

2007 North Carolina Rookie Prep Optional Allowable N's & A's:

Bars:	N's	A's
Mounts:	<ul style="list-style-type: none"> • Jump to front support • Pull-Over • Glide single leg kip 	<ul style="list-style-type: none"> • Glide Kip • Kip Stoop Through (Jam) • Switch Glide Kip
Circling Elements	<ul style="list-style-type: none"> • Mill Circle-forward or backward • Backwards Knee Circle 	<ul style="list-style-type: none"> • Back Hip Circle • Front Hip Circle • Tuck Sole Circle • Pike Sole Circle • Straddle Sole Circle • Seat Circle
Casts	<ul style="list-style-type: none"> • Flank Cut • Single Leg Shoot • Cast below or at 45° 	<ul style="list-style-type: none"> • Cast Squat on • Cast from 44°-within 10° of vertical.
Kips		<ul style="list-style-type: none"> • Glide Kip • Basket • Reverse grip kip • Push Away Kip
Dismounts	<ul style="list-style-type: none"> • Forward Roll Off • Back roll (Dislocate off?) • Cast Push Away • Squat on - Jump Off 	<ul style="list-style-type: none"> • Sole Circle Dismounts (low or high bar) • Sole Circle off with or 1/1 turn • Underswing • Level 5 Swing half Turn Dismount
Beam:	N's	A's
Mounts	<ul style="list-style-type: none"> • Jump to front support • Swing to a squat (Level 4 mount) 	<ul style="list-style-type: none"> • Chest Stand • Free Jump to Stand • Scissors Leap • Stride Leap turn • Jump to Straddle
Jumps & Leaps	<ul style="list-style-type: none"> • Chasse • Assemble • One foot hop 	<ul style="list-style-type: none"> • Wolf Hop • Sissone • Split leap/Jump • Stag Split • Stag ring • Cat Leap • Hitchkick forward or backward • Arch Stretch Jump • Straight Jump • Tuck Jump • Cabriole (front or back) • Changement
Turns	<ul style="list-style-type: none"> • pivot turn • kick turn • swing turn • squat turn • turn on 1 foot 	<ul style="list-style-type: none"> • Full Turn on 1 foot • Full turn in knee scale • Half turn in prone
Waves		<ul style="list-style-type: none"> • Forward BW • Backward BW • Sideward BW
Balancing Holds (2 sec balance hold)	<ul style="list-style-type: none"> • Knee Scale • Candlestick • Arabesque 	<ul style="list-style-type: none"> • Scale • Free lying at end or side of Beam • Stand on 1 leg (whole foot) leg ⊥90° • Needle Scale • Free Knee Scale
Rolls		<ul style="list-style-type: none"> • Forward • Backward

		<ul style="list-style-type: none"> • Shoulder roll forward (not through vertical) or backward with hand support • Whip Roll (from sit not handstand) • Handstand Swing Down
Cartwheels & Handstands	<ul style="list-style-type: none"> • Three/quarter Handstand 	<ul style="list-style-type: none"> • Cartwheel • Vertical Handstand (will count @ Prep 1 as a forward element) • Cartwheel to side Handstand • Back Walkover • Front Walkover • Tick-Tock • Valdez
Dismounts	<ul style="list-style-type: none"> • Tuck Jump off • Straddle Jump off • Stretch Jump off • Cartwheel Side Handstand (no turn) • Cartwheel side handstand 1/4 turn off 	<ul style="list-style-type: none"> • Front Handspring • Cartwheel 1/4 to cross stand at end of beam • Cartwheel 3/4 to cross stand at end of beam
Floor	N's	A's
Jumps & Leaps	<ul style="list-style-type: none"> • Chasse • Assemble • One foot hop • Changement • Fouette 	<ul style="list-style-type: none"> • Straight Jump also w/ 1/2 and 1/1 turn • Wolf Hop • Backward or forward cabriole • Wolf Jump • Switch wolf (stride leap forward with change of legs to wolf position) • Sissone • Split leap/Jump • Stag Split • Double Stag (back leg below head Ht.) • Cat Leap • Hitchkick • Tuck Jump
Turns	<ul style="list-style-type: none"> • on one foot • Chainee • Sit Turn 	<ul style="list-style-type: none"> • 1/1 on one foot
Waves	□	<ul style="list-style-type: none"> • Forward Body Wave
Holds (2 sec) & Handstands	<ul style="list-style-type: none"> • Scale not on toe • Head Stand • Arabesque • Splits 	<ul style="list-style-type: none"> • Forward Scale on toe • Kick or Press Handstand • Jump to Handstand • Handstand or 1/1 turn
Rolls	<ul style="list-style-type: none"> • Side Roll 	<ul style="list-style-type: none"> • Forward Roll • Backward Roll • Dive Forward Roll (considered flight element @ all levels) • Back Extension Roll • Handstand Forward Roll
Walkovers, Cartwheels & Handsprings	<ul style="list-style-type: none"> • Front Limber • Back Limber • Bridge Kickover 	<ul style="list-style-type: none"> • Front Walkover • Back Walkover • Valdez • Front Handspring • Aerial Cartwheel • Cartwheel • Dive Cartwheel • Roundoff • All Back Handsprings