

Level 5 - critical elements

Vault

- Front handspring over table

Bars

- Mount: Straddle/pike glide kip (0.6)
- Cast to above horizontal (0.4)
- Clear hip circle to above horizontal (0.6)
- Backward sole circle to clear front support (0.6)
- Backward stalder circle to clear front support (0.6)
- Straddle or pike glide kip (0.6)
- Cast, squat- or pike-on, or cast, 360° backward sole circle (0.2)
- Jump to long hang kip (0.6)
- Cast to above horizontal (0.4)
- Long hang pullover (0.6)
- Underswing; first counterswing (a minimum of 15° below horizontal (0.6)
- Tap swing forward; second counterswing (a minimum of 15° below horizontal (0.6)
- Tap swing forward to flyaway dismount (tuck, pike or stretched) (salto at minimum of bar height) (0.6)

Beam

- Mount: Leg swing with $\frac{1}{2}$ (180°) turn (0.2); whip swing to kneel, stand
- back walkover (150°) or backward roll to minimum of $\frac{3}{4}$ handstand or back handspring step-out (0.6)
- Rond de jambe; arabesque (minimum of 45° below horizontal) (pause); scale (above horizontal) (0.4) (1 second hold)
- Straight leg leap (150°) (0.6); stretch jump (0.4)
- Cross handstand (2 second hold) (0.6)
- Split jump (150°) (0.4); sissonne (0.2)
- 1/1 (360°) turn in forward passé (0.4)
- Cartwheel to side handstand, $\frac{1}{4}$ (90°) turn dismount (2 second hold) (0.6)

Floor

- Straddle jump (150°) (0.4); stretch jump with 1/1 (360°) turn (0.4)
- Front handspring step-out (0.6); front handspring to two feet (0.6); rebound
- Forward salto tucked (0.6)
- Straight arm backward roll to handstand, kneel pose (0.4)
- Forward split (0.2)
- Sissonne (135°); forward chassé; straight leg leap (150°) (0.6) or switch-leg leap (150°) (0.6); leg swing hop
- 1/1 (360°) turn in forward passé (0.4)
- Round-off (0.4); back handspring (0.4); back salto tucked (0.6)