

Exeter Gymnastics Club - Recreational Gymnasts Club Competition Routines

GIRLS Level 3

Girls must be under 8 on 1st January in the year of the Competition

FLOOR

Skill	Level 3 - Floor square with set Under 8 music.	Value
1	Forward Roll	0.30
2	Star Jump	0.10
3	Jump Half Turn	0.20
4	Body Wave, lower to lie	0.10
5	Shoulder Stand, lower legs	0.20
6	Bridge, lie down and roll over	0.30
7	Show Front Support, jump feet forward to crouch	0.10
8	Headstand with bent legs hold for 2 secs.	0.30
9	Lower & stand up, take 2 skips & 3 running steps forward finishing on toes with arms in 5th, step and turn	0.10,0.10
10	Continue with 3 voluntary moves to finish.	bonus score
Max. SV (+ bonus score)		1.80

BEAM

Skill	Level 3 - Using Bench Beam. NB: Mount the opposite end to dismount end	Value
1	Facing end, squat on	0.20
2	2 x Chasse steps, join feet together.	0.10,0.10
3	Stretch Jump immediate Tuck Jump (To be connected).	0.30
4	With arms sideways 2 x steps with knee raising.	0.10,0.10
5	Then step into Arabesque (2 secs)	0.30
6	Lower leg behind and rise on toes taking arms to 5th, bend to crouch & half-turn & stretch to stand, lower arms to shoulder level during turn.	0.10
7	2 Steps & Catleap.	0.20
8	Join feet & body wave.	0.10
9	Skip to end of beam	0.10
10	Stretch jump half-turn.	0.30
11	Own sequence to end of beam	bonus score
12	Tuck jump dismount	0.20
Max. SV (+ bonus score)		2.20

VAULT

Serial	Level 3 - Vault 100 cm - 2 different vaults, averaged score- 3.00 score for repeated second vault	Value
	Tariffs Values	
	Squat On	3.50pts
	Straddle	4.00pts
	Squat	4.50pts
NB: Add the two vault scores together and divide by 2 for final score.		

PPP

Serial	Level 3	Value
1	5 x Sit Ups	0.50pts
2	5 x Press Ups	0.50pts
3	2 x Chins	0.50pts
4	5 x Burpees	0.50pts
5	1 second Lever Hold (Pike or Straddle)	0.50pts
Start Value		2.50pts
Execution		10.00
Exercise Value		12.50pts

BOYS Level 3

Boys must be under 8 on 1st January in the year of the Competition.

FLOOR

Serial	Level 3 - Floor square.	Value
1	Standing, raise arms sideways & in & down & up.	0.10
2	Touch toes and hold for 2 secs.	0.10
3	Forward Roll to lying on back,	0.20
4	Push to Bridge hold for 2 secs.	0.30
5	Roll over and Front Support, jump to crouch	0.10
6	Roll back to shoulder balance, hold for 2 secs	0.20
7	Rock forward, stand up and balance on one leg for 2 secs	0.10
8	Lower leg and with arms stretched above the head, circle one arm downwards & step with quarter turn to side straddle stand, circle the other arm & quarter turn and bring the back foot into stand.	0.10
9	Lower the arms to in line with the shoulders, take 3 steps and on the 3rd lower to kneeling	0.10
10	Headstand with bent legs for 3 secs	0.30
11	Jump half turn	0.20
12	Continue with 3 voluntary moves plus linkings to finish.	bonus score
Max. SV (+ bonus score)		1.80

PARALLEL BARS

Serial	Level 3 - Parallel Bars at a height suitable to height of gymnasts.	Value
1	Jump to Support & hold for 2secs.	0.30
2	4 x Hand walks	0.10 each
3	Half Lever	0.50
4	2 x Shaper Swings	0.30 each
5	Straddle legs to high Back Support, hold for 2 secs.	0.10
6	Lower, grasp and swing forward to Straddle back support	0.10
7	Lift one leg and arm to flank dismount	0.30
Max. SV		1.70

VAULT

Serial	Level 3 - Vault 100 cm - 2 different vaults, averaged score- 3.00 score for repeated second vault	Value
	Tariffs Values	
	Squat On	3.50pts
	Straddle	4.00pts
	Squat	4.50pts
NB: Add the two vault scores together and divide by 2 for final score.		

PPP

Serial	Level 3	Value
1	5 x Sit Ups	0.50pts
2	5 x Press Ups	0.50pts
3	2 x Chins	0.50pts
4	5 x Burpees	0.50pts
5	1 second Lever Hold (Pike or Straddle)	0.50pts
Start Value		2.50pts
Execution		10.00pts
Exercise Value		12.50pts

Exeter Gymnastics Club - Recreational Gymnasts Club Competition Voluntary moves

Voluntary moves	
Forward roll- tucked, straddled	0.30pts
Forward roll- piked	0.50pts
Backward roll - tucked	0.30pts
Backward roll - straddled	0.20pts
Backward roll - piked	0.30pts
Backward roll - through handstand	0.50pts
Handstand	0.50pts
Handstand forward roll	0.50pts
Cartwheel	0.30pts
1 handed cartwheel	0.30pts
Round off	0.50pts
Flic	0.50pts
Handspring	0.50pts
Walkover- Forward/backward	0.50pts
Front salto	0.50pts
Back salto	0.50pts
Splits	0.30pts
Jumps	0.10pts
Dance elements	0.10pts

Exeter Gymnastics Club - Recreational Gymnasts Club Competition Routines

GIRLS Level 2

Girls must be under 10 on 1st January in the year of the Competition.

FLOOR

Skill	Level 2 - Floor square with set Under 10 music.	Value
1	Forward Roll.	0.30
2	Star Jump	0.10
3	Stretch Jump with Full Turn,	0.30
4	Body Wave	0.10
5	Backward Roll to Straddle Stand,	0.20
6	Forward Roll to Straddle Sit	0.20
7	2 x Side Circle Rolls (Teddy rolls), legs together and lie back	0.30
8	Bridge, hold for 2 secs.	0.30
9	Lie down, touch toes & Backward Roll to knees,	0.20
10	Lift to Head Stand with straight legs and hold for 2 secs.	0.30
11	Lower & stand up, take 2 skips & 3 running steps forward finishing on toes with arms in 5th, step and turn	0.10,0.10
12	Continue with 3 voluntary moves plus linkings to finish.	bonus score
Max. SV (+ bonus score)		2.50

BEAM

	Level 2 - Using the Low 50cms Wide Beam. NB: Mount from the dismount end.	Value
1	Squat or Straddle on	0.20
2	2 x Chasse steps	0.10,0.10
3	Stretch Jump	0.10
4	Stretch Jump with half-turn.	0.30
5	2 x dip steps, arms sideways	0.10,0.10
6	Arabesque, hold for 2 secs.	0.30
7	Lower leg and rise on toes taking arms to 5th, bend to crouch & half-turn & stretch, to stand lower arms to shoulder level during turn.	0.10
8	2 Steps & leap onto one foot landing with bend of front leg and rear leg held off the beam.	0.20
9	Join feet, Body Wave, hold on toes for 2 secs.	0.10
10	Skip to end of beam	0.10
11	Lift one leg forwards, circle sideways & backwards lower it behind other foot raise on toes and half-turn towards back foot.	0.30
12	Own sequence to end of beam	bonus score
13	Straddle jump dismount.	0.30
Max. SV (+ bonus score)		2.40

VAULT

Serial	Level 3 - Vault 100 cm - 2 different vaults, averaged score- 3.00 score for repeated second vault	Value
	Tariffs Values	
	Squat On	3.50pts
	Straddle	4.00pts
	Squat	4.50pts
	Head Spring	5.00pts
	Handspring	5.50pts
NB: Add the two vault scores together and divide by 2 for final score.		

PPP

Serial	Level 2	Value
1	8 x Sit Ups	0.50pts
2	8 x Press Ups	0.50pts
3	4 x Chins	0.50pts
4	8 x Burpees	0.50pts
5	2 seconds Lever Hold (Pike or Straddle)	0.50pts
Start Value		2.50pts
Execution		10.00pts
Exercise Value		12.50pts

BOYS LEVEL 2

Boys must be under 10 on 1st January in the year of the Competition.

FLOOR

Serial	Level 2 - Floor square.	Value
1	Standing, raise arms sideways & in & down & up.	0.10
2	Forward Roll to straddle sit	0.20
3	2 x Teddy Rolls	0.30
4	Roll over and Front Support, jump to crouch	0.10
5	Roll back to shoulder balance, hold for 2 secs, rock forwards to stand up	0.20
6	Backward roll to straddle stand	0.20
7	Lower leg and with arms stretched above the head, circle one arm downwards & step with quarter turn to side straddle stand, circle the other arm & quarter turn and bring the back foot into stand.	0.10
8	Cartwheel	0.30
9	Lower the arms to in line with the shoulders, take 3 steps and on the 3rd lower to kneeling	0.10
10	Headstand with straight legs for 3 secs	0.30
11	Forward Roll to stand	0.30
12	Jump Full Turn	0.30
13	Continue with 3 voluntary moves plus linkings to finish.	bonus score
Max. SV (+ bonus score)		2.50

PARALLEL BARS

Serial	Level 2 - Parallel Bars at a height suitable to height of gymnasts.	Value
1	Jump to Support & hold for 2secs.	0.30
2	4 x Hand walks	0.10 each
3	1 x Dip	0.30
4	Half Lever, hold for 2 secs Open and Close legs	0.50
6	2 x Shapers	0.30 each
7	On the last forward swing straddle legs to high Back Support hold 2secs.	0.10
8	2 x Swings	0.50 each
9	On the last backward swing dismount.	0.50
Max. SV		2.60

VAULT

Serial	Level 3 - Vault 100 cm - 2 different vaults, averaged score- 3.00 score for repeated second vault	Value
	Tariffs Values	
	Squat On	3.50pts
	Straddle	4.00pts
	Squat	4.50pts
	Head Spring	5.00pts
	Handspring	5.50pts
	NB: Add the two vault scores together and divide by 2 for final score.	

PPP

Serial	Level 2 - Vaulting Table height 100cms or higher if preferred.	Value
1	8 x Sit Ups	0.50pts
2	8 x Press Ups	0.50pts
3	4 x Chins	0.50pts
4	8 x Burpees	0.50pts
5	2 seconds Lever Hold (Pike or Straddle)	0.50pts
	Start Value	2.50pts
	Execution	10.00pts
	Exercise Value	12.50pts

Exeter Gymnastics Club - Recreational Gymnasts Club Competition Voluntary moves

Voluntary moves	
Forward roll- tucked, straddled	0.30pts
Forward roll- piked	0.50pts
Backward roll - tucked	0.30pts
Backward roll - straddled	0.20pts
Backward roll - piked	0.30pts
Backward roll - through handstand	0.50pts
Handstand	0.50pts
Handstand forward roll	0.50pts
Cartwheel	0.30pts
1 handed cartwheel	0.30pts
Round off	0.50pts
Flic	0.50pts
Handspring	0.50pts
Walkover- Forward/backward	0.50pts
Front salto	0.50pts
Back salto	0.50pts
Splits	0.30pts
Jumps	0.10pts
Dance elements	0.10pts

Exeter Gymnastics Club - Recreational Gymnasts Club Competition Routines

GIRLS Level 1

Girls must be 10 years or older on 1st January in the year of the Competition.

FLOOR

Serial	Level 1 - Floor square with set Over 10 music.	Value
1	Handstand Forward Roll	0.50
2	Forward Roll to Straddle Stand	0.30
3	Forward Roll	0.30
4	Star Jump	0.10
5	Stretch Jump with half-turn	0.20
6	Cartwheel on one hand	0.50
7	Cartwheel with quarter-turn	0.50
8	Jump full-turn.	0.30
9	Roll to Shoulder Balance , hold for 2 secs, lower to lie	0.10
10	Bridge, hold for 2 secs.	0.30
11	Lie down, touch toes and Backward Roll to knees	0.20
12	Head Stand with straight legs, hold for 2 secs.	0.30
13	Lower & stand up, take 2 skips & 3 running steps forward finishing on toes with arms in 5th, step and turn	0.10,0.10
14	Continue with 3 voluntary moves plus linkings to finish.	bonus score
Max. SV (+ bonus score)		3.80

BEAM NB: Mount from the dismount end.

Serial	Level 1 - BEAM Using High 100cms Beam with landing mattress underneath.	Value
1	Squat or Straddle on	0.20
2	Forward Roll	0.50
3	2 x Chasse Steps	0.10,0.10
4	Half Turn on two feet	0.10
5	2 steps fwd & leap onto one foot landing with bend of front leg and rear leg held off the beam.	0.20
6	Step into Half-Spin keeping one foot off the beam,	0.20
7	Lift one leg forwards, circle sideways & backward, lower it behind other foot and raise on toes and half-turn towards back foot.	0.30
8	Bend to crouch, half-turn arms sideway, downwards during the turn, stretch to stand.	0.10
9	2 Dip steps	0.10,0.10
10	Stretch jump, tuck jump joined	0.30
11	Body wave	0.10
12	Arabesque	0.30
13	Jump half-turn.	0.30
14	Own sequence to end of beam	bonus score
15	Round off dismount	0.50
Max. SV (+ bonus score)		3.50

VAULT

Serial	Level 3 - Vault 100 cm - 2 different vaults, averaged score- 3.00 score for repeated second vault	Value
	Tariffs Values	
	Squat On	3.50pts
	Straddle	4.00pts
	Squat	4.50pts
	Head Spring	5.00pts
	Handspring	5.50pts
NB: Add the two vault scores together and divide by 2 for final score.		

PPP

Serial	Level 1	Value
1	10 x Sit Ups	0.50pts
2	10 x Press Ups	0.50pts
3	6 x Chins	0.50pts
4	10 x Burpees	0.50pts
5	3 seconds Lever Hold (Pike or Straddle)	0.50pts
Start Value		2.50pts
Execution		10.00pts
Exercise Value		12.50pts

BOYS Level 1

Boys must be 10 years or older on 1st January in the year of the Competition.

FLOOR

Serial	Level 1 - Floor square.	Value
1	Standing, raise arms sideways & in & down & up.	0.10
2	Handstand Forward Roll	0.50
3	Forward Roll to lying	0.20
4	2 x Dish Shaper Rocks	0.10 each
5	2 x Arch Shaper Rocks	0.10 each
6	Front Support, jump to crouch and stand	0.10
7	Shoulder Balance hold for 2 secs, rock forwards to stand	0.20
8	Backward Roll Pike Stand	0.30
9	Lower leg and with arms stretched above the head, circle one arm downwards & step with quarter turn to side straddle stand, circle the other arm & quarter turn and bring the back foot into stand.	0.10
10	2 x Cartwheels connected	0.30 each
11	Lower the arms to in line with the shoulders, take 3 steps and on the 3rd lower to kneeling	0.10
12	Headstand wih straight legs hold for 2 secs	0.30
13	Forward Roll	0.30
14	High Dive	0.50
15	Continue with 3 voluntary moves plus linkings to finish.	bonus score
Max. SV (+ bonus score)		3.20

PARALLEL BARS

Serial	Level 1 - Parallel Bars at a height suitable to height of gymnasts.	Value
1	Jump to Support & hold for 2secs.	0.30
2	4 x Hand Jump Forward	0.10 each
3	2 x Dips	0.30 each
4	Half Lever, hold for 2 secs	0.50
5	3 x Shapers	0.30 each
6	On the last forward swing straddle legs to high Back Support.	0.10
7	Lift Legs to Half-Lever for 2 secs.	0.50
8	Reach forward & lift legs out at the back and 2 x swings	0.50 each
9	Swing back and over the bar to dismount.	0.50
Max. SV		3.10

VAULT

Serial	Level 3 - Vault 100 cm - 2 different vaults, averaged score- 3.00 score for repeated second vault	Value
	Tariffs Values	
	Squat On	3.50pts
	Straddle	4.00pts
	Squat	4.50pts
	Head Spring	5.00pts
	Handspring	5.50pts
	NB: Add the two vault scores together and divide by 2 for final score.	
	Execution	10.00pts

PPP

Serial	Level 1 - Vaulting Table height 110cms or higher if preferred.	Value
1	10 x Sit Ups	0.50pts
2	10 x Press Ups	0.50pts
3	6 x Chins	0.50pts
4	10 x Burpees	0.50pts
5	3 seconds Lever Hold (Pike or Straddle)	0.50pts
	Start Value	2.50pts
	Execution	10.00pts
	Exercise Value	12.50pts

Exeter Gymnastics Club - Recreational Gymnasts Club Competition Voluntary moves

Voluntary moves	
Forward roll- tucked, straddled	0.30pts
Forward roll- piked	0.50pts
Backward roll - tucked	0.30pts
Backward roll - straddled	0.20pts
Backward roll - piked	0.30pts
Backward roll - through handstand	0.50pts
Handstand	0.50pts
Handstand forward roll	0.50pts
Cartwheel	0.30pts
1 handed cartwheel	0.30pts
Round off	0.50pts
Flic	0.50pts
Handspring	0.50pts
Walkover- Forward/backward	0.50pts
Front salto	0.50pts
Back salto	0.50pts
Splits	0.30pts
Jumps	0.10pts
Dance elements	0.10pts