

SNR IMP level 2 Floor

Description	Bonus
<ol style="list-style-type: none"><li>1. Held for 2 seconds, arms out horizontally palms facing the floor</li><li>2. Short run to middle, Handspring</li><li>3. Run to end, Tuck front</li><li>4. Cartwheel, Cartwheel ¼ step in</li><li>5. Backward roll to handstand</li><li>6. Short run, Roundoff rebound</li><li>7. Full turn jump</li><li>8. Present</li></ol>	<ul style="list-style-type: none"><li>• Flic +0.2</li><li>• Tuck back +0.2</li><li>• Backward roll to handstand +0.2</li></ul>

SNR IMP level 1 Floor

Description	Bonus
<p>9. Held for 2 seconds, arms out horizontally palms facing the floor</p> <p>10. Short run, handspring</p> <p>11. Handstand forward roll, immediate half turn jump</p> <p>12. Cartwheel, Cartwheel ¼ step in</p> <p>13. Backward roll to front support</p> <p>14. Short run, Roundoff rebound</p> <p>15. Backwards roll to stand</p> <p>16. Present</p>	<ul style="list-style-type: none"><li>• Flic +0.2</li><li>• Tuck back +0.2</li><li>• Tuck Front +0.2</li><li>• Backward roll to handstand +0.2</li></ul>

**SNR IMP level 1 VAULT**

<b>Description</b>	<b>Bonuses</b>
Springboard onto 30cm +/- 10cm safety mat using 10cm landing mat (6m x 2m x 10cm)  From a short run:  Tuck front to land	Pike front +0.5

**SNR IMP level 2 VAULT**

<b>Description</b>	<b>Bonuses</b>
<p>Springboard onto 30cm +/- 10cm safety mat using 10cm landing mat (6m x 2m x 10cm)</p> <p>From a short run:</p> <p>Tuck front rebound into dive roll to stand</p>	

SNR IMP Level 1 PARALLEL BARS

Description	Bonuses
<p>Springboard is permitted</p> <ol style="list-style-type: none"><li>1) Jump to support at end of the bars,</li><li>2) Walk to middle of the bars on hands, hold support for 2 seconds</li><li>3) lift to half lever (2 sec)</li><li>4) Cast into</li><li>5) Swings towards handstand</li><li>6) Swings towards handstand</li><li>7) Swings towards handstand</li><li>8) On 4<sup>th</sup> swing front vault dismount over side to land</li></ol>	<p>Upstart +0.5</p>

**SNR IMP level 2 PARALLEL BARS**

Description	Bonuses
<p>Springboard is permitted</p> <ol style="list-style-type: none"> <li>1) Upstart to support</li> <li>2) lift to half lever (2 sec)</li> <li>3) Lift towards Russian lever</li> <li>4) Cast into</li> <li>5) Swings towards handstand</li> <li>6) Swings towards handstand</li> <li>7) Swings towards handstand</li> <li>8) On 4<sup>th</sup> swing front vault dismount over side to land</li> </ol>	<p>Handstand hold (2 seconds) +0.2</p> <p>Upstart to ½ lever +0.2</p>

**SNR IMP level 1 HIGH BAR (GLOVES AND LOOPS)**

<b>Description</b>	<b>Bonus</b>
<p>Start in hang</p> <ol style="list-style-type: none"><li>1) Chin up, circle up</li><li>2) Cast away in swing towards horizontal</li><li>3) Backwards swing towards horizontal</li><li>4) Forward swing towards horizontal</li><li>5) Backward swing towards horizontal</li><li>6) Forward swing towards horizontal</li><li>7) Backwards swing towards horizontal</li></ol>	

SNR IMP level 2 HIGH BAR (GLOVES AND LOOPS)

Description	Bonus
<p>Start in hang</p> <ol style="list-style-type: none"><li>1) Chin up, circle up</li><li>2) Cast back hip circle, undershoot</li><li>3) Backwards swing towards handstand</li><li>4) Forward swing towards handstand</li><li>5) Backward swing towards handstand</li><li>6) Forward swing towards handstand</li><li>7) Backwards swing towards handstand</li></ol>	<p><b>Giant- +1 mark</b></p>