

2016 - Primary Schools Non-Club Competition

Novice

Tumble 1	Forward roll, Stretch jump, Forward roll, Tuck jump, Forward roll
Tumble 2	Forward roll, Stretch jump 1/2 turn, Backward roll, Stretch jump 1/2 turn, Forward roll
Vault 1	Squat on, Stretch jump off
Vault 2	Squat on Star jump off

Intermediate

Tumble 1	Backward roll, Stretch jump 1/2 turn, Forward roll, Forward roll to 1 leg, Cartwheel 1/4 turn in
Tumble 2	Forward roll, Stretch jump, Forward roll, Stretch jump 1/2 turn, Backward roll
Vault 1	Squat on, Stretch jump off
Vault 2	Squat on Star jump off