

Club I

	Set Routine 1		Set Routine 2
	<i>Jump (arm set)</i>		<i>Jump (arm set)</i>
1	Jump to seat landing	1	Jump to seat landing
2	To feet	2	To feet
3	½ twist jump	3	½ twist jump
4	Jump (straddled)	4	Jump (straddled)
5	Full twist jump	5	Full twist jump
6	Jump (piked)	6	Jump (piked)
7	½ twist jump	7	½ twist jump
8	Jump (tucked)	8	Jump (tucked)
9	Jump to front landing	9	Jump to front landing
10	To feet	10	1To feet

Voluntary

No difficulty will be awarded

Where there is more than one set routine, competitors may choose whichever they prefer. Members should note in particular the expectation that all routines start with an arm set and that there is a focus on 'jump first, shape second'.

	Voluntary Routine	Tariff
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		