

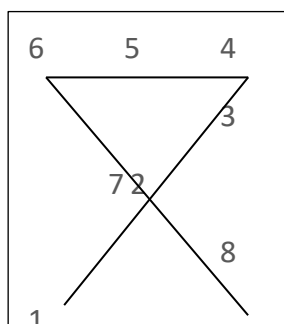
FLOOR & VAULT COMPETITION

YEAR 6 ROUTINE

MY FLOOR & VAULT PLAN

Gymnasts Name.....

Gymnasts Class.....



In an X shape:

- 1- Run/Spring entry Round off, star jump **OR**
Run/Spring entry Round off flick (0.5 bonus for flick)
- 2- Backwd roll straddle stand or Backwd roll straight leg stand
- 3- Wine glass or arabesque (in corner)
- 4- Handstand forward roll, jump full turn
- 5- Forward roll straddle stand,
- 6- Splits or bridge (from the straddle stand & should be in corner)
- 7- Cat leap, cartwheel (Connected)
- 8- Chasse 1 armed cartwheel **OR** free cartwheel (0.5 bonus)

VAULT

No. 1.....

No. 2.....