

Level 1	Delta Pre Level 1 (No Floor Music)
VAULT	
Step down (60cm box) to board immediate straight jump to 30cm mat.	Step down (30cm box) to board 3 rebound jumps on board to land on mat in motor bike (with arm circle or hands on hips)
15-20m Accelerating sprint (not judged just timed & written on certificate)	
BARS	
From dish shape hold 2 sec - 2 x re-grip tuck swings	From dish shape hold 2 sec - Swing and Stop, Swing and Stop
Jump to front support	Jump to front support
Casts x 2 in series (toes to bar height)	2 x Shrug and push, jump back to box
Roll forward through controlled tuck to stand	Chin up hold in tuck position 3 sec
BEAM	
Jump to front support, lift leg over to straddle sit	Jump to front support, lift leg over to straddle sit
Kneel on one knee, free leg lift to horizontal and stand	Hook toes behind and push up to squat & rise to tendu
4 x walk forwards (point step)	4 x walks forwards (point step)
Straight Jump Drill	3 sec releve hold (arms in 5th)
Half turn on 2 feet	Straight jump drill
Straight jump dismount from end or side of beam (landing surface no greater than 30cm below height of beam)	Turn and catch safety catch (Face the side, jump forwards and turn around in the air to catch the beam with two hands landing feet on the floor in motor bike 3 sec)
FLOOR	
'L' Handstand	L Handstand position on a box 5 sec
Tuck forward roll	Tuck forward roll down small slope to squat
Tuck Jump	
Step into straight jump, immediate rebound into straight jump	Straight jump
2 x passé steps on each leg	2 x passé steps on each leg
Angry cat, jump to front support, turn to rear support, sit in L, touch toes and return to L, Lie down, bent knee dish hold, roll over, and push up to arch position	Angry cat, jump to front support, turn to rear support, sit in L, touch toes and return to L, Lie down, bent knee dish hold 10 sec.

Level 2	Delta Pre Level 2 (No Floor Music)
VAULT	
Approximately 10m run straight jump to 60cm and rebound jump to land on 20-30cm mat	10m run to straight jump to 60cm(to land on toes on box)
Step or lunge to handstand on board and land on back to 30cm super soft mat	
BARS	
From dish hold 2 sec - 3 x re-grip tuck swings	From dish hold 2 sec - 2 x re-grip tuck swings to dish or to floor
Jump to front support	Jump to front support
Casts x 2 in series (toes to bar height)	2 x cast (hips off bar)
Roll forward through controlled tuck to stand hold for 2 sec	Roll forward to controlled tuck to stand (tuck position marked, but not held)
BEAM	
Jump to front support, lift leg over to straddle sit, swing legs back to squat and stand on beam	Jump to front support, lift leg over to straddle sit, lift legs back and hook toes to squat and stand on beam
Step to arabesque, hold straight line	Step to arabesque (chest does not have to be horizontal)
4 x walk forwards in releve	4 walks forwards in releve
Straight Jump	Straight Jump
2 x passé steps, half turn on 2 feet, finish holding releve	Half turn on 2 feet (arms in 5th)
Straight jump dismount from end of beam (landing surface no greater than 30cm below height of beam)	Straight jump dismount from side or end of beam (landing surface no greater than 30cm below height of beam)
FLOOR	
Handstand step down to lunge	Lunge to L Handstand, return to lunge
Forward entry cartwheel to side	Forward entry cartwheel to side
Tuck forward roll immediate forward roll	Tuck forward roll to tuck position hold 2 sec, stand
Releve ½ turn on 2 feet	Releve ½ turn on 2 feet
Step hops x 2, Spring steps x 2	Step hops x 2, Spring steps x 2
Step into straight jump, tuck jump	Straight Jump Tuck Jump (no connection)
Backward roll to angry cat, jump to front support, lower to floor and roll to back, push to bridge, lie down	Backward roll to angry cat (small slope if needed) jump to front support, lower to floor, push through to cat stretch (shoulder stretch, chin & armpits to floor, hips on top of knees – if not performed correctly DO NOT DO BRIDGE)

Level 3	Delta Pre Level 3 (No Floor Music)
VAULT	
Run, handspring flat back to 60cm	Handstand Flat back
BARS	
From dish hold glide swing	3 x re-grip bent knee swing with open to straight body dish at back <i>(could be done on HB if very tall)</i>
Pullover to front support	Pullover to front support
Cast (toes to bar height)	Cast (toes to bar height)
Back hip circle	Back hip circle (can be spotted) OR Spotted Tip Around – <i>No deduction applies</i>
Underswing or toeshoot	Toeshoot to feet OR underswing <i>(Can do from box put one foot on bar then other)</i>
Jump from box to HB, 3 long swings, release at back of 3 rd swing	No HB swings
BEAM	
Jump to front support, lift leg over to straddle sit, lift to mark clear straddle position, back to straddle sit, swing legs back to squat, stand on beam	Jump to front support, lift leg over to straddle sit, swing legs back to squat, stand on beam
Forward kicks x 2	Forward kicks x 2
Backward kicks x 2	Backward kicks x 2
2 x Straight Jumps in series	Straight Jump
Forward entry, kick to 'L' handstand, step out to lunge	Lunge ironing board touch, 2 x monkey, return back to lunge <i>(does not need to go to vertical, base leg must push straight)</i>
Passé ½ turn on 1 foot and half turn on 2 feet, releve hold	Passé ½ turn on 1 foot and hold releve 3 sec
2-3 steps, punch jump dismount from end of beam	2-3 steps, punch jump dismount from end of beam
FLOOR	
Forward entry cartwheel, cartwheel ¼ turn to step in	Forward entry Cartwheel ¼ turn to step in
Split Jump (90°)	Stride jump
Backward roll	Backward roll to tuck or straddle
Bridge kickover	Cat Stretch OR Bridge (on box) OR Bridge (on floor) – <i>only recommended if Cat stretch arm pits flat on the ground)</i>
Forward contraction	Forward contraction
Handstand forward roll	Handstand return to stand, forward roll
2 x step kicks	2 x step kicks
2 x step hops	2 x step hops
2 springs on each leg	2 springs on each leg
½ turn on 1 foot, ½ turn on 2 feet	½ turn on 1 foot, ½ turn on 2 feet

Level 4	Delta Pre Level 4
VAULT	
Run, handspring to back to 90cm	Handspring to back 60cm-90cm
BARS	
Glide Swings x 2 (may straddle legs)	Glide Swing
Pullover to front support	Pullover to front support
Cast (toes to bar height)	Cast (toes to bar height)
Back hip circle	Back hip circle
Climb onto Tuck stand OR Cast squat on, jump to HB	Toeshoot to feet OR underswing
2 long swings, pullover on 3 rd swing	(Optional climb on, jump to high bar)
Underswing or Toeshoot	Jump from Box, 3 long swings, release at back of 3 rd swing (optional swings into pullover)
BEAM	
Jump to front support, lift leg over to clear straddle position, back to straddle sit, swing legs back to squat, stand on beam	Jump to front support, lift leg over to straddle sit, swing legs back to squat, stand on beam
Leap drill (dominant leg only)	Leap drill (dominant leg only)
2 x passes ½ turns on same foot, releve hold	Passé ½ turn on 1 foot and turn on 2 feet releve hold 3 sec (optional 2 x passe ½ turn on same foot, releve hold)
Straight jump, split jump	Straight Jump, Straight Jump connection
Kick to Handstand-step in	Split Jump
Standing straight jump backwards from end of beam	Forward entry, kick to balanced split handstand, step out to lunge
	Standing straight jump backwards from end of beam
FLOOR	
Backward roll series (2 x tuck backward rolls)	Backward roll series (2 x tuck backward rolls)
Roundoff Rebound	Step/Jump hurdle Roundoff Rebound
Full turn on one foot	Full turn on one foot
Split leap (135)	Chasse step stride leap (hold leap landing position, step through plie to finish)
Handspring to two feet rebound	Step/jump hurdle Cartwheel, Cartwheel step in
Straight jump, split jump	Straight jump, split jump
Backward walkover or tic toc	Bridge Kickover (top leg must be straight & shoulders pushed past wrists before kicking over) (Optional BWD Walkover)