

FLOOR & VAULT COMPETITION

YEAR 3

FLOOR (down a strip):

- 1- Forward roll – Star jump
- 2- Forward roll to straddle stand
- 3- Quarter turn into splits OR sit into japana
- 4- Rock backwards and forwards to stand
- 5- Half turn jump – Backward roll – half turn jump
- 6- Cartwheel finishing in star shape

VAULT:

Squat on **OR** straddle on – immediate jump off*

**jump must be Straight , Star or Tuck jump*