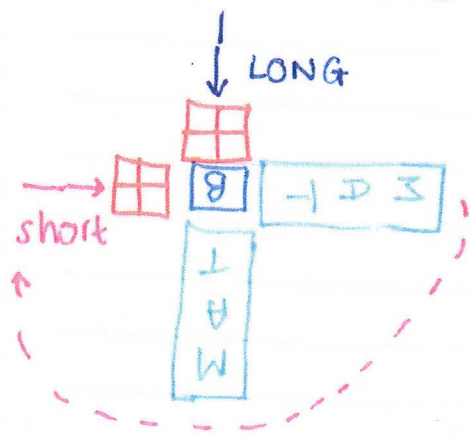


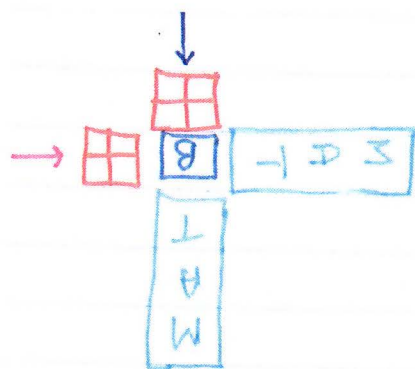
FAST HOCUS

Double deckers



Double deckers includes one from long and one from short. The one from side team should dive low where the one from long should dive high. The timing should be done by the short group. It will depend on who you are paired with.

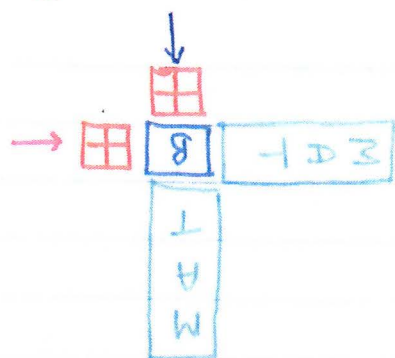
Kneel.



The kneels alternate. Long group kneels first and one person from the short group goes over. Long group dismounts then the next person in short group kneels with the long going over. The timing should be quick hence 'fast focus'.

should be repeated till all members have gone through.

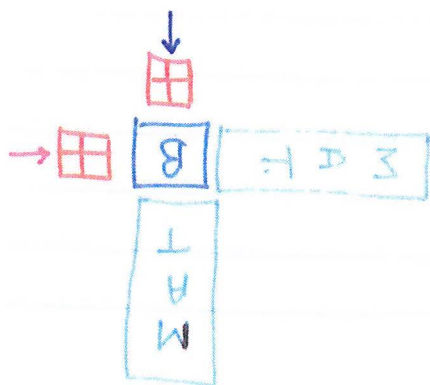
Lay.



Same as the kneels, lay alternates with the long group going through to lay on the mat. side group also goes through to lay on the mat. then vaults on the mat missing the person laying. side group then vaults to miss their person laying.

The long goes next for the next set of lays. Repeating till all members have gone through. If you are running odds the last person to lay must stay for two gymnasts to go through.

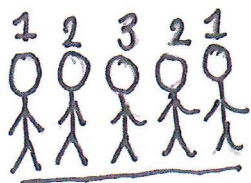
SIDE GROUP BOMB-BURST



The people who did stack join on the end. The **short** group do a bomb-burst, the timing must be quick and the vaults need to be varied. The first five need to wait by the mat for line out.

Long group lineout.

The first two people get on the mat by the back. The specific amount of **long group** go through. The next person gets on the mat. The **long group** goes over. Working the way up to five. The dismount goes:



All step off the mat.
 One gets called the two outer people roll out.
 two gets called then the next people in roll out and finally 3 gets called and the last person rolls out.

GYMNASTS DOING LINE OUT MUST LOOK FORWARD AND MUST NOT DUCK.

Routine finished.