

FLOOR & VAULT COMPETITION

YEAR 4 ROUTINE

FLOOR (down a strip):

- 1- Forward roll – Full turn jump
- 2- Roll back to shoulder stand (hold for 2 seconds) - Roll forward to stand
- 3- Cartwheel – chasse - Cartwheel $\frac{1}{4}$ turn in – backward roll to straddle stand (show flat back)
- 4- Jump to straight shape – Half turn jump
- 5- Half handstand (L shape)

VAULT:

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

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