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# REGIONAL STREAM WOMEN'S PROGRAM

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2015 - 2016

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September, 2015

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## VAULT

	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>	<b>Pre-Provincial</b>
<b>Maximum Start Value</b>	10.0	10.0	10.0	10.0
<b>Start Values</b>	Beat Board 10.00 Mini-Tramp 8.00	Beat Board 10.00 Mini-Tramp 8.00	Beat Board 10.00 Mini-Tramp 8.00	Beat Board 10.00
<b>Restrictions</b>				
<b>Vaults Allowed</b>	Straight jump on to mat, kick to handstand fall flat to back	Jump to handstand onto mat, fall to back	Jump to handstand onto vault table, fall to back	Handspring to feet
<b>Requirements</b>	1 or 2 vaults, best to count	1 or 2 vaults, best to count	1 or 2 vaults, best to count	1 or 2 vaults, best to count
<b>Warm-up</b>	2 vaults /gymnast	2 vaults /gymnast	2 vaults /gymnast	2 vaults /gymnast
<b>Equipment</b>	Minimum 16" mat	Minimum 16" mat	Minimum 90 cm Maximum 125 cm	Minimum 90 cm Maximum 125 cm

**NB. All routines are optional except where stated. All routines must have the Compulsory elements and sequences in them to achieve maximum Value Parts. (VP)**

**UNEVEN BARS**

	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>	<b>Pre-Provincial</b>
<b>Start Value</b>	10.0	10.0	10.0	10.0
<b>Max. Value Parts</b>	2.0	3.0	3.8	4.2
<b>Restrictions - 0.5 /Restricted element</b>	No HB No 'B's or higher	No HB No 'B's or higher	No 'B's or higher	No 'B's or higher
	<b>Perform in order listed.</b>		No deductions for casts done to maximum amplitude	
<b>Compulsory elements and sequences</b>  • <b>With weighted value parts in brackets</b>	<ul style="list-style-type: none"> <li>• Pullover 2 ft. (.6)</li> <li>• Cast, return to hip rest (.4)</li> <li>• Bk. Hip circle (.4)</li> <li>• Dismount choice (.6)               <ul style="list-style-type: none"> <li>– straddle on underswing <u>or</u></li> <li>– clear underswing</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Pullover 2 ft. (.6)</li> <li>• Cast, return to bar (.4)</li> <li>• Cast, Bk. Hip circle (.4)</li> <li>• Single leg cut off (.2)</li> <li>• Choice of: (.6)               <ul style="list-style-type: none"> <li>– Single leg basket <u>or</u></li> <li>– mill circle Ft. <u>or</u> back</li> </ul> </li> <li>• Back cut off (.2)</li> <li>• Dismount Choice (.6)               <ul style="list-style-type: none"> <li>– Squat on, pike sole circle <u>or</u></li> <li>– Clear underswing</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Mount Choice (.6)               <ul style="list-style-type: none"> <li>– glide swing return to stand with feet together to pullover <u>or</u></li> <li>– kip</li> </ul> </li> <li>• Choose <u>1</u> of the following (.4)               <ul style="list-style-type: none"> <li>– front hip circle <u>or</u></li> <li>– mill circle Ft. <u>or</u> back</li> </ul> </li> <li>• Squat/straddle or pike on (.4)</li> <li>• Swing Sequence (total VP 1.0)               <ul style="list-style-type: none"> <li>– tap swing fwd (.2)</li> <li>– Counter swing back (.2)</li> <li>– Tap to pullover (.6)</li> </ul> </li> <li>• Cast to horizontal return to bar (.4)</li> <li>• Cast back hip circle (.4)</li> <li>• Dismount Choice (.6)               <ul style="list-style-type: none"> <li>– Pike or Straddle underswing</li> <li>– Clear underswing</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Choice of 1 of the following(.6)               <ul style="list-style-type: none"> <li>– glide swing return to stand with feet together to pullover <u>or</u></li> <li>– kip <u>or</u></li> <li>– long swing pullover</li> </ul> </li> <li>• Kip (HB or LB) (.6)</li> <li>• Squat/Pike on to HB.(.4)</li> <li>• Cast to horizontal (.6)</li> <li>• Back hip circle (.4)</li> <li>• Dismount Sequence (Total VP 1.6)               <ul style="list-style-type: none"> <li>– clear underswing (.4)</li> <li>– counter swing to 30 below horizontal (.2)</li> <li>– tap swing to 30 below horizontal (.2)</li> <li>– counter swing (.2)</li> <li>– tap swing forward with ½ turn dismount (.6) <b>OR</b></li> <li>– fly away dismount (.6)</li> </ul> </li> </ul>
<b>Warm-up</b>	As per Technical Regulations			
<b>Equipment</b>	As per Technical Regulations			

## BALANCE BEAM

	Beginner	Intermediate	Advanced	Pre-Provincial
<b>Start Value</b>	10.0	10.0	10.0	10.0
<b>Max. Value</b>	3.4	3.8	3.8	4.2
<b>- 0.5 Restricted element</b>	No 'B's or higher No cartwheels, walkovers or saltos	No 'B's or higher No walkovers or saltos	No 'B's or higher No Saltos	No 'B's or higher
<b>Compulsory elements and sequences</b>  • <b>With weighted value parts in brackets</b>	<ul style="list-style-type: none"> <li>• Mount-jump to front support (.2)</li> <li>• <b>Pike lying (.4)</b></li> <li>• Arabesque (show-no hold required) (.4)</li> <li>• Step leg swing and repeat (.4)</li> <li>• Forward lever from lunge to lunge (.6)</li> <li>• Turn Prep Connection: (.4) <ul style="list-style-type: none"> <li>– leg balance on 1 foot, (free leg bent and foot touching calf) step forward on 2 feet to releve lock position.</li> </ul> </li> <li>• Straight jump (.4)</li> <li>• Dismount-(.6) <ul style="list-style-type: none"> <li>– kneel on one leg cartwheel to partial handstand lower to standing facing beam</li> </ul> </li> </ul> <p>This routine is optional. Maximum of 30 seconds. All skills added over and above the required elements will receive execution deductions as per the code.</p>	<ul style="list-style-type: none"> <li>• Mount-jump to front support (.2)</li> <li>• Whip, Swing to push-up ,jump to tuck stand (.6)</li> <li>• Arabesque hold 45° below horizontal(.4)</li> <li>• Kick to front, (.2)close and lock and repeat to back (.2)and releve lock (.2)</li> <li>• Acro: cross handstand top leg must be within 10° of vertical. Legs need not touch. (.6)</li> <li>• Turn Connection: (.4) <ul style="list-style-type: none"> <li>– Leg balance fwd passé hold 2 sec (.2)</li> <li>– to releve locked position to pivot turn 180 °(.2)</li> </ul> </li> <li>• Straight jump pull up to releve locked (.4)</li> <li>• Dismount (.6) <ul style="list-style-type: none"> <li>– cartwheel to handstand (no hold required) lower to stand</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Mount – Optional other than jump to front support (.2)</li> <li>• Arabesque –hold at 30° below horizontal (.4)</li> <li>• Straight leg leap to arabesque - hold(.6)</li> <li>• Acro: Cross handstand within 10 ° of handstand (.6)</li> <li>• Turns: (.2 each) <ul style="list-style-type: none"> <li>– 1 foot ½ turn</li> <li>– 2 foot ½ turn</li> </ul> </li> <li>Turns may be isolated or in combination</li> <li>• Straight jump to straight jump pull back to lock (.2 each)</li> <li>• Acro Choice: (.6) <ul style="list-style-type: none"> <li>– cartwheel <u>or</u></li> <li>– fwd roll <u>or</u></li> <li>– back walkover</li> </ul> </li> <li>• Dismount (.6) <ul style="list-style-type: none"> <li>– cartwheel to side handstand, ¼ turn off</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Mount – Optional other than jump to front support (.2)</li> <li>• Acro Choice: (.8) <ul style="list-style-type: none"> <li>– cartwheel</li> <li>– walkover – ft or back</li> <li>– tick tock</li> </ul> </li> <li>• Arabesque – (hold at 30°below horizontal ) to scale hold 1 second (.4)</li> <li>• Straight leg leap to plie position (.6)</li> <li>• Acro: Cross handstand with legs together (held 1 sec.) (.6)</li> <li>• Jump combination: (total VP .6) <ul style="list-style-type: none"> <li>– split jump (min 120°) (.4) to</li> <li>– straight jump (.2)</li> </ul> </li> <li>• choice of turn: (.4) <ul style="list-style-type: none"> <li>– ½ turn (1 foot) to ½ turn (2 feet) <u>or</u></li> <li>– full turn forward</li> </ul> </li> <li>• Choice of Dismount: (.6) <ul style="list-style-type: none"> <li>– cartwheel to side handstand, ¼ turn off <u>or</u></li> <li>– cartwheel to stretched jump off backwards</li> </ul> </li> </ul>
<b>Warm-up</b>	As per Technical Regulations			
<b>Equipment</b>	100 cm – ages 6 – 12 115 cm – ages 13+	100 cm – ages 7 – 12 115 cm – ages 13+	100 cm – ages 7 – 10 115 cm - ages 11 -12 125 cm – ages 13+	100 cm – ages 7 – 10 115 cm - ages 11 - 12 125 cm – ages 13+
<b>Time</b>	Max 30 sec	Max45 sec	Max 60 sec	Max 60 sec

## FLOOR

	Beginner	Intermediate	Advanced	Pre-Provincial
<b>Start Value</b>	10.0	10.0	10.0	10.0
<b>Max. Value</b>	3.2	3.4	3.8	4.2
<b>- 0.5 Restricted element</b>	Compulsory routine No music.	No 'B's or higher	No 'B's or higher No Saltos	No 'B's or higher
Weighted value parts in brackets	<p><b>Routine must be done parallel to the judges table and in the order listed.</b></p> <p><b>Trip # 1</b></p> <ul style="list-style-type: none"> <li>• ¼ handstand step down to lunge (.4)</li> <li>• Cartwheel to lunge (.6)</li> <li>• Back roll (.6)</li> <li>• Stand, Jump ½ turn stick landing (No Value)</li> <li>• Chassé forward (.2)</li> <li>• Split jump ( 30 °) (.4)</li> </ul> <p><b>Trip # 2</b></p> <ul style="list-style-type: none"> <li>• Tuck Forward roll (.4)</li> <li>• Tuck forward roll to straddle sit stomach to ground (hold) <b>No Value</b></li> <li>• Feet together back roll to candle stand hold (.2)</li> <li>• Walkout to stand.</li> <li>• Forward passé balance (.4)</li> </ul>	<ul style="list-style-type: none"> <li>• Handstand step down to lunge (.4)</li> <li>• 1 – 3 steps hurdle to round off rebound to stick (.6)</li> <li>• Back roll from tuck to pike with arms bent (.4)</li> <li>• Acro Choice (.6) <ul style="list-style-type: none"> <li>- Candle stand, <del>(.2)</del> lie down, push to bridge and kick over <u>or</u></li> <li>- Down to backbend and kick over <u>or</u></li> <li>- Back walkover</li> </ul> </li> <li>• Turns: <b>(total VP .4)</b> <ul style="list-style-type: none"> <li>- ½ turn 1 foot to ½ turn 2</li> </ul> </li> <li>• Forward chase to split leap ( 60 °) (.6 )</li> <li>• Split jump (60°) press to lock releve (.4)</li> </ul>	<ul style="list-style-type: none"> <li>• Jump connection <ul style="list-style-type: none"> <li>- Split jump (90 °) (.4)</li> <li>- To stretch jump (.2)</li> </ul> </li> <li>• Consecutive Acro choice: any order <ul style="list-style-type: none"> <li>- Handstand forward roll with straight arms (.4)</li> </ul> </li> </ul> <p>With 1 of the following (.6)</p> <ul style="list-style-type: none"> <li>- Front limber</li> <li>- Front walk over</li> <li>- Tick tock</li> </ul> <ul style="list-style-type: none"> <li>• Back roll tuck with straight arms to push up position (.4)</li> <li>• Splits – left ,right or middle (.2)</li> <li>• Chassé split leap (90°) to large step, leg swing forward and hop (.4)</li> <li>• Choice of: (.2) <ul style="list-style-type: none"> <li>- ½ turn 1 foot to ½ turn 2 feet <u>or</u></li> <li>- Full turn</li> </ul> </li> <li>• Acro connection: <b>(total VP 1.0)</b> <ul style="list-style-type: none"> <li>- Round off (.4) back handspring rebound to stick (.6)</li> </ul> </li> </ul> <p>*If a gymnast opts for a middle split it may be fulfilled either with a middle split position or a pull through.</p>	<ul style="list-style-type: none"> <li>• Jump connection #1 ( <b>total VP .6</b>) <ul style="list-style-type: none"> <li>- Straddle jump (120° ) (.4)</li> <li>- To straight jump ½ turn (.2)</li> </ul> </li> <li>• Acro connection #1 <ul style="list-style-type: none"> <li>- Front handspring, rebound no stick (.4)</li> </ul> </li> <li>• Isolated acro choice (.4) <ul style="list-style-type: none"> <li>- Back walkover (150 °split )</li> </ul> </li> <li>• Back roll with straight arms to handstand (.4)</li> <li>• Splits – right, left or middle (.2)</li> <li>• Jump combination #2 <b>(total VP .6)</b> <ul style="list-style-type: none"> <li>- Sissone chase (.4)</li> <li>- To split leap (120° ) large step leg swing forward (.2)</li> </ul> </li> <li>• Full turn (.4)</li> <li>• Acro Connection #2 <b>(total VP 1.2)</b> <ul style="list-style-type: none"> <li>- Round off (.2), back handspring (.4), back handspring (.6) rebound to stick <u>or</u></li> <li>- Round off (.2) back handspring (.4), back tuck (.6)</li> </ul> </li> </ul> <p>*If a gymnast opts for a middle split it may be fulfilled either with a middle split position or a pull through.</p>
<b>Warm-up</b>	As per Technical Regulations			
<b>Equipment</b>	1 strip of floor mat	Music Opt. – 3/4 floor – non spring	Music Opt. – Full floor – non spring	Music Optional - Full Floor – non spring
<b>Time</b>	Max 45 sec	Max 45 sec	Max 60 sec	Max 70 sec – Minimum 50 seconds