

Cheam Gymnastics Club

Recreational Floor & Vault Competition

Sunday 8th March 2020
CHEAM HIGH SPORTS HALL
 Chatsworth Road, Cheam, Sutton, Surrey.

CLASS 6 ROUTINES **For Boys and Girls**

Under 6 & Under 7

1. 3 skips, half turn jump
2. Cartwheel - tuck jump
3. 2 travelling straight jumps, star jump
4. Forward roll to sit, legs together
5. Roll back into shoulder stand
6. Roll back & forward to stand, step half spin (on toes)
7. 3 skips half turn jump
8. Arabesque (free leg behind) 2 secs.
9. Forward roll to straddle sit—2 circle rolls (360°)
10. Join legs, roll back & forward to stand—straight jump

Under 9

1. 3 skips full turn jump
2. 2 cartwheels (side to side)
3. 2 travelling straight jumps –tuck jump
4. Forward roll to straddle sit –1 circle roll (180°)
5. Legs together –V sit (with/without hands)
6. Roll back & forward to stand –step full spin (on toes)
7. Side skips –front to back cartwheel
8. Arabesque (free leg behind) 2 secs.
9. Forward roll to sit with straight legs- roll back to shoulder stand (2 secs)
10. Roll down to stand—Handstand

Under 11

1. 3 skips full turn jump
2. 2 cartwheels (side to side)
3. 2 travelling straight jumps– tuck jump with half turn
4. Roll forward to sit, legs together – V sit (2 secs)
5. Roll back to shoulder stand– roll forward to straddle sit
6. 2 circle rolls (360°)- join legs, roll back & forward to stand– step full spin (on toes)
7. Side skips– front-to-back cartwheel
8. Arabesque (free leg behind) 2 secs.
9. Forward roll to stand, immediate tuck jump, star jump
10. Handstand

Over 11

1. 3 skips– full turn jump
2. Cartwheel 2 hand– cartwheel 1 hand (side to side)
3. 2 travelling straight jumps– tuck jump with half-turn
4. Forward roll to sit (legs together), V-sit (2 secs)
5. Roll back to shoulder stand, roll forward to straddle sit
6. 2 circle rolls (360°)- lay back (legs together)- dish to arch
7. Push up to front support– 2 press ups
8. Jump in to squat– jump up in star shape
9. Side skips– front-to-back cartwheel, turn, front-to-back cartwheel
10. Arabesque (free leg behind) 2 secs. - 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.