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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° 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, Trampoline, Adult and Fitness session

