



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 1 Girls Routine:

**Floor - Start Value 10.00**

Hold a side leg lift (90°) for 3 seconds, bring feet back together, Handstand forward roll with bent arms (*Handstand must be clearly shown before the roll*), Chasse cat leap ½ turn, Backward roll to straddle, jump feet together to stand, Squat down roll back to lie flat, Push to a straight-legged bridge and lift one leg to vertical (*Must show bridge before leg is lifted*), Lie down on back, rock back to show shoulder stand (2 seconds), rock forwards to stand, 2 continuous cartwheels, second cartwheel one handed with a ¼ inwards to finish in lunge (*This has changed direction*), join feet together, **SKIP STEP**, Round off stretch jump ½ turn to land

**Vault**

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

Primary 1 Boys Routine:

**Floor - Start Value 10.00**

Stretch tucked backward roll to front support, jump feet into squat to stand, ½ spin, side leg lift to 90° hold for 3seconds return to stand, 2 continuous cartwheels, second cartwheel one handed with a ¼ inwards to finish in lunge (*This has changed direction*), step feet together, stretch jump ½ turn, (*To Change Direction*), Handstand forwards roll, step ½ turn on toes, Perform a Swedish fall with leg raised, lower to the floor 2 press ups squat in stretch jump to stand, skip step into round off, jump half turn jump to land, forward roll star jump to finish.

**Vault**

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

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



**Disability  
Friendly**

