

Skills for inclusion	Standard option	Extension A (+ 0.3 )	Extension B (+0.5)
<b>Round off sequence: RO + X (2)</b>	RO + (1/2 turn) cartwheel	RO + (1/2 turn) 2 consecutive cartwheels	RO + backflip
<b>Backward roll (1)</b>	Backward roll	Backward roll to front support	Backward roll with straight arms & legs to front support or standing
<b>Leg flexibility/strength (all worth 1)</b>	Splits / japana / pike fold / press up x 3 / levers/ shoulder stand with arms by ears		-
<b>Shoulder/back flexibility (1)</b>	Bridge	Walkover (either direction)	-
<b>Handstand forward roll (1)</b>	Handstand forward roll	Handstand forward roll with straight arms	-
<b>Connected Leap/jump sequence (2)</b>	2 of: ½ turning cat leap, scissor leap, tuck jump, full turn jump	Split leap, 1/1 turning catleap	-
<b>Choice skill 1 (1)</b>			
<b>Choice skill 2 (1)</b>			
<b>Optional skills</b> <b>*round off entry optional</b>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>● 1-arm cartwheel</li> <li>● Handstand forward</li> <li>● roll to straddle stand</li> <li>● Full headstand</li> <li>● Unused leg flexibility/strength</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>● Unused walkover</li> <li>● Handspring</li> <li>● Tinsica</li> <li>● Valdez</li> <li>● Handstand (3s)</li> </ul>	<ul style="list-style-type: none"> <li>● Free cartwheel</li> <li>● Elephant lift to handstand (must be performed without a jump)</li> <li>● Handstand 1/1 pirouette</li> <li>● Back somersault*</li> <li>● Two connected backflips*</li> </ul>

### **AR2 Floor Routine 2025**

- Max bonus at 0.3/0.5 =2.6
- No set choreography, but gymnasts will need to transition smoothly between skills. Transitions will, in part, be dependent on their skill choices and coaches can offer guidance if required.
- To be performed on a regular roll mat
- Skills may not be spotted or supported on the day of the competition, however, for safety purposes a small mat may be used, this must be agreed by the gymnasts coach.