

CLUB CHAMPIONSHIPS FLOOR ROUTINES

STAGE 2 IMPROVERS

FLOOR ROUTINE A – DIFFICULTY VALUE 2.00

Skill	Key Points
Chassé – Cat Leap	Must be from chassé, arms lifted back & to sides, then lift into leap with both knees raised equally towards chest, step out to presented finish
Forward 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
Bridge with Leg Raised	From lying flat, push up and show Bridge position, then raise one leg towards splits, hold for 2 seconds with straight arms & legs throughout, return to lie flat
Full Turn Jump	Arm swing into take off, straight body shape and legs in the air, fully completed turn, landing shape stuck with no feet movement
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
One-Handed Cartwheel	Starting with arms at ears and toe pointed, straight arms & legs throughout, must use far hand for cartwheel and finish facing towards start position in lunge landing
Backward Roll to Straddle Stand	From stretched start position; crouch to tuck stand, back rounded into the push back, then legs straight into straddle position – show flatback finish
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
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
Round Off	Using a strong hurdle action, hands in correct t-shape position on floor, feet snap down together, push chest up simultaneously through shoulders into a rebound bounce to a controlled landing

CLUB CHAMPIONSHIPS VAULTS

STAGE 2 IMPROVERS

VAULT OPTION A – DIFFICULTY VALUE 2.00

Skill	Straight Jump onto Block – Handstand Flatback
Vault Setup	10-12m run up to springboard + 60cm block with level crash mats behind
Key Points	Fast run, arm circle into two-footed takeoff from the springboard, stretched straight body shape in the air, controlled landing on block; kick to tight handstand shape, feet joining before vertical, pushing through straight arms into flight to land flat on back

VAULT OPTION B – DIFFICULTY VALUE 2.50

Skill	Handspring Flatback to 60cm Landing
Vault Setup	10-12m run up to springboard + 60cm 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

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 2020)

7yrs
(born 2019)

8yrs
(born 2018)

9yrs
(born 2017)

10yrs
(born 2016)

11yrs+
(born 2015+)