

SKILL REQUIREMENTS: National Categories

Note: 32 count do NOT count as a compulsory for this competition, it turns into an aerobic block of choreography

	MINI	CADET	JUNIOR	YOUTH	ADULT
COMPULSORY ELEMENTS	3	3	3	3	3
PUSH-UP GROUP	Min. 1 – Max. 2	Min. 1 – Max. 2	Min. 2 – Max. 3	Min. 2 – Max. 3	Min. 2 – Max. 4
STATIC STRENGTH GROUP	Min. 1 – Max. 2	Min. 1 – Max. 3	Min. 1 – Max. 3	Min. 2 – Max. 3	Min. 2 – Max. 3
JUMP GROUP	Min. 4 – Max. 6	Min. 5 – Max. 7	Min. 5 – Max. 7	Min. 5 – Max. 7	Min. 5 – Max. 8
FLEXIBILITY GROUP	Min. 1 – Max. 2	Min. 1 – Max. 3	Min. 1 – Max. 3	Min. 1 – Max. 3	Min. 1 – Max. 2
TOTAL ELEMENTS PER ROUTINE <i>(Including Compulsories)</i>	Min. 10 – Max. 12	Min. 11 – Max. 13	Min. 12 – Max. 13	Min. 13 – Max. 15	Min. 13 – Max. 16

NATIONAL STREAM SKILLS CHART

NATIONAL STREAM SKILLS & COMPULSORIES CHART

The below skills & compulsories are applicable for use in the 2023 National Stream routines.

ELEMENT	Value	X-Mini Ind & Pairs & Teams	Pre-Mini Ind	Mini Ind & Pairs & Teams	Cadet Nov Ind	Cadet Adv Ind & Pairs & Trios	Junior Nov Ind	Junior Adv Ind & Pairs & Trios	Youth Nov Ind	Youth Adv Ind & Pairs & Trios	Adult Nov Ind	Adult Pairs & Trios	Adult Adv Ind
PUSH UPS													
Two Arm Push Up on Knees	0.5	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Two Arm Triceps Push Up on Knees	0.5	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Two Arm Push Up	0.5	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Two Arm Triceps Push Up	1		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Two Arm Triceps Hinge	1.5		✓	✓		✓		✓	✓	✓	✓	✓	✓
Two Arm Triceps Double Hinge	1.5					✓		✓	✓	✓	✓	✓	✓
Free Fall From Knees to Pushup Landing on Knees	0.5					✓	✓	✓	✓	✓	✓	✓	✓
Free Fall From Standing to Push Up Landing	1						✓		✓	✓	✓	✓	✓
Two Arm Circular (Lateral) Hinge	2							✓	✓	✓	✓	✓	✓
One Arm Push Up Right	2.5							✓		✓		✓	✓
One Arm Push Up Left	2.5							✓		✓		✓	✓
One Arm Triceps Push Up Right	3											✓	✓
One Arm Triceps Push Up Left	3											✓	✓
STATIC													
Tuck Press	0.5	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pike Press Bottom Lift Only	0.5	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Straddle Press Bottom Lift Only	0.5	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pike Press	1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Straddle Press (one hand in front)	1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Straddle Press (both hands in front)	1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Two Arm Supported Planche Open	1			✓				✓		✓		✓	✓
Two Arm Supported Planche Closed	1.5			✓				✓		✓		✓	✓
Two Arm Supported Split Planche	1							✓		✓		✓	✓
Pike Press 180 Turn	1.5					✓				✓		✓	✓
Straddle Press 180 Turn	1.5					✓				✓		✓	✓
Pike Press 360 Turn	2									✓		✓	✓
Straddle Press 360 Turn	2									✓		✓	✓
V Press Open	2			✓				✓		✓		✓	✓
One Arm Planche Open	2											✓	✓
One Arm Planche Closed	2.5											✓	✓

ELEMENT	Value	X-Mini Ind & Pairs & Teams	Pre-Mini Ind	Mini Ind & Pairs & Teams	Cadet Nov Ind	Cadet Adv Ind & Pairs & Trios	Junior Nov Ind	Junior Adv Ind & Pairs & Trios	Youth Nov Ind	Youth Adv Ind & Pairs & Trios	Adult Nov Ind	Adult Pairs & Trios	Adult Adv Ind
FLEXIBILITY													
Prone Straddle Sit	0.5	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Supine Straddle Sit	0.5	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Prone Straddle <u>SPLIT</u>	1			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Supine Straddle <u>SPLIT</u>	1			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Front Split Right	1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Front Split Left	1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Front Split Right & Left Sides Consecutively	2					✓		✓		✓		✓	✓
Front Split Left & Right Sides Consecutively	2					✓		✓		✓		✓	✓
Split Rotation	3											✓	✓
Needle Point Right	1			✓		✓	✓	✓	✓	✓	✓	✓	✓
Needle Point Left	1			✓		✓	✓	✓	✓	✓	✓	✓	✓
Supine Split Right	1			✓		✓	✓	✓	✓	✓	✓	✓	✓
Supine Split Left	1			✓		✓	✓	✓	✓	✓	✓	✓	✓
Standing Front Split Right	1.5							✓		✓		✓	✓
Standing Front Split Left	1.5							✓		✓		✓	✓
Sit Through	2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Standing Front Split Right & Left Sides Consecutively	3									✓		✓	✓
Standing Front Split Left & Right Sides Consecutively	3									✓		✓	✓
JUMPS													
Straight Jump	0.5	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pirouette Jump 180 Turn	1		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pirouette Jump 360 Turn	1.5			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Air Jack	0.5	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Air Jack to Prone Straddle Sit Landing	0.5		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Air Jack to Prone Straddle <u>SPLIT</u> Landing	1					✓		✓		✓		✓	✓
Air Jack to Front Split Landing	1			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pirouette Jump 180 Turn to Prone Straddle Sit Landing	0.5			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pirouette Jump 180 Turn to Prone Straddle <u>SPLIT</u> Landing	1					✓		✓		✓		✓	✓
Pirouette Jump 180 Turn to Front Split Landing	1			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Front Leap	0.5		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Straddle Leap	0.5		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cossack Leap	1		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cossack Leap to Prone Straddle Sit Landing	0.5					✓		✓		✓		✓	✓
Cossack Leap to Prone Straddle <u>SPLIT</u> Landing	1					✓		✓		✓		✓	✓
Cossack Leap to Front Split Landing	1					✓		✓		✓		✓	✓

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Jumps (Cont.)													
Pike Leap	2									✓		✓	✓
Pike Leap to Prone Straddle Sit Landing	1.5									✓		✓	✓
Pike Leap to Prone Straddle <u>SPLIT</u> Landing	2									✓		✓	✓
Pike Leap to Front Split Landing	2									✓		✓	✓
Tuck Jump	1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Tuck Jump to Prone Straddle Sit Landing	0.5		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Tuck Jump to Prone Straddle <u>SPLIT</u>	1					✓		✓		✓		✓	✓
Tuck Jump to Front Split Landing	1			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Tuck Jump 180 Turn	1.5					✓	✓	✓	✓	✓	✓	✓	✓
Tuck Jump 180 Turn to Prone Straddle Sit Landing	1					✓		✓	✓	✓	✓	✓	✓
Tuck Jump 180 Turn to Prone Straddle <u>SPLIT</u> Landing	1.5					✓		✓		✓		✓	✓
Tuck Jump 180 Turn to Front Split Landing	1.5							✓	✓	✓	✓	✓	✓
Tuck Jump to Push Up Landing	1.5							✓		✓		✓	✓
Tuck Jump 180 Turn to Push Up Landing	2									✓		✓	✓
Tuck Jump 360 Turn	2									✓		✓	✓
Tuck Jump 360 Turn to Prone Straddle Sit Landing	1.5					✓		✓	✓	✓	✓	✓	✓
Tuck Jump 360 Turn to Prone Straddle <u>SPLIT</u> Landing	2							✓		✓		✓	✓
Tuck Jump 360 Turn to Front Split Landing	2									✓		✓	✓
Pirouette Jump 360 Turn to Prone Straddle Sit Landing	1							✓	✓	✓	✓	✓	✓
Pirouette Jump 360 Turn to Prone Straddle <u>SPLIT</u> Landing	1.5							✓		✓		✓	✓
Pirouette Jump 360 Turn to Front Split Landing	1.5							✓	✓	✓	✓	✓	✓
Front Split Jump	3					✓		✓	✓	✓	✓	✓	✓
Front Split Jump to Prone Straddle Sit Landing	2							✓	✓	✓	✓	✓	✓
Front Split Jump to Prone Straddle <u>SPLIT</u> Landing	3							✓		✓		✓	✓
Front Split Jump to Front Split Landing	3							✓	✓	✓	✓	✓	✓
Front Split Jump 180 Turn	3.5								✓	✓	✓	✓	✓
Front Split Jump 180 Turn to Prone Straddle Sit Landing	3								✓	✓	✓	✓	✓
Front Split Jump 180 Turn to Prone Straddle <u>SPLIT</u> Landing	3.5								✓	✓	✓	✓	✓
Front Split Jump 180 Turn to Front Split Landing	3.5								✓	✓	✓	✓	✓
Front Split Jump to Push Up Landing	4								✓	✓	✓	✓	✓
Cossack Jump	2.5	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cossack Jump to Prone Straddle Sit Landing	2						✓	✓	✓	✓	✓	✓	✓
Cossack Jump to Prone Straddle <u>SPLIT</u> Landing	2.5					✓		✓		✓		✓	✓
Cossack Jump to Front Split Landing	2.5					✓	✓	✓	✓	✓	✓	✓	✓

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Jumps (Cont.)													
Cossack Jump 180 Turn	3							✓		✓	✓	✓	✓
Cossack Jump 180 Turn to Prone Straddle Sit Landing	2.5							✓		✓	✓	✓	✓
Cossack Jump 180 Turn to Prone Straddle <u>SPLIT</u> Landing	3							✓		✓	✓	✓	✓
Cossack Jump 180 Turn to Front Split Landing	3							✓		✓	✓	✓	✓
Cossack Jump 360 Turn	3.5									✓	✓	✓	✓
Cossack Jump 360 Turn to Prone Straddle Sit Landing	3									✓	✓	✓	✓
Cossack Jump 360 Turn to Prone Straddle <u>SPLIT</u> Landing	3.5									✓	✓	✓	✓
Cossack Jump 360 Turn to Front Split Landing	3.5									✓	✓	✓	✓
Pike Jump	3.5									✓	✓	✓	✓
Pike Jump to Prone Straddle Sit Landing	3									✓	✓	✓	✓
Pike Jump to Prone Straddle <u>SPLIT</u> Landing	3.5									✓	✓	✓	✓
Pike Jump to Front Split Landing	3.5									✓	✓	✓	✓
Straddle Jump	3.5					✓	✓	✓	✓	✓	✓	✓	✓
Straddle Jump to Prone Straddle Sit Landing	3					✓	✓	✓	✓	✓	✓	✓	✓
Straddle Jump to Prone Straddle <u>SPLIT</u> Landing	3.5					✓	✓	✓	✓	✓	✓	✓	✓
Straddle Jump to Front Split Landing	3.5					✓	✓	✓	✓	✓	✓	✓	✓
Straddle Jump 180 Turn	4							✓		✓	✓	✓	✓
Straddle Jump 180 Turn to Prone Straddle Sit Landing	3.5							✓		✓	✓	✓	✓
Straddle Jump 180 Turn to Prone Straddle <u>SPLIT</u> Landing	4							✓		✓	✓	✓	✓
Straddle Jump 180 Turn to Front Split Landing	4							✓		✓	✓	✓	✓
Straddle Jump to Push Up	4							✓		✓	✓	✓	✓
Straddle Jump 180 Turn to Push Up Landing	4.5							✓		✓	✓	✓	✓
Front Jete	1.5			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Front Switch Jete	3							✓		✓	✓	✓	✓
Front Switch Jete to Prone Straddle Sit Landing	2.5									✓	✓	✓	✓
Front Switch Jete to Prone Straddle <u>SPLIT</u> Landing	3									✓	✓	✓	✓
Front Switch Jete to Front Split Landing	3									✓	✓	✓	✓
Half Turning Front Switch Jete (180 Turn)	3.5									✓	✓	✓	✓
Half Turning Front Switch Jete to Prone Straddle Sit	3									✓	✓	✓	✓
Half Turning Front Switch Jete to Prone Straddle <u>SPLIT</u>	3.5									✓	✓	✓	✓
Half Turning Front Switch Jete to Front Split Landing	3.5									✓	✓	✓	✓
Straddle Jete	1.5			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Straddle Switch Jete	3.5							✓		✓	✓	✓	✓
Straddle Switch to Prone Straddle Sit Landing	3									✓	✓	✓	✓
Straddle Switch to Prone Straddle <u>SPLIT</u> Landing	3.5									✓	✓	✓	✓
Straddle Switch to Front Split Landing	3.5									✓	✓	✓	✓