



**CARA Gymnastics
Level 2, 3, 4,
Compulsory
Written Routines
2023-2026**

Vault

Level 2 Vault

Handstand Flat Back On A Mat Stack - start value: 8.6

From a standing position, run toward the springboard, accelerating the full distance of the run. Hurdle and punch the board, using an under arm lift, leaving the board in a stretched hollow body position and maintain this position through the vault. Contact mat stack at 45° below vertical with both hands at the same time. Immediately block through shoulders and maintain body position to land in a flat back on the mat stack.

A mini tramp may be used in place of a spring board. If so, a 0.5 deduction will be applied to the starting value.

Level 3 Vault

Front Handspring Over Mat Stack - start value: 8.6

From a standing position, run toward the springboard, accelerating the full distance of the run. Hurdle and punch the board, using an under arm lift, leaving the board in a stretched hollow body position and maintain this position through the vault. Contact mat stack at 45° below vertical with both hands at the same time. Immediately block through shoulders and maintain body position through vertical to land on feet in demi plié. Extend to stand, and salute to finish.

The Compulsory 3 vault dimensions must have an adjustable height between 32-48" and measure 60" W x 60" L (This is the same as the Xcel Silver Vault System). All hosting agencies may choose between the official Xcel Silver Vault System or a 60" x 10' pit mat turned sideways. The pit mat must still have an adjustable height between 32-48" when used in accordance with its intended purpose. No panel mats may be placed on top of the pit mat due to liability, but 4" or 8" mats can be placed on top and secured by bungee or velcro. Mats of different dimensions will not be allowed for a hosting team.

A mini tramp may be used in place of a spring board. If so, a 0.5 deduction will be applied to the starting value.

Level 4 Vault

Front Handspring Over Table Vault - start value: 8.6

From a standing position, run toward the springboard, accelerating the full distance of the run, hurdle and punch the board, using an under arm lift, leaving the board in a stretched hollow body position and maintain this position through the vault. Contact table vault at 45° below vertical with both hands at the same time. Immediately block through shoulders and maintain body position through vertical to land on feet in demi plié. Extend to stand, and salute to finish.

Bars

*All skills in the bar routines should be continuous, with no stops or pauses.

Level 2 Bars

Start Position

Stand feet together facing Low Bar (LB). Gymnast may be on a spring board or folded panel without deduction.

Glide Glide

Jump and catch the LB in a hollow body position and glide forward in either a pike or straddle to a hollow body position. Glide back in a pike. Without stopping motion, stretch glide forward and back a second time. Return to standing with feet landing together below the bar.

Pullover

Immediately jump, flexing the arms and pulling the legs forward and upward over the LB to perform a two foot pullover. Finish in a stretched hollow body position with arms straight.

Cast - Back Hip Circle

Cast with a tight hollow body position. Return to a front support, directly into a back hip circle with straight arms and legs. Pass through a stretched front support.

Push to Knees

Push from front support to a hollow hold with the bar touching directly above the knees.

Undershoot Dismount

Immediately drop shoulders backward while keeping a hollow body position with hips near the bar and perform an undershoot dismount. Land in demi pli e, then extend to a stand and finish.

Level 3 Bars

Start Position

Stand feet together facing Low Bar (LB). Gymnast may be on a spring board or folded panel without deduction.

5 Count Glide

Jump and catch the LB in a hollow body position and glide forward in either a pike or straddle to a hollow body position, lifting toes to the bar. Lower legs to the floor controlled.

Pullover - Horizontal Cast

Immediately jump, flexing the arms and pulling the legs forward and upward over the LB to perform a two foot pullover. Finish in a stretched hollow body position with arms straight. Immediately connect a Horizontal Cast, landing in a hollow support.

Front Hip Circle -Cast - Back Hip Circle

Extend the body forward with straight arms and execute a front hip circle. Cast to a tight hollow body position and hip circle backward with straight arms and legs finish in a stretched front support.

Cast - Squat On Dismount

Cast with a tight hollow body position. Return to a front support and immediately cast again, directly into a standing squat on the bar. Jump forward, off the low bar with arms stretched overhead and body in straight hollow position. Land on the ground in a demi pli . Extend to stand, and salute to finish.

Level 4 Bars

Start Position

Stand feet together facing Low Bar (LB). Gymnast may be on a spring board or folded panel without deduction.

Glide Kip

Jump from two feet to a pike or straddle glide grasping the LB in over grip, at completion of glide, immediately execute a Kip to arrive in a front support.

Front Hip Circle

Extend the body forward with straight arms and execute a front hip circle.

Horizontal Cast - Back Hip Circle - Cast Squat On

Horizontal Cast to a tight hollow body position and hip circle backward with straight arms and legs; pass through a stretched front support immediately cast and perform a squat on the LB. Moving continuously, stand up and jump in a hollow body position to the HB with an over grip.

Long Hang Pullover

Swing between the bars and execute a Long Hang Pullover on the HB. Arrive in a front support.

Push Away Long Hang Pullover

Cast away from the bar in a hollow position. Swing forward while lifting the hips. Pull over and land in a front support.

Horizontal - Cast Back Hip Circle

Horizontal Cast to a tight hollow body position and hip circle backward with straight arms and legs; pass through a stretched front support.

Undershoot - Counterswing to 1/2 Twist Dismount

Immediately drop shoulders backward while keeping a hollow body position with hips near the bar and perform an undershoot swing. Swing backwards in a counterswing, swing forwards and release one hand to perform a half turn. Touch bar with released hand, then drop. Land in demi pli  and extend to stand.

Floor

Level 2 Floor

Bent Knee Pose - Candlestick - Tuck Jump

Begin the routine in a standing position, with knees bent and both hands on knees with hands turned in. Lift to a relevé with arms high. With arms continuously overhead, sit down and roll back to a candlestick. Roll immediately to feet with arms in front and perform a tuck jump. Finish with arms high.

Side Arm Pose

From a standing position, Non Dom arm drops to side middle. Dom arm bends over the top of the head. Head turns to look at the Non Dom side. Gaze returns and arms come back to overhead during one step forward on Non Dom leg.

Cartwheel - Lock - Bent Arm Backward Roll to Plank

Perform a Dom leg high kick to a Dom leg cartwheel, landing with feet together in relevé with arms high. Roll immediately into a backward roll, landing in a plank.

Opposition Turn Pose to Chasse - Chasse - Split Leap (90°)- ½ Turn on Toe

From plank, tuck knees in and bring Dom Leg forward to kneel on Non Dom Leg with arms in opposition. Stand and pivot to Non Dom side with arms high, finishing with Non Dom leg in front to a point. Dom Chasse, step, Non Dom Chasse, Dom split leap. Step through and kick Dom leg and perform a ½ toe turn on the Dom leg, finishing in a demi plié with Non Dom leg in front.

Arm Circle Lunge - Handstand Bent Arm Forward Roll

Both arms circle from overhead, down to Non Dom side, Non Dom arm lands on Non Dom hip and Dom arm circles up to high V. Legs Lunge to Dom side, with weight on Dom leg and Non Dom leg to the side at a point. Non Dom step, Dom kick, handstand bent arm forward roll. Land in seated pike position with arms at a T.

Push Up Backbend - High Kick

Lay back, and slide knees into a tuck. Push up into a backbend and lift Dom leg to vertical to finish.

Level 3 Floor

Starting Pose - Split Jump

Facing corner. Feet together, straight arms are extended in front of the chest and crossed. Gaze over Dom shoulder. Arms swing to perform a Dom leg split jump.

Handstand ½ Pirouette

Non Dom step, Dom high kick, handstand ½ pirouette. Finish in a lunge with arms high.

Chasse to Split Leap (120°) -Tuck Jump

Arms drop from high to a T. Non Dom chasse, Dom leg split leap at 120°. Land in a demi plié and perform a tuck jump.

Step High Kick - Handstand Straight Arm Forward Roll

Non Dom step, Dom high kick, Handstand straight arm forward roll. Stand up from the roll with arms in front.

Power Hurdle - Roundoff - Straight Arm Back Roll - Straight Arm Plank

From feet together, perform a Dom leg power hurdle into a Roundoff. Land in a hollow position and sit back immediately into a straight arm back roll, landing in a plank with straight arm hand position.

Knee Slide to Conga Roll

From plank, slide knees into stand up with Dom leg leading. Arms bend to form a box in front of the chest. Perform a conga roll with hands in a fist.

Wolf Jump - Straight Jump Full Turn

Step Non Dom leg in and perform a wolf jump connected to a straight jump full turn. Land in a demi plié.

Full Turn, Pivot Turn

Non Dom step, Dom high kick, perform a full turn on toe. Land in demi plié. Extend to relevé and pivot to Dom side with arms high.

Back Walkover - Step In - Lock

Perform a Dom leg back walkover, landing with legs together in relevé. Arms finish high, then press to low V. Pivot ¼ to face the corner.

Front Handspring Step Out - Roundoff - Rebound - Candlestick - Hollow Body

Run and hurdle into a Dom leg front handspring step out, directly into a roundoff. Rebound with arms high and sit back into a candlestick. Pass through a hollow body position, then finish in a pike sit with arms high.

Cross Pose

Cross Dom leg over Non Dom leg and Non Dom arm over Dom arm in front of chest to finish.

Level 4 Floor

Starting Pose

Facing corner, stand in demi plié, weight on Dom leg with flat foot in turn out. Non Dom leg crosses behind in relevé. Dom arm extends to side middle and Non Dom arm bent over head palm up. Gaze over dominant hand. At the music cue, Non Dom arm extends up and around to low V, Dom arm presses down to low V. Gaze follows Non Dom hand.

Step High Kick - Handstand Full Pirouette

Non Dom step, Dom high kick, full handstand pirouette. Land in Dom leg lunge.

High Relevé Walk - Pivot

Starting with Non Dom foot, take three steps in high relevé, then pivot to face opposite corner. Arms remain in high V.

Demi Press Pose

Demi plié on Dom leg with flat foot. Non Dom toe to passé. Arms slide from crown to shoulders, then press out to side middle. Gaze follows Non Dom hand. Non Dom foot steps backward to corner, Dom foot slides back to close on flat feet. Arms press down to sides. Gaze turns straight forward to prepare for tumbling.

Front Handspring Stepout - Front Handspring - Punch

Perform a Front Handspring Step out, directly connected to a two footed Front Handspring with a rebound. Land the rebound in a demi plié and extend to finish.

Side Lunge Hops

$\frac{1}{8}$ Dom side hop, landing with weight on Dom leg in a side-lunge, Non Dom foot extends to side, toe pointed to floor. Dom arm extended straight to ceiling, Non Dom arm extends to side middle over Non Dom leg.

Hop to reverse the pose. Weight on Non Dom leg in demi plié, and Dom foot extending to Dom side toe pointed to floor. Non Dom arm extends to ceiling, Dom arm extends to side middle over Dom leg.

To finish, $\frac{1}{4}$ turn to the Dom side. Step Non Dom leg forward to meet Dom leg and prep for jump.

Straddle Jump - Tuck Full

Perform a Straddle Jump connected to a Jump Full Turn. Land in demi plié, extend to finish with arms in high V.

High Kick - Full Turn

NonDom step, Dom high kick, full turn in high relevé. Land in Non Dom demi plié with arms high.

Box Wave

Pivot to Dom side with arms high. Slide Dom leg back to close feet on flat foot. Demi plié both legs, while arms drop to make a box in front of chest and perform a wave motion with elbows. Arms press to low V to present for tumble.

Roundoff - Back Handspring - Punch

Perform a Roundoff Back Handspring with an immediate rebound. Land with feet together in demi plié, step Non Dom foot backward to lunge. Arms move to high V. Turn $\frac{1}{8}$ to the Dom side.

Chasse - Split Leap (150°) - Wolf Jump

Turn $\frac{1}{8}$ to the Dom side. Perform a NonDom leg Chasse connected to a 150° split leap. Land in demi pli  and swing arms to connect a wolf jump. Land in demi pli  and extend to finish.

Present Turn

Perform a $\frac{1}{4}$ turn to Non Dom side by leaping with Non Dom leg. Pull arms into an X at the chest and scoop both arms open with palms up. Land on Non Dom leg, step Dom leg in. Drop both arms to sides.

High Kick - Handstand Straight Arm Forward Roll - Straddle Press Handstand - Half Pirouette

Non Dom step, Dom high kick, perform a Handstand Straight Arm Forward Roll, directly connected to a straddle press handstand with a $\frac{1}{2}$ pirouette. Land in a Dom leg lunge with arms high.

Lunge Pose

With arms high, drop Dom arm to side middle, bend Non Dom arm over the top of the head. Gaze to the Dom side. Legs remain in Dom leg lunge. Arms immediately return to overhead.

Back Walkover - Lock – Straight Arm Back Extension Roll

Perform a back walkover, landing in Dom relev . Step Non Dom leg in to relev  with body extended and arms high. Sit back to perform a straight arm Back Extension Roll above 45° land in plank.

End Pose

Pull legs to sit on feet, lift chest and *pose.

*Each team may choose the arm position for this pose.

Beam

Level 2 Beam

Swing over Mount

Facing the dismount mat, with the Non Dom shoulder closest to the beam, swing Dom leg over beam. Reach toes up behind the seat and stand to a squat position with Dom leg in front and arms high. Lift to standing relev  and drop arms to low v.

See Saw

Step Non Dom, kick Dom leg and perform a see saw, finishing in a Dom leg lunge.

Pivot-Step-Pivot

Non Dom step to relevé with hands on hips. Pivot to Dom side, step Non Dom and pivot again.

Tuck Jump-Straight Jump

Non Dom step forward and Dom step in to jump prep. Perform a connected tuck jump - straight jump, land in a demi plié and extend to finish.

Arm Cross Pose

Non Dom leg reaches forward to a straight leg point. Arms drop from overhead to front middle with arms crossed at the wrist.

3 count ½ Turn on Toe

Weight transfers to Non Dom leg, kick Dom leg and land in turn prep. Perform a 3 count Dom half turn on toe. Land in a Non Dom demi plié.

Twist Pose

Shift weight forward to Non Dom leg and extend Dom leg to a point behind. Arms drop from overhead to touch Non Dom hip. Gaze to the Non Dom side.

Side Handstand Dismount

Return gaze to end of beam, lift arms overhead and kick Dom leg. Cartwheel to a side handstand, connecting the legs together and showing support on the arms. Lower legs to the ground. Land in demi plié and extend to finish.

Level 3 Beam

Swing over Conga Mount

Facing the dismount mat, with the Non Dom shoulder closest to the beam, swing Dom leg over beam. Reach toes up behind the seat and stand to a squat position with Dom leg in front. Congo roll the arms and stand to a relevé with arms pressed to a low v.

Step to Leap-Sissone Drill

Step Non Dom and leap to more than 90 degrees. Land in demi plié, arms in low v. Lift arms to over head and extend to relevé. Press arms out to side middle and lift Non Dom leg behind. Bend Dom leg in demi plié. Hold for 2 seconds. Straighten Dom leg to traditional scale and hold for 2 seconds. Step Non Dom leg through to finish.

Kick Handstand

Dom Kick to handstand. Finish in lunge.

Side Lunge Pose

From lunge, step Non Dom in front and turn the body ¼ to Dom side. Dom leg extends down the beam and Non Dom leg bends into demi plié. Non Dom arm overhead, Dom arm in front middle. Turn ¼ to Dom side and slide Dom leg in to finish.

Leg Lift to Half Turn - Pivot Turn

Lift Dom leg to prep for half turn. Complete a ½ turn on toe and connect a pivot turn with arms overhead. Finish in relevé with arms high and Dom leg in front.

Passé Cross Pose

With Dom leg in front, drop to flat foot. Lift Non Dom leg to passé. Drop arms to front middle and cross arms at the wrist.

Step Kick Cartwheel

Non Dom leg steps out of passé. Kick Dom leg and perform a Dom cartwheel. Finish in a Non Dom lunge.

Crossbody Wolf Pose

From Non Dom lunge, step back and drop to demi pli , with knees together and Dom leg extended to a toe point on the beam. With hands on hips, twist the torso to the Dom side. Stand up, lift arms overhead, and step Non Dom leg in to prep for jump.

Tuck Jump-Straight 1/4 Jump

Perform a connected Tuck Jump-Straight 1/4 Jump turn to the Dom side.

Pivot Arm Presses to Roundoff Dismount

From a finish with arms high, press Dom arm down to low v, then Non Dom arm down to low v, while pivoting 1/4 to the Dom side. Take steps as need to prep for dismount and perform a roundoff dismount with flight, off the end of the beam. Land in a demi pli  and extend to finish.

Level 4 Beam

Switch Leg Box Wave Mount

Starting on the side opposite the dismount mat, stand on the Dom side of the beam with NonDom shoulder closest to the beam. Run forward and complete a Dom side switch mount near the dismount end of the beam. Dom Leg swings over to land in seated position with legs straight, on each side of the beam. Knees bend up behind the seat to press to a standing squat position with Dom leg in front. Arms lift to form a box in front of chest. Elbows shimmy. Stand to relev  and press arms to low V.

Split Leap-Sissone

Step Non Dom, then perform a Dom leap. Land leap on Dom leg and tuck Non Dom foot behind Dom leg to land. Swing arms and lift into a Sissone. Land on Dom leg and swing Non Dom leg through.

Full Turn on Toe

Kick Dom leg to prep for full turn. Complete a Dom full turn on toe. Step in front with Non Dom leg to finish.

Pivot-Demi Pli  Press

Step forward to Dom leg relev . Arms high. Pivot turn in relev , then drop from relev  to a demi pli  on Dom leg. Lift Non Dom leg to pass  and press arms out, to a T. Flick the fingers.

Cartwheel

Non Dom step, Dom kick, Dom cartwheel. Finish in a NonDom lunge with arms overhead.

Twist pose

In a Non Dom lunge, drop Dom arm to reach low and Non Dom arm cross to Dom hip. Gaze down, off the beam on the Dom side.

Tuck Jump-Straight Jump 3/4

Step forward together to prep for jump. Connect Tuck jump to Straight jump 3/4. Finish in demi pli  with arms in front middle and stand up with arms overhead.

Slide pose

Side step in a side lunge with Non Dom leg, towards the dismount end of the beam. Lift Non Dom arm up and Dom arm out to a T with weight on Non Dom leg. Gaze on Dom arm. Press arms down to side and slide Dom leg in to meet Non Dom leg.

Kick Handstand

Non Dom step, Dom kick, Handstand. Finish in a lunge.

Wolf Jump-Split Jump

Step forward together and perform a connected Wolf jump - Split jump. Finish in demi plié.

Squat Turn

Lift to relevé with arms high. Drop to a squat with Dom foot in front, arms to low V. Pivot in a squat to face the dismount end. Arms cross to touch opposite shoulders, then press open to a T. Stand up to relevé and drop arms to low V.

Front Handspring Dismount

Take steps forward or backward as needed to perform a hurdle and a front handspring dismount off the end of the beam. Land in a demi plié and stand to finish.