

Invoke Gymnastics Club Competition: Sunday 8th February 2026

Apparatus	Vault	Bars	Beam	Floor
Level 1	<i>Either...</i> Squat on - jump off Straddle on - jump off	Low Bar / High Bar Coach to lift to chin-up, gymnast to show controlled lower Tuck hold (3s) Pike hold (3s) Travel sideways (3 hand movements) Release to land	Optional mount 3 steps forward H-Balance (3s hold) 3 steps forward Crouch down and touch the beam Walk to the end, tuck jump dismount	Forward roll to tuck sit Lift arms back and show V-sit Lower to dish hold (3s) Roll to arch hold (3s) Push to front support (3s) Jump feet into squat shape Stand up, star jump
Level 2	<i>Either...</i> Squat through Straddle over	Low Bar Jump to front support (3s) Forward circle to chin up and lower to stand High Bar Tuck hold (3s) Pike hold (3s)* Bonus for leg lift Dish shape (show) Arch shape (show) Release to stand	Front support mount 3 steps forward on toes Relevé hold (3s) 3 high knee steps forward Arabesque (3s) Star jump dismount	Forward roll to straddle sit Show Japana (3s) Lie back and show shoulder stand (3s) Rock forward to stand Arabesque (3s) Cat leap Straight jump, immediate star jump
Level 3	Straight jump onto block and kick to handstand flatback	Low Bar Circle up Show front support (3s) Cast Forward circle to chin-up High Bar Leg lift Dish shape (show) Arch shape (show) 1 fish swing and release to land.	Squat on mount 3 steps sideways on toes Straight jump Arabesque/Y-Balance (3s) 3 steps forward on toes High bunny hop Star jump / round-off dismount	Forward roll to stand Cartwheel (front to back) Tuck jump with a half turn Chasse cat leap Half spin Step or slide into a split Swing leg round, push to bridge (3s hold) Tucked roll back to stand
Level 4	Handstand flatback	Low Bar Circle up Show front support (3s) 2 Casts Back-hip circle Cast to land on block, jump or step onto bar for a straddle on undershoot* Bonus for a cast into straddle on undershoot	Any mount Y-Balance (3s) 3 leg kick walks Handstand/cartwheel Tuck jump Walk on toes to the end of the beam Round-off / Handspring	Handstand forward roll Full spin Chasse cat leap with half turn 1 handed cartwheel Backward roll to straddle Quarter turn to show splits (3s) Lie flat, push to bridge (3s) Kick over