



## **Peacocks**

### **Christmas Competition Routines**

#### **Floor**

Round-off, Flip, tuck back or straight back (bonus)  
Run, Jump Dive Roll  
Chasse Split leap  
Handstand 1/1 pirouette  
Wolf Jump ½ turn  
Tuck Jump full turn  
Tick-Tock  
Roll to splits  
Pike backward Roll  
Handspring, run jump front somi – or Handspring front (bonus)

#### **Beam**

Forward Roll mount  
Cat leap, split jump  
Full Spin  
½ turn  
Free roll, cartwheel  
Wolf jump  
Tuck Jump ½ turn  
Back Walkover or Backflip (bonus)  
½ turn, run jump front somi

#### **Bars**

Upstart  
Clear hip Circle  
Float Upstart  
Pike on / Shoot to Catch (bonus)  
Long upstart  
Flyaway - Pike (bonus)

#### **Vault**

½ on ½ off @ 125cm to stand, 2 springboards permitted