

CLUB CHAMPIONSHIPS FLOOR ROUTINES

BOYS STAGE 2

FLOOR ROUTINE A – DIFFICULTY VALUE 2.00

Skill	Key Points
Backward Roll to Straddle Stand	Starting with arms at ears, show crouch position, legs straight once in straddle phase, straight arms pushing on floor into stand position, show flatback finish
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
Back Support turn to Front Support	Open hips & high chest in back support; ½ turn raising one arm through side support; rounded back and pointed toes in front support – show positions for 2 secs
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
Full Turn Jump	Arm swing into take off, straight body shape and legs in the air, fully completed turn, landing shape shown clearly
Cartwheel ¼ Turn	Starting with arms at ears and toe pointed, straight arms & legs throughout, must finish facing towards start position, show lunge landing

FLOOR ROUTINE B – DIFFICULTY VALUE 2.50

Skill	Key Points
Cartwheel ¼ Turn – Backward Roll to Front Support	Connection required between elements; arms and legs straight throughout cartwheel, roll in line with cartwheel, head pushed off floor in backward roll, chest dished and ears squeezed in front support position
Straight Headstand	Must show straight legs before toes leave the floor, legs stay straight throughout, balance shown for 3 secs, then return to floor with straight legs
Front Support turn to Back Support	Push chest high, back rounded, no gaps at ears in front support, show for 2 secs; turn through side support, arm overhead; reach back support with hips extended, chest lifted and a straight line from head to toes
Straddle Lever OR Pike Lever	From L-sit or straddle sit, no rock or roll into lever; lever hold must be for 3 secs, feet held above hips with straight legs and hips clear of the floor
Full Turn Jump	Arm swing into take off, straight body shape and legs in the air, fully completed turn, landing shape shown clearly
Dive Forward Roll	Short run into two-footed takeoff, showing stretched position in the air before tucking into roll shape, legs together throughout and landing fluidly & in control

FLOOR ROUTINE C – DIFFICULTY VALUE 3.00

Skill	Key Points
Tuck Front Somersault	Arms lifting into high takeoff, tight tuck shape with knees close to chest, released into landing with time to prepare for and hold landing position
Handstand Hold OR Y-Balance	Handstand must be held for 2 secs or 0.3 penalty will be applied; Y-Balance can be from bent or straight leg entry; balance must be shown for 2 secs, leg held above 45°, return to stand without wobbles or adjustments
Cartwheel ¼ Turn – Backward Roll to Front Support	Connection required between elements; arms and legs straight throughout cartwheel, roll in line with cartwheel, head pushed off floor in backward roll, chest dished and ears squeezed in front support position
Straight Headstand	Must show straight legs before toes leave the floor, legs stay straight throughout, balance shown for 3 secs, then return to floor with straight legs
Handstand Forward Roll	Starting with arms at ears and toe pointed, lunge step into kick to stretched handstand position shown at vertical before beginning roll phase, smooth transition into tucked roll shape, no hands used to stand out of roll
Round Off (+ Back Flip for 0.3 Bonus)	Strong hurdle into Round Off, correct t-shape hand position, snapping feet down together along with chest up into rebound, good length achieved in back flip with tight straight legs and controlled rebound bounce upon exit into landing

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 all 4 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:



9-10yrs
(born 2016-17)

11yrs+
(born 2015+)



CLUB CHAMPIONSHIPS VAULTS

BOYS STAGE 2

VAULT OPTION A – DIFFICULTY VALUE 2.00

Skill	Squat On – Straight Jump Off
Vault Setup	18m run up to springboard + Vault Table
Key Points	Fast run, arm circle into two-footed takeoff from the springboard, stretch into hands first on table, tuck in to feet to complete squat on, immediate stretch jump from squat position, straight body in the air, controlled landing held still

VAULT OPTION B – DIFFICULTY VALUE 2.50

Skill	Handspring Flatback to 90cm
Vault Setup	10-12m run up to springboard + 90cm crash mats
Key Points	Fast run, arm circle into two-footed takeoff from the springboard, heels drive to reach handstand position, legs tight & together throughout, pushing through straight arms into flight to land flat on back

VAULT OPTION C – DIFFICULTY VALUE 3.00

Skill	Handspring Vault
Vault Setup	18m run up to springboard + Vault Table
Key Points	Fast run, arm circle into two-footed takeoff from the springboard, heels drive towards vertical, legs tight & together throughout, block through straight arms off table, maintain tight body shape in flight, prepare for and hold landing