|  |  |
| --- | --- |
| Skill | Tariff |
| Front drop To feetStraddle ½ twistSeat drop½ twist to seat½ twist to feetTuck PikeFull twist | 0.10.10.10.10.10.2 |
| 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 twistStraddleSeat drop½ twist to seat½ twist to feetPike Back drop½ twist to feetTuckFront Somersault (T) | 0.20.10.10.10.20.5 |
| Total  | 1.2 |