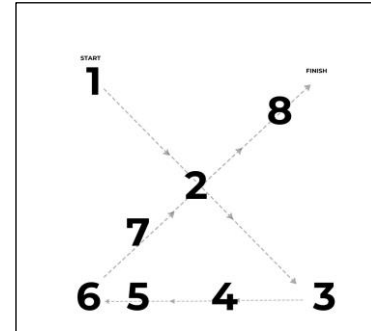


FLOOR & VAULT COMPETITION

YEAR 7+ ROUTINE



FLOOR (in an X shape):

- 1- Start in divided kneeling - slide to Splits - side roll out.
- 2- Spring entry/ run Round off - Star jump **OR**
Spring entry/ run Round off - Flic/ Tuck somersault (0.5 bonus for flic/ Tuck)
- 3- Y balance **OR** Arabesque (in corner)
- 4- Handstand forward roll – Full turn jump
- 5- Forward **OR** Backward walkover* (can be a progression of either) *see below
- 6- Straight shape (in corner)
- 7- Cat leap – Cartwheel (connect to no. 8)
- 8- Chasse - 1 arm Cartwheel **OR** Aerial Cartwheel (0.5 bonus)

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

VAULT

Squat through **OR** Straddle over

AND/OR:

Jump to handstand flatback **OR** Handspring