

2019 SSF Snowflake Festival Routine

	Boys level 1	Boys level 2
Vault	Salute. Run, punch, controlled straight jump, stick, stretch. Salute.	Salute. Run, punch, forward roll on to one 8-incher + incline, stick, finish. Salute.
Bar	<ul style="list-style-type: none"> • Jump to front support OR pullover to front support • 3 tight –body casts • Fwd roll to chin– hang, stand, stretch. Salute 	<ul style="list-style-type: none"> • Salute. Pullover to front support. • Cast back hipcircle • Cast to push away dismount OR sole-circle dismount, stick. Stretch, Salute.
Trampoline	<ul style="list-style-type: none"> • Salute. Walk to center of tramp. • Tuck jump, tuck jump, • Straddle jump, straddle jump, • Seat drop, stick, stretch. Salute. 	<ul style="list-style-type: none"> • Salute. Walk to center of tramp. • Tuck jump, tuck jump, • Straddle jump, straddle jump, • Seat drop, stretch bounce • Seat drop, 1/2 turn, stick, stretch. Salute.
Floor	<u>No Music</u> <ul style="list-style-type: none"> • Salute. • 3/4 handstand, lunge, finish • Cartwheel, lunge, finish • Backward roll tucked (down incline), stand, finish • 1/2 jump turn • Candlestick (hold 1 sec.), forward roll, stand , finish • 2 Steps forward • Tuck jump • Step forward. pose, finish • Salute 	<u>No Music</u> <ul style="list-style-type: none"> • Salute. • Handstand, lunge, finish • Cartwheel, lunge, finish • Backward roll tucked stand, finish • Candlestick (hold 1 sec.), forward roll, stand , finish • 2 Steps forward • Hold scale • Tuck jump • Step forward. pose, finish • Salute