

CLUB CHAMPIONSHIPS FLOOR ROUTINES

STAGE 1 BOYS

FLOOR ROUTINE A – DIFFICULTY VALUE 2.00

Skill	Key Points
Forward Roll to Straddle Sit	Starting with arms at ears, showing crouch position, finishing with arms stretched to side and legs straight in straddle position
Dish Hold – Turn to Arch Hold	From back lie, lift and hold dish for 2 secs; turn to arch without hands or feet touching the floor, legs squeezed & together, arms stay at ears
Tucked Headstand	Begin from crouch position, triangle base with hands & head, knees stay together in tuck, show hold for 3 seconds, then must return to crouch in control
Shoulder Stand – Roll to Stand	From L-sit, roll back and extend feet to vertical, hips fully open, hands placed flat on the floor, show position for 2 secs; no hands on floor in roll to stand
Arabesque	Head & chest facing forward, arms to the side & pulled back, straight back leg held above hip height, balance held for 3 seconds
½ Turn Jump	Arm swing into take off, straight body shape and legs in the air, fully completed turn, and landing shape shown clearly

FLOOR ROUTINE B – DIFFICULTY VALUE 2.50

Skill	Key Points
Forward Roll to Stand	Starting with arms at ears, show crouch position, legs stay together and close to chest throughout roll, standing up & finishing without using hands
Kick Towards Handstand	Starting with arms at ears and toe pointed, feet must join together above 45°, no hand movements allowed, step out to controlled lunge landing
Backward Roll to Straddle Stand	From stretched start position, tight tuck shape in roll, legs straight once straddled, hands pushing head clear of the floor into landing shape
Caterpillar	Bring feet together in pike fold, walk hands out first into hold, show long support position for 3 seconds, then walk feet in to finish
Arabesque	Head & chest facing forward, arms to the side & pulled back, straight back leg held above hip height, balance held for 3 seconds
Full Turn Jump	Arm swing into take off, straight body shape and legs in the air, fully completed turn, and landing shape shown clearly

CLUB CHAMPIONSHIPS VAULTS

STAGE 1 BOYS

VAULT OPTION A – DIFFICULTY VALUE 2.00

Skill	Run Up – Straight Jump to Land
Vault Setup	10-12m run up to springboard + 30cm crash mat
Key Points	Fast run, arm circle into two-footed takeoff from the springboard, stretched straight body shape in the air, controlled landing held still

VAULT OPTION B – DIFFICULTY VALUE 2.50

Skill	Squat On – Straight Jump to Land
Vault Setup	10-12m run up to springboard + 60cm block + 30cm crash mat
Key Points	Fast run, arm circle into two-footed takeoff from the springboard, stretch into hands first on block, tuck in to feet to complete squat on, immediate stretch jump from squat position, straight body in the air, controlled landing held still

COMPETITION RULES

All gymnasts perform one floor routine, and have two attempts at vault.
Only their best score on vault will be counted in the results.

The start value for each routine is 10.00 + the difficulty value of the routine performed.
Judges deduct marks for execution errors, such as wobbles, bent legs or falls.

Placings are awarded for the top 6 gymnasts on each apparatus + overall ranking.
The scores from both apparatus are totalled together to produce an all-around score.

Gymnasts will compete against others of the same age & ability.
Club Champions will be crowned in the following age categories:



6yrs
(born 2019)

7-8yrs
(born 2017-18)

9yrs+
(born 2016+)

