

LEVEL 2 BOYS ROUTINES

Level 2 Floor

Start: Present to judges

- Rocket and **SCORPION**. Finish in lunge landing.
- Lunge/ T-Hand **CARTWHEEL**. Finish in lunge landing.
- Step feet together then **JUMP 1/2 TURN one foot**.
- Rocket, **TUCK JUMP, Motor bike landing**.
- Rocket, pike **FORWARD ROLL** to stand.
- Kneel into **ANGRYCAT 3 secs**,
- Lift legs into **FRONT SUPPORT 3sec** turn to **BACK SUPPORT 3sec**.
- Hands behind then raise over head to **PIKE SIT 3 secs**.

Finish: Stand up, Face Judge and present

Level 2 Pommel

Start: **PRESENT** to judges

- From standing, squat down and jump legs out to **FRONT SUPPORT**, HOLD **3 secs**.
- Walk legs in a circular motion from front support to **SIDE SUPPORT**. On one arm HOLD **3 secs**.
- In the same circular motion walk legs to **BACK SUPPORT** HOLD **3 secs**. Fingers facing forward.
- Continue to walk legs in a circular motion from back support to **SIDE SUPPORT**. On other side, on one arm HOLD **3 secs**.
- Then walk legs in circular motion back into **FRONT SUPPORT**, HOLD **3 secs**.
- Jump feet into squat position then stand.

Finish: Face Judge and **PRESENT**

Level 2 Bars

Start: Present to judges

- **GLIDE** with no deduction for tuck return.
- **PULLOVER** with minimal coach assistance. Finish in cast position (front support). Start on acro box.
- **2 x SMALL CASTS** chest in with straight arms. Hips must clear the bar.
- **CAST AWAY** dismount to **MOTORBIKE**. Straight arms to acro box. (3rd cast off bar)

Finish: Face Judge and present.

Level 2 Vault

Start: Present to judges

- **Run, underarm entry, REBOUND** (Straight jump) off board, land on mat in **MOTORBIKE** held for **3sec**.
- **Underarm entry** into **HANDSTAND** on board. Coach is to assist holding handstand on top of board. Held for a minimum of **3 secs**. (Exit not judged)

Finish: Face Judge and present

Level 2 P-Bars

Start: Present to judges

- Jump to **CROSS SUPPORT** with straight arms. Hold for **3 sec**.
- Raise legs to **TUCK SUPPORT** hold for **3 secs**.
- From tuck, kick through L position into **2 x SMALL SWINGS**. 45 degrees below horizontal. **Motorbike** at back of swing.
(2.5 swings, start at front and dismount at back.)

Finish: Face Judge and present

Level 2 Rings

Start: Present to judges

- Raise legs to **TUCK HANG** hold for **3 sec**.
- Kick through L into **2 SWINGS** (30 degrees from lower vertical)
- Swing up to **Candle/INVERTED HANG** hold for **3 secs**.
- **TUCK INVERTED HANG** hold for **3 secs**.
- Lower down to long hang, drop to motorbike landing.

Finish: Face Judge and present