

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*

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)

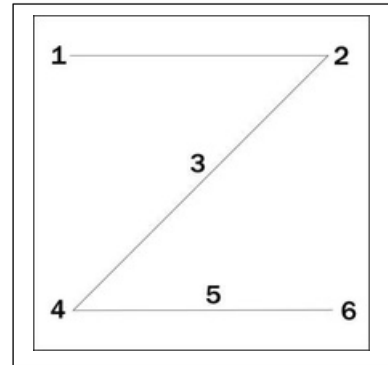
VAULT:

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

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

FLOOR & VAULT COMPETITION

YEAR 5 ROUTINE



FLOOR (in a Z shape):

1. Cat leap cartwheel, chasse, cartwheel $\frac{1}{4}$ turn
2. Drop back **OR** push up to bridge (hold for 2 secs) - Kick over/ Backwards walkover
3. Spring entry RO, half turn, Dive forward roll
4. Arabesque
5. Big step into Handstand
6. 2 x Chasse - jump feet together - Tuck jump - Full turn jump.

VAULT :

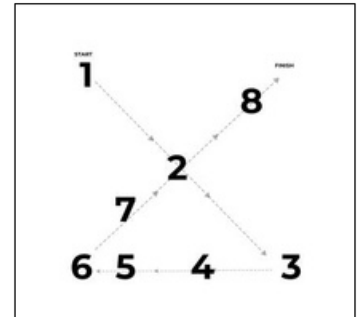
Squat through **OR** Straddle over

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:

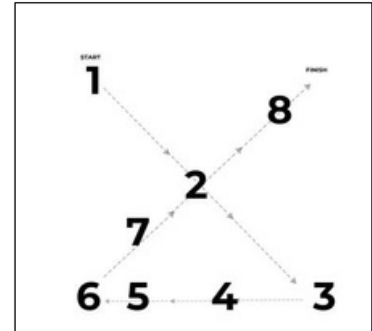
Squat through OR Straddle over

AND/OR:

Jump to handstand flatback OR Handspring

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