



General Information

- Gymnasts can compete from 5 years old.
- Floor routine will be performed on a 12m non-sprung floor strip without music.
- Floor can contain dance or artistry to connect moves but this is not mandatory. (Boys can also gain artistry points for performing with confidence and flair)
- Moves can be performed in any order. Balances should be held for 3 seconds.
- Gymnasts get 2 turns at vault and can choose 2 different vaults if they wish.
- If coaches need to support or intervene for safety or Child's confidence this is encouraged (but will incur a penalty)

Floor

Start Value 10.00

Acro: Choose four, two must be connected, two must be independent skills -

Cartwheel, one handed cartwheel, forward roll, forward roll to straddle stand, backwards roll, backward roll to straddle stand, round off, handstand, bridge, teddy bear roll, front support to back support, bend back to bridge hold 3s (exit optional).

Balance / Strength: Choose one

Arabesque, Pike fold (sitting or standing), Splits any way, v-sit with hand support, shoulder stand with choice of hand support, dish to arch.

Jumps / Leaps: Choose two. They can connect to each other, or an acro skill, or performed individually.

Tuck Jump, Star Jump, Chassé Cat leap, Chassé Cat leap 1/2, Chassé Scissor kick,

Turns: Choose one

Half turn jump, full turn jump, half turn spin on one foot, full turn spin on one foot.

Total Moves: 8

Vault - 60cm blocks & mats all the same level.

Squat on, kick to handstand flat back 2.00DV

Handstand flat back 2.50DV



LEVEL 2 Hero in Training



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- Moves can be performed in any order. Balances should be held for 3 seconds.
- Gymnasts get 2 turns at vault and can choose 2 different vaults if they wish.
- If coaches need to support or intervene for safety or Childs confidence this is encouraged (but will incur a penalty)

Floor

Start Value 10.00

Acro: Choose four, two must be connected, two must be independent skills -

Cartwheel, one handed cartwheel, handstand forward roll, forward roll to straddle stand, backwards roll to front support, round off, handstand, bridge kick over, backwards walkover, forwards walkover

Balance / Strength: Choose one

Arabesque, Y balance, Splits any way, japaana, v-sit hold without hand support, shoulder stand with hand support on hips or floor, frog balance, headstand, 3 x full press up's

Jumps / Leaps: Choose two. They can connect to each other, or another skill, or be performed individually. Chassé can be added to any.

Cat leap 1/2, catleap full, split leap, split jump, straddle jump, W jump, Pike Jump, sissone,

Turns: Choose one

Full turn jump, full spin, half turn tuck jump, chassé full turn hop.

Total Moves: 8

Vault - 90cm (3 x blocks)

Squat on / straddle on, star jump off	1.80DV
Straddle over / squat through	2.00DV
Handspring	2.50DV
Half on	2.50DV



General Information

- Gymnasts can compete from 6 years old.
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- Music must be no more than 60 seconds long and submitted at least 3 weeks before competition
- Floor can contain dance or artistry to connect moves but this is not mandatory. (Boys can also gain artistry points for performing with confidence and flair)
- Moves can be performed in any order.
- Gymnasts get 2 turns at vault and can choose 2 different vaults if they wish.

Floor

Start Value 10.00

Acro: Choose four, two must be connected, two must be independent skills -

Handstand forward roll, backwards roll to handstand, round off, flick to 1 or 2, front handspring to 1 or 2, handstand hop, backward walkover, forward walkover, free cartwheel, free walkover, handstand full pirouette, front somersault to sit

Balance / Strength: Choose one

Splits any way, needle hold, Chest stand, shoulder stand with arms above head, elephant lift to handstand, straddle lever hold, Press up clap

Jumps / Leaps: Choose two. They can connect to each other, or another skill, or be performed individually. Chassé can be added to any

Cat leap full turn, Catleap 1 and 1/2, split leap, split change, split jump, straddle jump, side leap, shushanova (tuck or straddle), W jump, W hop, W change leap.

Turns: Choose one

Full turn tuck jump, full spin, full spin with horizontal leg, double spin, full spin in W position

Total Moves: 8

Vault - Table vault (choice of 100 or 110cm)

Squat on kick to handspring off	1.80DV
Handspring or half on	2.20DV
Half on, half off	2.50DV
Straight jump on front somersault off (continuous motion)	2.50DV



General Information

- Gymnasts can compete from 7 years old.
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- Music must be no more than 60 seconds long and submitted at least 3 weeks before competition
- Floor can contain dance or artistry to connect moves but this is not mandatory. (Boys can also gain artistry points for performing with confidence and flair)
- Moves can be performed in any order.
- Gymnasts get 2 turns at vault and can choose 2 different vaults if they wish.

Floor

Start Value 10.00

Acro: Choose five, two must be connected, three must be independent skills -

Backwards roll to handstand with straight arms, round off, flick to 1 or 2, front handspring to 1 or 2, backward walkover, forward walkover, free cartwheel, free walkover, handstand full pirouette, split layout, standing tuck, tuck somersault front or back, straight somersault

Balance / Strength: Choose one

Splits any way, needle hold, Chest stand, shoulder stand with arms above head, elephant lift to handstand, straddle lever hold, Press up clap, Pike stand lower to straddle lever, tucked perch, headstand push to handstand

Jumps / Leaps: Choose two. They can connect to each other, or another skill, or be performed individually. Chassé can be added to any

Cat leap double turn, Catleap 1 and 1/2, split leap, split change, 1/2 turn split jump, 1/2 turn straddle jump, side leap, shushanova (tuck or straddle), full turn W jump, W change leap. Full split leap, split change half, ring leap

Turns: Choose one

Full turn tuck jump, full spin with horizontal leg, double spin, full spin in W position, 1 and 1/2 spin in W position, spin in a ring position,

Total Moves: 9

Vault - Table vault (choice of 100 or 110cm)

Half on, half off 2.40DV

Half on, full off 2.50DV

Straight jump on front or back somersault off 2.50DV

Yurcheknco Prep 2.70DV

(roundoff onto springboard - Back handspring onto vault - NO somersault off)