPLIT Landing Front Spilt Jump 180 Turn to Frone Straddle SPLIT Landing Front Spilt Jump 180 Turn to Frone Straddle SPLIT Landing Front Spilt Jump 180 Turn to Frone Straddle SPLIT Landing Front Spilt Jump 180 Turn to Frone Straddle SPLIT Landing Front Spilt Jump 180 Turn to Frone Straddle SPLIT Landing Front Spilt Jump 180 Turn to Frone Straddle SPLIT Landing Front Spilt Jump 180 Turn to Frone Straddle SPLIT Landing Front Spilt Jump 180 Turn to Frone Straddle SPLIT Landing Front Spilt Jump 180 Turn to Frone Straddle SPLIT Landing Front Spilt Jump 180 Turn to Frone Straddle SPLIT Landing Front Spilt Jump 180 Turn to Frone Straddle SPLIT Landing Front Spilt Jump 180 Turn to Frone Straddle SPLIT Landing Front Spilt Jump 180 Turn to Frone Straddle SPLIT Landing Front Spilt Jump 180 Turn to Frone Straddle SPLIT Landing Front Spilt Jump 180 Turn to Frone Straddle SPLIT Landing Front Spilt Jump 180 Turn to Frone Straddle SPLIT Landing Front Spilt Jump 180 Turn to Frone Straddle SPLIT Landing Fro		✓	√		· .	·
Tuck Jump 180 Turn b Prone Straddle Sit Landing Tuck Jump 180 Turn to Prone Straddle SPLIT Landing Tuck Jump 180 Turn to Prone Straddle SPLIT Landing Tuck Jump 180 Turn to Front Split Landing Tuck Jump 180 Turn to Prone Straddle SPLIT Landing Tuck Jump 180 Turn to Push Up Landing Tuck Jump 180 Turn to Push Up Landing Tuck Jump 360 Turn to Prone Straddle Sit Landing Tuck Jump 360 Turn to Prone Straddle SPLIT Landing Tuck Jump 360 Turn to Prone Straddle SPLIT Landing Tuck Jump 360 Turn to Prone Straddle SPLIT Landing Pirouette Jump 360 Turn to Prone Straddle SPLIT Landing Pirouette Jump 360 Turn to Prone Straddle SPLIT Landing Pirouette Jump 360 Turn to Prone Straddle SPLIT Landing Front Split Jump to Prone Straddle Sit Landing Front Split Jump to Prone Straddle SPLIT Landing Front Split Jump 180 Turn Front Split Jump 180 Turn to Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Pr	Tuck Jump to Prone Straddle SPLIT				•	·
Tuck Jump 180 Turn to Prone Straddle SPLIT Landing Tuck Jump 180 Turn to Front Split Landing Tuck Jump 180 Turn to Front Split Landing Tuck Jump 180 Turn to Front Split Landing Tuck Jump 180 Turn to Prone Straddle Sit Landing Tuck Jump 360 Turn to Prone Straddle Sit Landing Tuck Jump 360 Turn to Prone Straddle Sit Landing Tuck Jump 360 Turn to Prone Straddle Split Landing Tuck Jump 360 Turn to Prone Straddle Split Landing Tuck Jump 360 Turn to Prone Straddle Split Landing Pirouette Jump 360 Turn to Prone Straddle Split Landing Pirouette Jump 360 Turn to Prone Straddle Split Landing Front Split Jump 360 Turn to Prone Straddle Split Landing Front Split Jump 180 Turn to Prone Straddle Split Landing Front Split Jump 180 Turn to Prone Straddle Split Landing Front Split Jump 180 Turn to Prone Straddle Split Landing Front Split Jump 180 Turn to Prone Straddle Split Landing Front Split Jump 180 Turn to Prone Straddle Split Landing Front Split Jump 180 Turn to Prone Straddle Split Landing Front Split Jump 180 Turn to Prone Straddle Split Landing Front Split Jump 180 Turn to Prone Straddle Split Landing Front Split Jump 180 Turn to Prone Straddle Split Landing Front Split Jump 180 Turn to Prone Straddle Split Landing Front Split Jump 180 Turn to Prone Straddle Split Landing Front Split Jump 180 Turn to Prone Straddle Split Landing Front Split Jump 180 Turn to Prone Straddle Split Landing Front Split Jump 180 Turn to Prone Straddle Split Landing Front Split Jump 180 Turn to Prone Straddle Split Landing Front Split Jump 180 Turn to Prone Straddle Split Landing	Tuck Jump 180 Turn				✓	√
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 to Push Up Landing Tuck Jump 360 Turn to Prone Straddle St Landing Tuck Jump 360 Turn to Prone Straddle SPLIT Landing Tuck Jump 360 Turn to Prone Straddle SPLIT Landing Tuck Jump 360 Turn to Prone Straddle SPLIT Landing Tuck Jump 360 Turn to Prone Straddle SPLIT Landing Tuck Jump 360 Turn to Prone Straddle SPLIT Landing Tuck Jump 360 Turn to Prone Straddle SPLIT Landing Trone Split Jump 360 Turn to Prone Straddle SPLIT Landing Trone Split Jump to Prone Straddle St Landing Trone Split Jump 180 Turn to Prone Straddle St Landing Trone Split Jump 180 Turn to Prone Straddle St Landing Trone Split Jump 180 Turn to Prone Straddle St Landing Trone Split Jump 180 Turn to Prone Straddle St Landing Trone Split Jump 180 Turn to Prone Straddle SPLIT Landing Trone Split Jump 180 Turn to Prone Straddle SPLIT Landing Trone Split Jump 180 Turn to Prone Straddle SPLIT Landing Trone Split Jump 180 Turn to Prone Straddle SPLIT Landing Trone Split Jump 180 Turn to Prone Straddle SPLIT Landing Trone Split Jump 180 Turn to Prone Straddle SPLIT Landing Trone Split Jump 180 Turn to Prone Straddle SPLIT Landing Trone Split Jump 180 Turn to Prone Straddle SPLIT Landing Trone Split Jump 180 Turn to Prone Straddle SPLIT Landing Trone Split Jump 180 Turn to Prone Straddle SPLIT Landing Trone Split Jump 180 Turn to Prone Straddle SPLIT Landing Trone Split Jump 180 Turn to Prone Straddle SPLIT Landing Trone Split Jump 180 Turn to Prone Straddle SPLIT Landing Trone Split Jump 180 Turn to Prone Straddle SPLIT Landing Trone Split Jump 180 Turn to Prone Straddle SPLIT Landing Trone Split Jump 180 Turn to Prone Straddle SPLIT Landing	Tuck Jump 180 Turn to Prone Straddle Sit Landing Tuck Jump 180 Turn to Prone Straddle <u>SPLIT</u> Landing					
Tuck Jump 180 Turn to Push Up Landing Tuck Jump 360 Turn to Prone Straddle Sit Landing Tuck Jump 360 Turn to Prone Straddle SpLIT Landing Tuck Jump 360 Turn to Prone Straddle SPLIT Landing Tuck Jump 360 Turn to Front Split Landing Pirouette 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 Pirouette Jump 360 Turn to Front Split Landing Pirouette Jump 360 Turn to Front Split Landing Front Split Jump 10 Front Sprit 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 Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Gossack Jump 10 Front Straddle Stl Landing Front Split Jump to Prone Straddle Split Landing Cossack Jump to Prone Straddle Split Landing Cossack Jump to Prone Straddle Split Landing	Tuck Jump 180 Turn to Front Split Landing					✓ ✓
Tuck Jump 360 Turn to Prone Straddle Sit Landing Tuck Jump 360 Turn to Prone Straddle SpLIT Landing Tuck Jump 360 Turn to Prone Straddle 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 Prone Straddle SpLIT Landing Pirouette Jump 360 Turn to Prone Straddle SpLIT Landing Pirouette Jump 360 Turn to Prone Straddle SpLIT Landing Pront Split Jump to Prone Straddle SpLIT Landing Front Split Jump to Prone Straddle 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 Prone Straddle SpLIT Landing Front Split Jump 180 Turn to Prone Straddle SpLIT Landing Front Split Jump 180 Turn to Prone Straddle SpLIT Landing Front Split Jump 180 Turn to Prone Straddle SpLIT Landing Front Split Jump 180 Turn to Prone Straddle SpLIT Landing Front Split Jump 180 Turn to Prone Straddle SpLIT Landing Front Split Jump 180 Turn to Prone Straddle SpLIT Landing Cossack Jump to Prone Straddle Sit Landing Cossack Jump to Prone Straddle Sit Landing Cossack Jump to Prone Straddle SpLIT Landing	Tuck Jump 180 Turn to Push Up Landing					
Tuck Jump 360 Turn to Front Split Landing Pirouette Jump 360 Turn to Prone Straddle St Landing Pirouette Jump 360 Turn to Prone Straddle SPLIT Landing Pirouette Jump 360 Turn to Prone Straddle SPLIT Landing Pirouette Jump 360 Turn to Front 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 Prone Straddle SPLIT Landing Front Split Jump 180 Turn Front Split Jump 180 Turn to Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Prone Straddle SPLIT Landing Front Split Jump to Push Up Landing Cossack Jump to Prone Straddle Sit Landing Cossack Jump to Prone Straddle SPLIT Landing	Tuck Jump 360 Turn to Prone Straddle Sit 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 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 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 Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Cossack Jump to Prone Straddle Sit Landing Cossack Jump to Prone Straddle Sit Landing Cossack Jump 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 Sit Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump to Prone Straddle Split Landing Front Split Jump to Prone Straddle Split Landing Cossack Jump to Prone Straddle Sit Landing Cossack Jump to Prone Straddle Split Landing Cossack Jump to Prone Straddle Split Landing V	Pirouette Jump 360 Turn to Prone Straddle Sit 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 Sit Landing Front Split Jump 180 Turn to Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump to Push Up Landing Front Split Jump to Push Up Landing Cossack Jump to Prone Straddle Sit Landing Cossack Jump to Prone Straddle Sit Landing Cossack Jump to Prone Straddle Sit Landing Cossack Jump to Prone Straddle SPLIT 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 Sit Landing Front Split Jump 180 Turn to Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Cossack Jump to Push Up Landing Cossack Jump Cossack Jump to Prone Straddle Sit Landing Cossack Jump to Prone Straddle Sit Landing Cossack Jump to Prone Straddle Split Landing Cossack Jump to Prone Straddle Split Landing	Front Split Jump				<u> </u>	
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 180 Turn to Front Split Landing Front Split Jump to Push Up Landing Cossack Jump Cossack Jump Cossack Jump to Prone Straddle Sit Landing Cossack Jump to Prone Straddle Sit Landing Cossack Jump to Prone Straddle Split Landing Cossack Jump to Prone Straddle Split Landing	Front Split Jump to Prone Straddle SPLIT Landing					✓
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 180 Turn to Front Split Landing Front Split Jump to Push Up Landing Cossack Jump Cossack Jump Cossack Jump to Prone Straddle Sit Landing Cossack Jump to Prone Straddle Sit Landing Cossack Jump 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 S	Front Split Jump 180 Turn to Prone Straddle Sit Landing					
Cossack Jump Cossack Jump to Prone Straddle Sit Landing Cossack Jump to Prone Straddle Strad	Front Split Jump 180 Turn to Front Split Landing					
Cossack Jump to Prone Straddle Sit Landing Cossack Jump to Prone Straddle SPLIT Landing ✓ ✓ ✓ ✓ ✓ ✓	Cossack Jump			√	✓	✓
	Cossack Jump to Prone Straddle Sit Landing					
Cossack Jump to Front Split Landing ✓	Cossack Jump to Front Split Landing				↓	∀

		2020113	AF Australia Skill Collipari	son chare. National street	THE TOOTT HAIVIAGA
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 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
Jumping Jacks	<u> </u>	✓	<u> </u>	V
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 PUSHUPS		✓	√	
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 STATIC				, ✓
Tuck Press	/	√	<u> </u>	√
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 FLEXIBILITY				√
Prone Straddle Sit Supine Straddle Sit	✓	✓ ✓	√ √	✓ ✓
Prone Straddle SPLIT Supine Straddle SPLIT			<u> </u>	· · · · · · · · · · · · · · · · · · ·
Front Split Right Front Split Left	✓ ✓	✓	<u> </u>	· · · · · · · · · · · · · · · · · · ·
Front Split Right & Left Sides Consecutively	•	V	•	· · · · · · · · · · · · · · · · · · ·
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 IUMPS				√
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 <u>SPLIT Landing</u> 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 Bike Leap to Prope Straddle Sit Landing			<u> </u>	· · · · · · · · · · · · · · · · · · ·
Pike Leap to Prone Straddle Sit Landing Pike Leap to Prone Straddle SPLIT Landing Pike Leap to Front Split Landing				✓
Pike Leap to Front Split Landing Tuck Jump Truck Jump to Brood Straddle Sit Landing	✓	√	<u> </u>	✓ ✓
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				✓ ✓
Cossack Jump Cossack Jump to Prone Straddle Sit Landing		√	✓ ✓	✓ ✓
Cossack Jump to Prone Straddle SPLIT Landing Cossack Jump 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
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				√



																				202	b FISAF AUSTI	alia Skili Cor	nparison Cha	art: ALL Indi	viduals - Combi
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 Pre- Mini / Mini Individual (Unisex)	National Mini Intermediate Individual Female	National Mini Adv Individual Female & Male	Elementary Phase 1 Cadet Individual (Unisex)	Elementary Phase 2 Cadet Individual (Unisex)	National Cadet Novice Individual Female	National Cadet Int Individual Female	National Cadet Adv Individual Female & Male	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	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	National Adult Novice Individual Female	National Adult Intermediate Individual Female	National Adult Adv Individual Female & Male
COMPULSORY ELEMENTS Jumping Jacks	V	V	√	V	/	V	V	√	V	V	V	V	√	V	V	√	√	V	√	/	√	V	V	√	<u> </u>
High Leg Kicks Push Ups on Knees – Pectoral (Bicep)	✓ ✓	✓	✓ ✓	✓ ✓	✓ ✓	V	✓ ✓	√	✓ ✓	V	✓ ✓	√	√	√	✓ ✓	√ √	√	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	√	√
Push Ups on Toes – Pectoral (Bicep) Push Ups on Knees – Tricep			✓ ✓		✓	√ ✓	√		√	✓ ✓	√ ✓	✓ ✓		√	✓ ✓	√ √	√ √		√	✓	✓ ✓	√	✓ ✓	√	√
Push Ups on Toes – Tricep PUSHUPS			✓		<u> </u>	√	√			√	✓	√			✓	√	✓			√	✓	√	✓	√	
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 STATIC																									·
Tuck Press Pike Press Bottom Lift Only	_		√	_		√	√	√	√	√	√	V	/	√	√	√	V	√	√	V	V	√	V	√	√
Straddle Press Bottom Lift Only	· /	√	· /	<i>'</i>	✓	· /	· /	√	✓	· /	· /	· /	, ,	✓	· /	v √	· /	√	✓.	· /	· /	· /	· /	· /	· /
Pike Press Straddle Press (one hand in front) Straddle Press (both hands in front)			✓ ✓		✓ ✓	√ √	<i>'</i>		✓ ✓	<i>'</i>	√ √ √	<i>'</i>		√ √	√ √ √	✓ ✓	✓ ✓		✓ ✓	· ·	✓ ✓	<i>'</i>	<i>'</i>	✓ ✓	<i>'</i>
Straddle Press (both hands in front) Two Arm Supported Planche Open			*		· ·	· · ·	✓		<u> </u>	✓	√	√		v	√	√ ·	✓		v	√	√	✓	√	✓	√
Two Arm Supported Planche Closed Two Arm Supported Split Planche Dits Press 400 Turn							√ ./					√				√ ————————————————————————————————————	√ √				/	· /		√	<i>'</i>
Pike Press 180 Turn Straddle Press 180 Turn Pike Press 360 Turn							√					√					√ √				✓	√		✓ ✓	√
Straddle Press 360 Turn							√					√				√	√				✓	✓ ✓		✓	✓ ✓
V Press Open One Arm Planche Open							•					•				V	v				v	V		v	✓ ✓
One Arm Planche Closed											1 1					· · · · · ·						_		·	
Prone Straddle Sit Supine Straddle Sit	√	V	<i>'</i>	v	√	· /	√ √	√	√	√	· /	√	✓	√	√	√	√	√	√	√	· /	√	√	√	√
Prone Straddle SPLIT Supine Straddle SPLIT			✓.			V	√ √				· /	✓ ✓				√ √	√ √	,			V	✓ ✓		✓ ✓	✓ ✓
Front Split Right Front Split Left			✓		✓	✓ ✓	<i></i>		√	✓ ✓	✓ ✓	V		√ √	√ √	√	√	√ √	✓ ✓	✓	✓	*	✓	✓ ✓	✓ ✓
Front Split Right & Left Sides Consecutively Front Split Left & Right Sides Consecutively							√					✓ ✓					√								✓ ✓
Split Rotation Needle Point Right Needle Point Left			✓ ✓			✓ ✓	√			√	√	✓ ✓			✓	✓ ✓	✓ ✓ ✓			✓ ✓	√	V	✓	√	<u> </u>
Supine Split Right Supine Split Left			·			·	-				·	<i>'</i>			·	·	<i>'</i>			·	· · · · · · · · · · · · · · · · · · ·	<i>'</i>	·	<i>'</i>	· · ·
Standing Front Split Right Standing Front Split Left																	·					· ·		· · · · · · · · · · · · · · · · · · ·	· · · · · · · · · · · · · · · · · · ·
Sit Through Standing Front Split Right & Left Sides Consecutively			✓			✓	✓			✓	✓	✓			✓	✓	√			✓	✓		✓	√ ·	✓ ✓ ✓
Standing Front Split Left & Right Sides Consecutively																						✓			√
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 Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Prone Straddle Sp	g																					<u> </u>			✓
Front Split Jump 180 Turn to Front Split Landing Front Split Jump to Push Up Landing																						√			✓





ELEMENT	Elementary Phase 1 X- Mini Individual	Elementary Phase 1 Pre- Mini Individual	National Pre-Mini Individual	Elementary Phase 1 Mini Individual (Unisex)	Elementary Phase 2 Pre- Mini / Mini Individual	National Mini Intermediate Individual	National Mini Adv Individual Female &	Elementary Phase 1 Cadet Individual	Elementary Phase 2 Cadet Individual	National Cadet Novice Individual	National Cadet Int Individual Female	National Cadet Adv Individual Female &	Elementary Phase 1 Junior Individual	Elementary Phase 2 Junior Individual	National Junior Novice Individual Female	National Junior Intermediate Individual	National Junior Adv Individual Female &	Elementary Phase 1 Youth Individual	Elementary Phase 2 Youth/Adult Individual	National Youth Novice Individual	National Youth Intermediate Individual	National Youth Adv Individual Female &	National Adult Novice Individual Female	National Adult Intermediate Individual	National Adult Adv Individual Female &
	(Unisex)	(Unisex)	(Unisex)	(Unisex)	(Unisex)	Female	Male	(Unisex)	(Unisex)	Female	remaie	Male	(Unisex)		remale	Female	Male	(Unisex)	(Unisex)	Female	Female	Male	remaie	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												í e				ĺ	√					√		✓	✓
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																	· ·					· /			<u>,</u>
Official Control to Front Opilt Landing							· · · · · · · · · · · · · · · · · · ·	'			· · · · · · · · · · · · · · · · · · ·			'		I Total	,	· · ·				•			

### Committee Co	ELEMENT	National Mini Duos & Teams	National Cadet Duos & Teams	National Junior Duos & Teams	National Youth Duos & Teams	National Adult Duos & Teams
The process of the pr						
Substitute of the search of th		•		·	· · · · · · · · · · · · · · · · · · ·	
Calcard Final Program (1985) Calcard	Push Ups on Toes – Pectoral (Bicep)					
SCAL PLAN London	Push Ups on Toes – Tricep			·		· ·
Section Fig. 19 1	Two Arm Push Up on Knees	·			· ·	√
See Am Parks of Teach See	Two Arm Push Up	✓	√	√	√	√
The fall form showers of the fall recognition from	Two Arm Triceps Hinge	· · · · · · · · · · · · · · · · · · ·			· ·	· ·
Society Property		· · · · · · · · · · · · · · · · · · ·			· · · · · · · · · · · · · · · · · · ·	· ·
Ocean Description	Free Fall From Standing to Push Up Landing				· · · · · · · · · · · · · · · · · · ·	· ·
On the Teach Post In 1985	One Arm Push Up Right			√	√	√ ·
Comparison Com	One Arm Triceps Push Up Right			<u> </u>	V	√
See Press Robert III City						√
Signate President (1) City Company Compan					· ·	·
SEASE PRINTS (ON TABLE 1995)	Straddle Press Bottom Lift Only	√	✓	✓	√	√
Inch And Supprised Periods Cylon	Straddle Press (one hand in front)	√ ·	√	√	√	· ✓
Inches Supported Planethe Concección		•		·	· ·	·
Section Prices 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100 100	Two Arm Supported Planche Closed	✓	√		· · · · · · · · · · · · · · · · · · ·	· ·
Supplies	Pike Press 180 Turn			√	√	√
Primary County Prim	Pike Press 360 Turn	<u> </u>	v 	<u> </u>	√	· ✓
On An Principle Open		√	√	√		· ·
The company of the	One Arm Planche Open					·
Suine Standard Standa	FLEXIBILITY					,
Supris Standards (SPLT)	Supine Straddle Sit	√	√	√	∀ ✓	<i>√</i>
Ford Staff Royal		·		·	· · · · · · · · · · · · · · · · · · ·	· ·
Finant Spirit Regist August Page Spirit Page Spiri	Front Split Right	√ ./			· .	√
Self Robation Montal Point Signt V V V V V V V V V V V V V	Front Split Right & Left Sides Consecutively	√	✓	✓	√	<i>√</i>
Receip Fort Left	Split Rotation	✓	√	✓	·	· ·
Suppos Spit		<u> </u>			· · · · · · · · · · · · · · · · · · ·	✓ ✓
Standing Frost Split Right	Supine Split Right	<u> </u>	·	·	· · · · · · · · · · · · · · · · · · ·	· ·
Sil Through	Standing Front Split Right	•	·	✓	· ·	· ·
Samding Front Spills Left & Right Sides Consecutively	Sit Through	✓	✓	· · · · · · · · · · · · · · · · · · ·	✓ ✓	✓ ✓
Proceeding Jump 180 Turn						· ·
Prouete Jump 180 Tum	JUMPS					
Prouette Jump 540 Tum	Pirouette Jump 180 Turn	✓	✓	✓	✓	✓
Ar Jack to Prone Straddies St Landing	Pirouette Jump 540 Turn					
Provete Jump 180 Turn to Prone Straddie SPLIT (Landing		· · · · · · · · · · · · · · · · · · ·			· ·	
Proceeds Jump 180 Turn to Prone Straddle SPLIT Landing		✓			· ·	·
Front Leap	Pirouette Jump 180 Turn to Prone Straddle SPLIT Landing		✓		· ·	· ·
Cossack Leap to Prone Straddle St Landing	Front Leap		✓	✓	√	√
Cossack Leap to Prone Straddle SPLTT Landing		·			· ·	· ·
Cossack Leap to Front Spitt Landing	Cossack Leap to Prone Straddle Sit Landing Cossack Leap to Prone Straddle SPLIT Landing				· ·	·
Pike Leap to Prone Straddle StL Landing Pike Leap to Prone Straddle StL Landing Tuck Jump Brone Straddle StL Landing Tuck Jump Drone Straddle StL Landing Tuck Jump Drone Straddle StL Landing Tuck Jump Drone Straddle StL Landing Tuck Jump to Prone Straddle StL Landing Tuck Jump to Prone Straddle StL Landing Tuck Jump 180 Tum to Prone Straddle StL Landing Tuck Jump 180 Tum to Prone Straddle StL Landing Tuck Jump 180 Tum to Prone Straddle StL Landing Tuck Jump 180 Tum to Prone Straddle StL Landing Tuck Jump 180 Tum to Prone Straddle StL Landing Tuck Jump 180 Tum to Prone Straddle StL Landing Tuck Jump 180 Tum to Prone Straddle StL Landing Tuck Jump 180 Tum to Prone Straddle StL Landing Tuck Jump 180 Tum to Prone Straddle StL Landing Tuck Jump 180 Tum to Prone Straddle StL Landing Tuck Jump 300 Tum to Prone Straddle StL Landing Tuck Jump 300 Tum to Prone Straddle StL Landing Tuck Jump 300 Tum to Prone Straddle StL Landing Tuck Jump 300 Tum to Prone Straddle StL Landing Tuck Jump 300 Tum to Prone Straddle StL Landing Tuck Jump 300 Tum to Prone Straddle StL Landing Trout Jump 300 Tum to Prone Straddle StL Landing Trout Jump Tuck Drone Straddle StL Landing Trout Jump Tuck Drone Straddle StL Landing Trout Jump Tuch Drone Straddle StL Landing Trout Jump 180 Tum to Prone Straddle StL Landing Trout Jump 180 Tum to Prone Straddle StL Landing Trout Jump 180 Tum to Prone Straddle StL Landing Trout Jump 180 Tum to Prone Straddle StL Landing Trout Split Jump 180 Tum to Prone Straddle StL Landing Trout Split Jump 180 Tum to Prone Straddle StL Landing Trout Split Jump 180 Tum to Prone Straddle StL Landing Trout Split Jump 180 Tum to Prone Straddle StL Landing Trout Split Jump 180 Tum to Prone Straddle StL Landing Trout Split Jump 180 Tum to Prone Straddle StL Landing Trout Split Jump 180 Tum to Prone Straddle StL Landing Trout Split Jump 180 Tum to Prone Straddle StL Landing Trout Split Jump 180 Tum to Prone Straddle StL Landing Trout Split Jump 180 Tum to Prone Straddle StL Landing Trout Split Jump 180 Tum to Prone Straddle StL	Cossack Leap to Front Split Landing			·	√	√
Pike Leap to Front Spilt Landing	Pike Leap to Prone Straddle Sit Landing				√	<i>√</i>
Tuck Jump to Prone Straddle Sit Landing	Pike Leap to Front Split Landing				√	· .
Tuck Jump to Prone Straddle SPLIT Tuck Jump 180 Tum Tuck Jump 180 Tum Tuck Jump 180 Tum to Prone Straddle St Landing Tuck Jump 180 Tum to Prone Straddle St Landing Tuck Jump 180 Tum to Prone Straddle St Landing Tuck Jump 180 Tum to Prone Straddle SPLIT Landing Tuck Jump 180 Tum to Front Spit Landing Y Y Y Y Y Y Y Y Y Y Y Y Y	Tuck Jump					<u> </u>
Tuck Jump 180 Tum Tuck Jump 180 Tum to Prone Straddle StL Landing V V V V V V V V V Tuck Jump 180 Tum to Prone Straddle SPLIT Landing V V V V V V V V V V V V V V V V V V V	Tuck Jump to Prone Straddle SPLIT	√	✓	✓	√	√ ·
Tuck Jump 180 Turn to Prone Straddle SPLIT Landing V	Tuck Jump 180 Turn	· · · · · · · · · · · · · · · · · · ·	✓	✓	√	√ ·
Tuck Jump 16 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 Frone Straddle SPLIT Landing Tuck Jump 360 Turn to Frone Straddle SPLIT Landing Tuck Jump 360 Turn to Frone Straddle SPLIT Landing Pirouette Jump 360 Turn to Prone Straddle SPLIT Landing Pirouette Jump 360 Turn to Prone Straddle SPLIT Landing Pirouette Jump 360 Turn to Frone Straddle SPLIT Landing Front Split Jump to Frone Straddle SPLIT Landing Front Split Jump to Prone Straddle SPLIT Landing Front Split Jump to Frone Straddle SPLIT Landing Front Split Jump to Frone Straddle SPLIT Landing Front Split Jump to Frone Straddle SPLIT Landing Front Split Jump 180 Turn to Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Frone Straddle SPLIT Landing Front Split Jump 180 Turn to Frone Straddle SPLIT Landing Front Split Jump 180 Turn to Frone Straddle SPLIT Landing Front Split Jump 180 Turn to Frone Straddle SPLIT Landing Front Split Jump 180 Turn to Frone Straddle SPLIT Landing Front Split Jump 180 Turn to Frone Straddle SPLIT Landing Front Split Jump 180 Turn to Frone Straddle SPLIT Landing Front Split Jump 180 Turn to Frone Straddle SPLIT Landing Front Split Jump 180 Turn to Frone Straddle SPLIT Landing Front Split Jump 180 Turn to Frone Straddle SPLIT Landing Front Split Jump 180 Turn to Frone Straddle SPLIT Landing Front Split Jump 180 Turn to Frone Straddle SPLIT Landing Front Split Jump 180 Turn to Frone Straddle SPLIT Landing Front Split Jump 180 Turn to Frone Straddle SPLIT Landing Front Split Jump 180 Turn to Frone Straddle SPLIT Landing Front Split Jump 180 Turn t	Tuck Jump 180 Turn to Prone Straddle SPLIT Landing		✓	✓	√	√ ·
Tuck Jump 180 Turn to Push Up Landing Tuck Jump 360 Turn to Prone Straddle Sit Landing Tuck Jump 360 Turn to Prone Straddle SPLIT Landing Tuck Jump 360 Turn to Prone Straddle SPLIT Landing Tuck Jump 360 Turn to Front Spit Landing Pirouette Jump 360 Turn to Front Spit Landing Pirouette Jump 360 Turn to Prone Straddle Sit 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 Spit Landing Pirot Spit Jump to Prone Straddle Sit Landing Pront Spit Jump to Prone Straddle SPLIT Landing Pront Spit Jump to Front Spit Landing Pront Spit Jump to Front Spit Landing Pront Spit Jump 180 Turn to Prone Straddle Sit Landing Pront Spit Jump 180 Turn to Prone Straddle SPLIT Landing Pront Spit Jump 180 Turn to Prone Straddle SPLIT Landing Pront Spit Jump 180 Turn to Prone Straddle SPLIT Landing Pront Spit Jump 180 Turn to Prone Straddle SPLIT Landing Pront Spit Jump 180 Turn to Prone Straddle SPLIT Landing Pront Spit Jump 180 Turn to Prone Straddle SPLIT Landing Pront Spit Jump 180 Turn to Prone Straddle SPLIT Landing Pront Spit Jump 180 Turn to Prone Straddle SPLIT Landing Pront Spit Jump 180 Turn to Prone Straddle SPLIT Landing Pront Spit Jump 180 Turn to Prone Straddle SPLIT Landing Pront Spit Jump 180 Turn to Prone Straddle SPLIT Landing Pront Spit Jump 180 Turn to Prone Straddle SPLIT Landing Pront Spit Jump 180 Turn to Prone Straddle SPLIT Landing Pront Spit Jump 180 Turn to Prone Straddle SPLIT Landing Pront Spit Jump 180 Turn to Prone Straddle SPLIT Landing Pront Spit Jump 180 Turn to Prone Straddle SPLIT Landing Pront Spit Jump 180 Turn to Prone Straddle SPLIT Landing Pront Spit Jump 180 Turn to Prone Straddle SPLIT Landing	Tuck Jump 180 Turn to Front Split Landing Tuck Jump to Push Up Landing		<u>√</u>	·	·	·
Tuck Jump 360 Turn to Prone Straddle Sit Landing Tuck Jump 360 Turn to Prone Straddle SPLIT Landing Tuck Jump 360 Turn to Prone Straddle SPLIT Landing Pirouette Jump 360 Turn to Prone Straddle Sit Landing Pirouette Jump 360 Turn to Prone Straddle Sit Landing Pirouette Jump 360 Turn to Prone Straddle Sit Landing Pirouette Jump 360 Turn to Prone Straddle SPLIT Landing Pirouette Jump 360 Turn to Prone Straddle SPLIT Landing Piront Split Jump Piront Split Jump Piront Split Jump to Prone Straddle Sit Landing Piront Split Jump to Prone Straddle SpLIT Landing Piront Split Jump to Prone Straddle SPLIT Landing Piront Split Jump 180 Turn Piront Split Jump 180 Turn to Prone Straddle Sit Landing Piront Split Jump 180 Turn to Prone Straddle Sit Landing Piront Split Jump 180 Turn to Prone Straddle SPLIT Landing Piront Split Jump 180 Turn to Prone Straddle SPLIT Landing Piront Split Jump 180 Turn to Prone Straddle SPLIT Landing Piront Split Jump 180 Turn to Prone Straddle SPLIT Landing Piront Split Jump 180 Turn to Prone Straddle SPLIT Landing Piront Split Jump 180 Turn to Prone Straddle SPLIT Landing Piront Split Jump 180 Turn to Prone Straddle SPLIT Landing Piront Split Jump 180 Turn to Prone Straddle SPLIT Landing Piront Split Jump 180 Turn to Prone Straddle SPLIT Landing Piront Split Jump 180 Turn to Prone Straddle SPLIT Landing Piront Split Jump 180 Turn to Prone Straddle SPLIT Landing Piront Split Jump 180 Turn to Prone Straddle SPLIT Landing Piront Split Jump 180 Turn to Prone Straddle SPLIT Landing Piront Split Jump 180 Turn to Prone Straddle SPLIT Landing Piront Split Jump 180 Turn to Prone Straddle SPLIT Landing Piront Split Jump 180 Turn to Prone Straddle SPLIT Landing Piront Split Jump 180 Turn to Prone Straddle SPLIT Landing Piront Split Jump 180 Turn to Prone Straddle SPLIT Landing Piront Split Jump 180 Turn to Prone Straddle SPLIT Landing Piront Split Jump 180 Turn to Prone Straddle SPLIT Landing Piront Split Jump 180 Turn to Prone Straddle SPLIT Landing Piront Split Jump 180 Turn to Prone Straddle SPLIT Landin	Tuck Jump 180 Turn to Push Up 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 Piront Split Jump 160 Turn to Prone Straddle Sit Landing Piront Split Jump 160 Turn to Prone Straddle SpLIT Landing Piront Split Jump 180 Turn to Prone Straddle SpLIT Landing Piront Split Jump 180 Turn to Prone Straddle SpLIT Landing Piront Split Jump 180 Turn to Prone Straddle SpLIT Landing Piront Split Jump 180 Turn to Prone Straddle SpLIT Landing Piront Split Jump 180 Turn to Prone Straddle SpLIT Landing Piront Split Jump 180 Turn to Prone Straddle SpLIT Landing Piront Split Jump 180 Turn to Prone Straddle SpLIT Landing Piront Split Jump 180 Turn to Prone Straddle SpLIT Landing Piront Split Jump 180 Turn to Prone Straddle SpLIT Landing Piront Split Jump 180 Turn to Prone Straddle SpLIT Landing Piront Split Jump 180 Turn to Prone Straddle SpLIT Landing Piront Split Jump 180 Turn to Prone Straddle SpLIT Landing Piront Split Jump 180 Turn to Prone Straddle SpLIT Landing Piront Split Jump 180 Turn to Prone Straddle SpLIT Landing Piront Split Jump 180 Turn to Prone Straddle SpLIT Landing Piront Split Jump 180 Turn to Prone Straddle SpLIT Landing Piront Split Jump 180 Turn to Prone Straddle SpLIT Landing Piront Split Jump 180 Turn to Prone Straddle SpLIT Landing Piront Split Jump 180 Turn to Prone Straddle SpLIT Landing Piront Split Jump 180 Turn to Prone Straddle SpLIT Landing Piront Split Jump 180 Turn to Prone Straddle SpLIT Landing Piront Split Jump 180 Turn to Prone Straddle SpLIT Landing Piront Split Jump 180 Turn to Prone Straddle Split Landing Piront Split Jump 180 Turn to Prone Straddle Split Landing Piront Split Jump 180 Turn to Pro	Tuck 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 Front Split Jump to Prone Straddle Structure Straddle SPLIT 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 SPLIT Landing Front Split Jump 180 Turn to Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing	Tuck Jump 360 Turn to Front 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 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 Sit Landing Front Split Jump 180 Turn to Prone Straddle SpLIT Landing Front Split Jump 180 Turn to Prone Straddle SpLIT Landing Front Split Jump 180 Turn to Prone Straddle SpLIT Landing Front Split Jump 180 Turn to Prone Straddle SpLIT Landing Front Split Jump 180 Turn to Prone Straddle SpLIT Landing Front Split Jump 180 Turn to Prone Straddle SpLIT Landing Front Split Jump to Prone Straddle Sit Landing						
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 Prone Straddle SpLIT Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump to Prone Straddle SpLIT Landing Front Split Jump to Prone Straddle SpLIT Landing Front Split Jump to Prone Straddle SpLIT Landing	Pirouette Jump 360 Turn to Front 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 Sit Landing Front Split Jump 180 Turn to Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump to Push Up Landing Cossack Jump Cossack Jump V V V Cossack Jump to Prone Straddle Sit Landing V V V V V V V V V V V V V	Front Split Jump to Prone Straddle Sit Landing	v	V	✓	✓	√ ·
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 180 Turn to Front Split Landing Front Split Jump to Push Up Landing Cossack Jump Cossack Jump V V V Cossack Jump to Prone Straddle Sit Landing V V V V V V V V V V V V V					· ·	· ·
Front Split Jump 180 Turn to Prone Straddle SPLIT Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump 180 Turn to Front Split Landing Front Split Jump to Push Up Landing Cossack Jump Cossack Jump V V V Cossack Jump to Prone Straddle Sit Landing V Cossack Jump to Prone Straddle Sit Landing V V V V V V V V V V V V V	Front Split Jump 180 Turn				·	· ·
Front Split Jump to Push Up Landing Cossack Jump Cossack Jump to Prone Straddle Sit Landing ✓ Cossack Jump to Prone Straddle Sit Landing ✓ Cossack Jump to Prone Straddle Straddl	Front Split Jump 180 Turn to Prone Straddle SPLIT Landing				✓	✓
Cossack Jump to Prone Straddle Sit Landing ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	Front Split Jump to Push Up Landing					√ ·
Cossack Jump to Prone Straddle SPLIT Landing ✓ ✓ ✓ ✓ ✓ ✓						· ·
· · · · · · · · · · · · · · · · · · ·		√ √			√ √	✓ ✓



	2026 FISAF Australia Skill Companson Chart. National Stream - Duos Teams Commi												
ELEMENT	National Mini Duos & Teams	National Cadet Duos & Teams	National Junior Duos & Teams	National Youth Duos & Teams	National Adult Duos & Teams								
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 <u>Si</u> t					✓								
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					√								

