

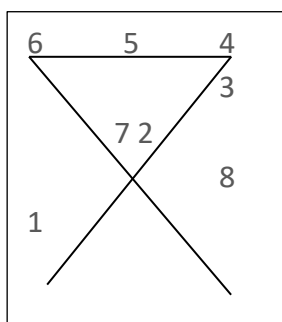
FLOOR & VAULT COMPETITION

YEAR 7+ ROUTINE

MY FLOOR & VAULT PLAN

Gymnasts Name.....

Gymnasts Class.....



In an X shape:

- 1- Start in divided kneeling, slide to **splits**, side roll out.
- 2- Run/Spring entry Round off, star jump **OR**
Run/Spring entry Round off flick/tuck (0.5 bonus for flick/tuck)
- 3- Wine glass or arabesque (in corner)
- 4- Handstand forward roll, jump full turn
- 5- Forward walkover or backward walkover*(can be a progression of either) *see below
- 6- Stretch in corner (straight shape)
- 7- Cat leap, cartwheel
- 8- Chasse 1 armed cartwheel **OR** free cartwheel (0.5 bonus)

*If doing backward walkover, turn so going in the direction of number 6.

VAULT

No. 1-.....

No. 2-.....