

Jnr IMP Level 1 Floor

Element	Description	Performance Considerations
	<ol style="list-style-type: none">1) Held for 2 seconds, present arms out to the side horizontally, shoulder blades together, palms facing the floor2) 3 steps, kick to handstand forward roll, immediate ½ turn jump3) Cartwheel, cartwheel ¼ turn inwards4) Backward roll to pike stand5) Step into handstand forward roll6) Immediate straddle jump to land7) Run into dive forward roll8) To finish, present arms out to the side horizontally, shoulder blades together, palms facing the floor	

Jnr IMP Level 2 Floor

Element	Description	Performance Considerations
	<ol style="list-style-type: none">1) Held for 2 seconds, present arms out to the side horizontally, shoulder blades together, palms facing the floor2) 3 steps, dive forward roll to stand, immediate ½ turn jump3) Cartwheel, cartwheel ¼ turn inwards4) Backward roll to pike stand5) Step into handstand forward roll6) Immediate straddle jump to land7) Hurdle step roundoff, rebound to land8) To finish, present arms out to the side horizontally, shoulder blades together, palms facing the floor	

Jnr IMP Level- 1 Vault

Description	Performance Considerations
<p>Springboard onto 30cm +/- 10cm safety mat using 10cm landing mat (6m x 2m x 10cm)</p> <p>From a short run:</p> <p>Dive roll to stand</p>	

Jnr IMP Level 2- Vault

Description

Springboard onto 30cm +/- 10cm safety mat using 10cm landing mat (6m x 2m x 10cm)

From a short run:

Front somersault to land

Jnr IMP level 1 PARALLEL BARS

Description	Performance Considerations
<p>Bar Height – 170cm – 10cm landing mat permitted.</p> <p>Springboard is permitted</p> <ol style="list-style-type: none">1) From stand, jump to momentary support and2) lift to tuck half lever (2 sec)3) Cast into4) Swings towards horizontal5) Swings towards horizontal6) Swings towards horizontal7) On 4th swing backwards and drop between bars to land	

Jnr IMP level 2 PARALLEL BARS

Description	Performance Considerations
<p>Bar Height – 170cm – 10cm landing mat permitted.</p> <p>Springboard is permitted</p> <ol style="list-style-type: none">1) From stand, jump to momentary support and2) lift to half lever (2 sec)3) Lift towards Russian4) Cast into5) Swings towards horizontal6) Swings towards horizontal7) Swings towards horizontal8) On 4th swing backwards and drop between bars to land	

Jnr IMP level 1 Low Bar

Description	Bonus
<p>Start in support</p> <ol style="list-style-type: none">1. 5 Fish swings2. Let go and land	

Jnr IMP level 2 HIGH BAR (GLOVES AND LOOPS)

Description	Performance Considerations
<p>Start in still hang</p> <ol style="list-style-type: none">1) Chin up, circle up2) Cast into3) Backwards swing towards handstand4) Forward swing towards handstand5) Backward swing towards handstand6) Forward swing towards handstand7) Backwards swing towards handstand	<p>Back hip circle</p>