

Cheam Gymnastics Club

Recreational Floor & Vault Competition

Sunday 12th March 2023

CHEAM HIGH SPORTS HALL
Chatsworth Road, Cheam, Sutton, Surrey.

CLASS 6 ROUTINES **For Boys and Girls**

Under 6 & Under 7

1. 3 skips, tuck jump
2. 5 side skips, forward roll to crouch
3. Jump to front support—turn to rear support
4. Roll back to shoulder stand(2 secs)
5. Roll forward to stand, 3 skips—Arabesque
6. 2 travelling straight jumps- ½ turn jump
7. 3 skips—star jump
8. Forward roll to straddle sit—1 circle roll (180°)
9. Legs together—'V' sit (with/ without hands)
10. Roll forward to stand. Handstand

Under 9

1. Cartwheel, full turn jump
2. 5 side skips, forward roll to crouch
3. 1 burpee with star jump—jump out to front support, turn to rear support
4. Roll back to shoulder stand (2 secs)
5. Roll forward to stand, 3 skips, Arabesque
6. 2 cartwheels, side to side
7. 2 travelling straight jumps, tuck jump, half-turn jump
8. Forward roll to sit—2 circle rolls(360°)
9. Legs together, 'V' sit (with/without hands)
10. Roll forward to stand. Handstand

Under 11

- 1.2 cartwheels, side to side
2. 5 side skips, forward roll to crouch
3. 1 burpee with a star jump—crouch—jump out to front support, turn to rear support
4. Roll back to shoulder stand(2 secs)
5. Roll forward to stand, 3 skips—Arabesque
6. 2 travelling straight jumps, tuck jump, full turn jump
7. One handed cartwheel, tuck jump with half-turn
8. Forward roll to straddle sit—2 circle rolls (360°)
9. Legs together—'V'sit (NO hands)
- 10.Roll forward to stand. Handstand

Over 11

1. 2 handed cartwheel, 1 handed cartwheel
2. 5 side skips—forward roll to crouch
3. 1 burpee with a star jump—crouch—jump to front support, turn to rear support
4. Roll back to shoulder stand (2 secs)
5. Roll forward to stand, 3 skips—Arabesque
6. 2 travelling straight jumps, tuck jump with half-turn, full turn jump
7. Run to round off—star jump
8. Forward roll to straddle sit—2 circle rolls (360°)
9. Legs together, 'V' sit (NO hands)
10. Roll forward to stand. Handstand

Vaults

Squat on, straight jump off
Squat on, star jump off
Squat through
Straddle over
Handspring

ONE BOARD ONLY ALLOWED

Additional 1/4 turns where necessary will be permitted without penalty to enable gymnasts to remain within the floor area. However, excessive use of this privilege will incur monotony execution deductions. (Class 6 only)

Tariff & Judging Information:

10 sequences @ 0.5 =	5.0	Missing sequence or part (each) =	-> 0.5	deduction
Execution =	4.0	Sequence order incorrect (each) =	-> 0.3	deduction
Bonus =	1.0	Incorrect routine performed =	1.0	deduction
		Coaching assistance (oral) =	-> 0.5	deduction

Bonus: awarded for body extension, shown moves, continuity/flow, and gymnast's presentation.