



# CLUB CHAMPIONSHIPS

## STAGE 1 BEGINNERS

### Floor Routine A – Difficulty Value 2.00

Skill	Key Points
Tuck Jump	Arm swing in takeoff, knees up to chest in the air, landing shape held
Forward Roll to L-sit	Starting arms at ears, showing crouch position, landing with arms at ears and legs together in L- shape
Japana Fold	Straight legs, knees turned up, pointed toes, body lowered straight, arms straight at ears – hold fold for 3 seconds then return to sit
Bridge	Head off floor, straight arms & legs, hold for 3 seconds
Back Support	Hips pushed up, shoulders in line with hands and hands facing feet, straight legs, pointed toes, hold for 3 seconds
½ turn Jump	Fully completed turn, arm swing into take off, straight shape and landing shape show clearly

### Floor Routine B – Difficulty Value 2.50

Skill	Key Points
Kick Towards Handstand	Arms at ears for entry, feet must join together after kick, no hand movements or arm bends, step out to controlled lunge landing
Forward Roll to Stand	Start with arms at ears, show crouch position, legs stay together close to chest through roll, stand up & finish without using hands
Arabesque	Head & chest facing forward, straight back leg, foot held above hips, held for 3 seconds, step out in control
Tuck Jump	Arm swing into take-off action, knees rising to meet chest in shape, controlled squat landing shape held
Caterpillar	Show flatback shape into standing pike fold – start and finish with straight legs and arms squeezing ears, hold position for 3 seconds
Cartwheel	Arms at ears for entry, lunge step, straight arms & legs throughout, controlled finish position

## Vault

### Run-up & jump from a springboard onto 30cm Crash Mat

#### Vault A – Difficulty Value 2.00

##### **Straight Jump**

Two-footed takeoff, arm circle, stretched shape, landing shown & held

#### Vault B – Difficulty Value 2.50

##### **Straddle Jump**

Two-footed takeoff, arm circle, straight legs in straddle shape, feet together for landing