|  |  |
| --- | --- |
| Skill | Tariff |
| Front drop  To feet  Straddle  ½ twist  Seat drop  ½ twist to seat  ½ twist to feet  Tuck  Pike  Full twist | 0.1  0.1  0.1  0.1  0.1  0.2 |
| Total | 0.7 |

Compulsory Routine

Year 7, 8 & 9

Name: ……………………………….

School: ………………………………

Year group: ………………………………

Compulsory Routine

(Yr 10/11, 6th Form)

Name: ……………………………….

School: ………………………………

Year group: ………………………………

|  |  |
| --- | --- |
| Skill | Tarriff |
| Full twist  Straddle  Seat drop  ½ twist to seat  ½ twist to feet  Pike  Back drop  ½ twist to feet  Tuck  Front Somersault (T) | 0.2  0.1  0.1  0.1  0.2  0.5 |
| Total | 1.2 |