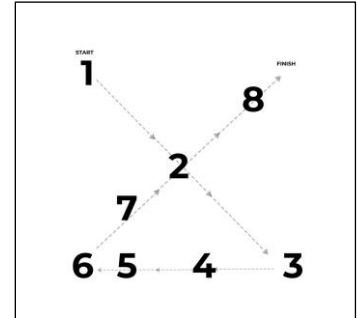


FLOOR & VAULT COMPETITION

YEAR 6 ROUTINE

FLOOR (in an X shape):

- 1- Spring entry or run - Round off - Star jump
OR Round off flic (*0.5 bonus for flic*)
- 2- Backward roll - Straddle stand
OR Backward roll - Straight leg stand
- 3- Y balance or Arabesque (in corner)
- 4- Handstand forward roll - Full turn jump
- 5- Forward roll - Straddle stand
- 6- Splits **OR** Bridge (from the straddle stand & should be in corner)
- 7- Cat leap immediate Cartwheel (connect to no.8)
- 8- Chasse - 1 arm Cartwheel **OR** Aerial cartwheel (0.5 bonus)



VAULT:

Squat through **OR** Straddle over

AND/OR:

Jump to handstand flatback **OR** Handspring