



Northern Champs Routines

Graded Games & Synchro

Under 9's	Under 11's
½ Twist Jump	½ Twist Jump
Straddle Jump	Straddle Jump
Swivel Hips ½ Twist to Feet	Swivel Hips ½ Twist to Feet
Pike Jump	Pike Jump
Front Drop To Feet	Back Drop ½ Twist To Feet
Tuck Jump	Tuck Jump
Full Twist Jump	Full Twist Jump

Under 13's	Under 15's, Under 17, Over 17
Full Twist	Full Twist
Straddle Jump	Straddle Jump
Swivel Hips ½ Twist to Feet	Swivel Hips half twist to feet
Pike Jump	Pike Jump
Back Drop ½ Twist to Feet	Back Drop ½ Twist to Feet
Tuck Jump	Tuck Jump
Front Somersault (T)	Front Somersault (T)

Voluntary

Subject to a difficulty limit 5.0

Championship Events

Under 11's

½ Twist Jump
Straddle Jump
Swivel Hips ½ twist to Feet
Pike Jump
Back Drop ½ Twist to Feet
Tuck Jump
Full Twist

Under 13's

Full Twist Jump
Straddle Jump
Swivel Hips ½ Twist to Feet
Pike Jump
Back Drop ½ Twist To Feet
Tuck Jump
Front Somersault (T)

Under 15s

Back Somersault (T)
Straddle Jump
Seat Drop ½ Twist to Feet
Full Twist
Pike Jump
Back Drop Half Twist to Feet
Tuck Jump
Front Somersault (P)

Under 17's & Over 17s

Back Somersault (P)
Straddle Jump
Back Somersault (T)
Barani (T)
½ Twist Jump
Pike Jump
Back S/S (T) to Seat Drop ½ Twist to Feet
Tuck Jump

Men's & Ladies

Back S/S (S)
Barani (S)
Back S/S (P)
Straddle Jump
Barani (P)
½ Twist Jump
Tuck Jump
Back S/S (T)
Crash Dive (S) Barani Ballout (T)

Voluntary: NO RESTRICTIONS