

FLOOR & VAULT COMPETITION

ADVANCED ROUTINE YR 7+

(by Coach recommendation)

Gymnasts must perform at least 8 skills, must include the following from list below:

1. One Individual skill
2. Two or more linked Acrobatic moves
3. Two linked Jumps/leaps/spins (can be linked by continuous steps or chasses)
4. One mixed series (e.g. linking acrobatic moves to jumps, leaps, spins)
5. One optional move from any of the three columns.

Gymnasts must use the full floor reaching all four corners at least once.

Gymnasts must use music with no vocals. Music should be no less than 45sec no more than 70sec (coaches will have music available in class for gymnasts to choose).

Gymnasts may include extra moves but they will not be awarded, and deductions will still be counted.

ACROBATIC MOVES	INDIVIDUAL SKILLS (hold static skills for 2 secs)	JUMPS, LEAPS, SPINS
Forward / backward rolls	Bridge (entry & exit optional)	Cat leap, Cat leap ½ or full turn
Cartwheel (optional exit)	Shoulder stand (arms optional)	Full spin
1 handed cartwheel	V-sit (with/without arms)	'W' jump
Back / Forward Walkover	Arabesque	Full turning Straight jump
Valdez	Y balance	Full turning Tuck jump
Backward roll to handstand	Handstand	Straddle jump
Handstand forward roll	Handstand pirouette full turn	Pike jump
Round off	Japana (flat back chest to floor)	Split leap
Back flic (optional exit)	Splits – any leg	
Handspring to 1 or 2	Pike fold	
Aerial cartwheel	Straddle lever	
Dive forward roll	Pike lever	
Front somersault (tuck/ pike/ straight)		
Back somersault (tuck / straight)		

VAULT:

Squat through / Straddle over / Handstand flatback to raised mats / Handspring

Gymnasts must perform 2 vaults (they can be the same or different). The best scoring vault counts towards the final score.

FLOOR PLAN FOR GYMNASTS

1 One Individual skill:

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2 Two or more linked Acrobatic moves:

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3 Two linked Jumps/leaps/spins (can be linked by continuous steps or chasses):

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4 One mixed series (e.g. linking acrobatic moves to jumps, leaps, spins):

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5 One optional move from any of the three columns:

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FLOOR PLAN