

Age Groups	CLUB Level 1	CLUB Level 2	CLUB Level 3
	Compulsory x 2	Compulsory x 2	Compulsory x 2
7-8yrs	Front Landing	½ Twist To Front Landing	Full Twist
9-10yrs	To Feet	To Feet	Straddle Jump
11-12yrs	Straddle Jump	Straddle Jump	½ Twist to Seat Landing
13yrs+	Seat Landing	Seat Landing	½ Twist to Feet
<i>OR as determined by Clubs or Regions</i>	To Feet	½ Twist To Seat Landing	½ Twist Jump
	½ Twist Jump	½ Twist To Feet	Pike Jump
	Tuck Jump	Tuck Jump	Back Landing
	Pike Jump	Pike Jump	½ Twist to Feet
	Back Landing	Back Landing	Tuck Jump
	To Feet	½ Twist To Feet	Front s/s (T)

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