

Level 4 - critical elements

Vault

- Front handspring over table

Bars

- Mount: Straddle/pike glide kip (0.6)
- Cast to horizontal and return to front support (0.4)
- Cast, squat-on or pike-on (0.2)
- Jump to long hang kip (0.6)
- Cast to horizontal (0.4)
- Back hip circle (0.4)
- Underswing, first counterswing (a minimum of 30° below horizontal) (0.6)
- Tap swing forward, second counterswing (a minimum of 30° below horizontal) finishing with feet at the level of the high bar (0.6)
- Tap swing forward, ½ (180°) turn dismount (minimum of 45° below horizontal) (0.6)

Beam

- Mount: Leg swing with ½ (180°) turn; whip swing to kneel, stand (0.2)
- Cartwheel ¼ (90°) turn inward (0.6)
- Rond de jambe; arabesque (minimum of 45° below horizontal); scale (horizontal) (0.4) (hold 1 second)
- Straight leg leap (120°) (0.6)
- Cross handstand (1 second hold) (0.6)
- Split jump (120°) (0.4); stretch jump (0.4)
- ½ (180°) turn in forward passé (0.4)
- Cartwheel to side handstand, ¼ (90°) turn dismount (1 second hold) (0.6)

Floor

- Straddle jump (120°) (0.4); stretch jump with ½ (90°) turn (0.4)
- Front handspring to two feet (0.6); rebound
- Straight arm backward roll to handstand (0.4)
- Forward split (0.2)
- Sissonne (120°); forward chassé; straight leg leap (120°) (0.6); leg swing hop
- 1/1 (360°) turn in forward passé (0.4)
- Back walkover (150°) (0.4)
- Round-off (0.4); back handspring (0.6); back handspring (0.6); rebound