

CLUB CHAMPIONSHIPS ROUTINES

PREP SQUAD

VAULT

DV 3.0

Handspring Flatback to 60cm crash mats

BARS

DV 0.5 PER ELEMENT (2.0 max)

Chin Up into Circle Over

Cast into Backward Hip Circle

Cast to Horizontal and return to bar

Dismount:

Cast to Horizontal + Push to Land behind bar	OR	Squat Onto Low Bar + Jump to Land in front of bar (0.3 bonus)
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BEAM

DV 0.5 PER ELEMENT (4.0 max)

Mount: Jump to Front Support

swing one leg over to cross-sit

Straddle Lever hold 2 secs

swing legs back to squat on + stand

Straight Jump – Straight Jump connected

Kick Towards Handstand

Spin Preparation into Relevé ½ Turn

Split Jump

Arabesque hold 2 secs

Dismount: Round Off to land

FLOOR

DV 0.5 PER ELEMENT (4.0 max)

Round Off into rebound jump

OR Round Off – Back Flip **(0.5 bonus)**

Split Leap

Handstand Forward Roll

Half Spin

Cartwheel into Backward Roll to Pike Stand

Splits hold 3 secs

Backward Walkover

Split Jump – Tuck Jump connected