



Contact Us:  
Tel: 07988376268  
Email: GymStarz@hotmail.co.uk  
Website: www.gymstarz.co.uk

\*Over 8's Open Club Floor and Vault Competition\*

**Gymnastics for All**

Primary 2 Girls Routine:

**Floor - Start Value 10.00**

Stretch forward roll into an immediate stretch jump immediately into a forward roll with an immediate star jump, Chasse cat leap, Stretch jump  $\frac{1}{2}$  turn, Arabesque ( $90^\circ$  or above), Return to stand, Show Handstand back to stand (*now travelling towards the start position*), 2 consecutive cartwheels side to side, Second *cartwheel* with  $\frac{1}{4}$  turn inwards to finish with feet together (***This is not a Round Off!***). Stretch jump to land in squat, tuck rock back to shoulders to finish in squat (Must show squat position), Lie flat on their back, Dish shape, Hands on thighs (Hold 3 seconds), log roll to front, Arch Shape arms by ears (Hold 3 seconds), Circle arms around, Push to front support (Hold 3 seconds), Jump to squat, Stretch Jump to finish.

**Vault**

Layout squat on, stretch jump off vault at 1.10 meter - Tariff – 8.5

Primary 2 Boys Routine:

**Floor - Start Value 10.00**

Stretch forward roll into an immediate star jump, Arabesque hold for 3 seconds lower to floor and jump  $\frac{1}{4}$  turn, 2 consecutive cartwheels side to side, Second *cartwheel* with  $\frac{1}{4}$  turn inwards to finish with feet together (***This is not a Round Off!***),  $\frac{1}{2}$  spin (*still facing the same way as the start direction*), Show Handstand back to stand, jump  $\frac{1}{2}$  turn, (*this has changed the direction*), side leg lift ( *45 degrees* ) squat down and jump legs forward to back support hold for 3 seconds, Turn over to front support hold for 3 seconds, 1 press up, jump feet into hands to squat, Backwards roll to stretch jump  $\frac{1}{2}$  turn to finish.

**Vault**

Layout squat on, stretch jump off vault at 1.10 meter - Tariff – 8.5

**Gymnastics4all, Trampolining, Adult and Fitness session**

