

FLOOR ROUTINES



1

1. Forward roll to tuck sit
2. Lift arms back and show V-Sit
3. Lower to dish hold (3 seconds)
4. Roll to rich shape (3 seconds)
5. Push into front support (show for 3 seconds)
6. Jump feet into a squat shape
7. Stand. Up, star jump

2

1. Forward roll to straddle sit
2. Show Japana (3 second hold)
3. Lie back and show shoulder stand (3 seconds)
4. Rock forward to stand
5. Arabesque (show for 3 seconds)
6. Cat leap
7. Straight jump, immediate star jump

3

1. Forward roll to stand
2. Cartwheel (front to back)
3. Tuck jump with a half turn
4. Chasse cat leap
5. Half spin
6. Show straight shape, slow rock to shoulder stand
7. Lie flat, push to bridge (3 second hold)
8. Tuck rock to stand

4

1. Handstand forward roll
2. Full spin
3. Chasse cat leap with half turn
4. One handed cartwheel
5. Backward roll to straddle
6. Quarter turn to show splits (3 seconds)
7. Lie flat, push to bridge (3 second hold)
8. Tuck rock to stand

BAR ROUTINES



1

(Coach assisted lift to hang on the bar)
Low Bar (at full height with safety mat underneath)

1. Tuck hang (3 second hold)
2. Straddle hang (3 second hold)
3. Dish hang (3 second hold)
4. Arch hang (3 second hold)
5. Release to land on safety mat

2

(Coach assisted lift to chin up position on the bar)
Low Bar (at full height with safety mat underneath)

1. Coach assisted chin up (3 second hold)
2. Tuck shape (3 second hold)
3. 4 hand movements sideways
4. Dish hang (3 second hold)
5. Arch hang (3 second hold)
6. Release to land

3

Low Bar (teal springboard with safety mat underneath)

1. Jump to front support
2. Show front support position (3 second hold)
3. Circle forward (3 second hold)
4. Leg lift (3 second hold)
5. Release to land on safety mat

4

Low Bar (teal springboard with safety mat underneath)

1. Circle up
2. Show front support position (3 second hold)
3. 3 casts (or backup circle for bonus)
4. Circle forwards (or straddle shoot for bonus)

BEAM ROUTINES



1

Low Beam, 2 safety mats under the beam

1. Any mount
2. 3 steps forward
3. H-Balance (3 second hold)
4. 3 steps forward
5. Crouch down and touch the beam, return to stand
6. Walk to the end of the beam, tuck jump dismount

2

Low Beam, 2 safety mats under the beam

1. Front support mount
2. 3 steps forward on toes
3. Relevé hold (3 second hold)
4. 3 high knee steps forward
5. Arabesque (3 second hold)
6. Star jump dismount

3

Low Beam, 2 safety mats under the beam

1. Squat on mount
2. 3 steps sideways on toes
3. Straight jump
4. Arabesque or Y-Balance (3 second hold)
5. 3 steps forward on toes
6. High bunny hop
7. Star jump or round-off dismount

4

Low Beam, 2 safety mats under the beam

1. Any mount
2. Y-Balance (3 second hold)
3. 3 leg kick walks
4. Handstand or cartwheel
5. Tuck jump
6. Relevé walk to the end of the beam
7. Round-off or handspring dismount

VAULT ROUTINES



1

Teal Springboard, Low Block

Run, hurdle step and straight jump from springboard

Squat onto block

Star jump off, pli  landing

2

Springboard, Black vault top, teal safety mat

From run...

Squat on / straddle on (gymnast choice)

Jump off (gymnast choice)

Pli  landing

3

Springboard, Black vault top, teal safety mat

From run...

**Squat through or
Straddle over**

4

Springboard, Large grey block and teal safety mat

From run...

**Straight jump onto block, kick to handstand lay flat
or Handspring flat back**