

CLUB CHAMPIONSHIPS ROUTINES

STAGE 3 FLOOR

FLOOR ROUTINE A – DIFFICULTY VALUE 2.00

Skill	Key Points
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
Cartwheel ¼ Turn – Backward Roll to Front Support	Connection required between elements; arms and legs straight throughout cartwheel, ¼ turn completed into backward roll phase, straight arms maintained in backward roll, chest dished and ears squeezed into front support position
Splits	Can be front or box split; hips fully square, knees pressed straight, toes pointed, arms lifted to show position for 3 secs
Bridge Kickover	Push from flat to show Bridge briefly, show one lifted leg prior to beginning kickover, straight legs and show splits through handstand, finish in lunge landing
Full Spin	Starting from lunge prep position, arms must lift above head into spin, push high on toe, spin leg must lift and hold against standing leg, turn must be fully completed into landing position with arms extended to sides
Round Off – Straddle Jump	Strong hurdle, hands in t-shape position on floor, feet snap down together and chest lifted simultaneously with arms into a high rebound; legs straight and knees facing up in straddle, hitting 180° splits before a controlled landing

FLOOR ROUTINE B – DIFFICULTY VALUE 2.50

Skill	Key Points
Backward OR Forward Walkover	Starting with arms at ears and toe pointed, straight arms & legs throughout, showing split handstand position through vertical, fluidity & control during movement, finishing upright in balance with arms back at ears
Backward Roll to Front Support	Can be from tuck or straight leg entry, with straight arms maintained throughout; legs stay together through roll phase into landing position, chest dished and ears squeezed into front support position & shown upon landing
Handspring OR Free Cartwheel	Handspring: powerful push from hands, open shoulders & hips in flight, legs joining before rebound to controlled landing Free Cartwheel: dynamic entry, legs straight in flight, landing into controlled lunge
Split Jump OR Split Leap	Must achieve a minimum of 130° split to be credited, with legs straight and toes pointed, arms pulled back & to the side, chest upright, landing with control
Full Spin	Starting from lunge prep position, arms must lift above head into spin, push high on toe, spin leg must lift and hold against standing leg, turn must be fully completed into landing position with arms extended to sides
Round Off – Back Flip	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

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STAGE 3 VAULT

VAULT OPTION A – DIFFICULTY VALUE 2.00

Skill	Handspring Flatback to 90cm Landing
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 B – DIFFICULTY VALUE 2.50

Skill	Handspring Vault
Vault Setup	18m run up to springboard + Vault Table at 1.00m
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

COMPETITION RULES

In Stage 3, all gymnasts perform routines on 4 apparatus: Vault, Bars, Beam & Floor. They get one attempt at their Bars, Beam & Floor routines, with 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:



8yrs
(born 2018)

9yrs
(born 2017)

10yrs
(born 2016)

11-12yrs
(born 2014-15)

13yrs+
(born 2013+)

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STAGE 3 BEAM

Competition Beam with 30cm Crash Mats underneath
+ splat mat for dismount – optional springboard for mount

Gymnasts can choose not to attempt any move – this will receive a 0.5 deduction from DV

BEAM ROUTINE A DIFFICULTY VALUE 2.00	BEAM ROUTINE B DIFFICULTY VALUE 2.50
Mount: Jump to Front Support lift leg over to straddle sit	Mount: Squat On OR Japana then up to stand facing along beam
Straddle Lever hold 2 secs – swing legs back to squat on + stand	Caterpillar showing long support for 2 secs
Arabesque hold 2 secs	Straight Jump - Tuck Jump must be connected but not rebounding
Straight Jump – Straight Jump connected but not rebounding	½ Spin spin leg in passé position
Kick to Handstand legs must join near vertical	Cartwheel OR Back Walkover (+0.2 bonus)
Dismount: Run into Straight Jump OR Round Off	Dismount: Round Off OR Front / Back Somi (+0.2 bonus)

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STAGE 3 BARS

Competition A-Bars with 10cm splat mat placed for dismount + springboard for mount
20cm crash mats underneath for Jump to Catch in Routine B

Gymnasts can choose not to attempt any move – this will receive a 0.5 deduction from DV

BAR ROUTINE A DIFFICULTY VALUE 2.00		BAR ROUTINE B DIFFICULTY VALUE 2.50	
coach assisted jump to high bar Pull Up in Undergrip		from springboard at low bar Float Swing + Return – Drop to Land	
½ Turn in Straight Hang to Overgrip		step up to low bar: Circle Up to Support	
Leg Lift toes to touch the bar with straight legs		into Cast to Horizontal	
Fish Swing x 3 release on final backswing and drop to land under the bar		into Backward Hip Circle	
Step up to low bar: Circle Up to Front Support		Squat On – Jump to Catch High Bar into either:	
into Cast to Horizontal		Swing x 3	(0.3 bonus) ¾ Giant
into Backward Hip Circle		drop at end of backswing to land under the bars	Cast into: Undershoot dismount
Forward Circle Down to Chin Up Position + Drop to Land OR Undershoot dismount			