

FLOOR & VAULT COMPETITION

ADVANCED ROUTINE YR 7+

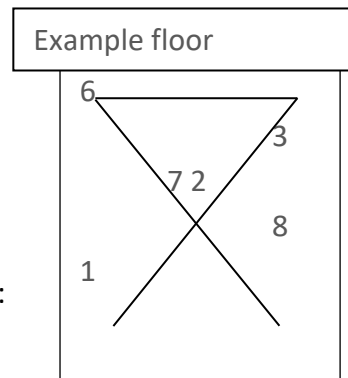
(BY COACH RECOMMENDATION)

Gymnasts Name.....

Gymnasts Class.....

Gymnasts must perform 8 skills, must include the following from list below:

1. One Non-Acrobatic Move
2. Two or more linked Acrobatic moves
3. Two linked jumps/leaps/spins, (can be linked by continuous steps or chasses)
4. One mixed series (linking Acrobatic move to a Jump, leap, spin)
5. One optional move



Gymnasts must use music with no vocals, music should be no less than 45sec no more than 70sec.
 Gymnasts may use extra moves but they will not be awarded, and deductions will still be counted.

ACROBATIC MOVES	NON-ACROBATIC MOVES	JUMPS, LEAPS, SPINS
Forward / backward rolls	Bridge – entry & exit optional	Cat leap, Cat leap ½ or full
Cartwheel (optional exit)	Shoulder stand (arms optional)	Full spin
1 handed cartwheel	V-sit (with/without arms)	W jump
Back / Forward Walkover	Arabesque	Straight jump full
Dive roll	Handstand	Tuck jump full
Back ward roll to handstand	Japana (flat back chest to floor)	Straddle jump
Handstand forward roll	Splits - any	Pike jump
Round off	Pike fold	Split leap
Backflick (optional exit)	Handstand pirouette full turn	
Handspring to 1 / to 2	Straddle lever	
Free cartwheel	Pike lever	
Front somi	Y balance	
Back somi (tucked / straight)		
Valdez		

VAULT: Gymnasts must perform 2 vaults best scoring Vault counted towards final score.

No. 1-.....

No. 2-.....