



# 2024 GYMNASTICS CHAMPIONSHIPS

**Sunday 14th July 2024**

**Floor & Vault Competition**

**Essex Sports Arena, Colchester, CO4 3SQ**



# 2024 GYMNASTICS CHAMPIONSHIPS

Dear Clubs,

I am pleased to inform you that Jamies gymnastics academy will be hosting their floor & vault gymnastics competition on Sunday 14th July 2024 at Essex Sports Arena, Colchester.

The competition is aimed at pre-school, recreational, advanced recreational, freestyle, school club and low level floor & vault squad gymnasts.

For those clubs that have not competed at our event before, in 2022 we held our competition at Surrey Sports park, Guildford, where we had 957 gymnasts from 17 different clubs compete throughout the day. Since holding that competition in 2022, we have now outgrown Surrey Sports Park and after months of searching we have found the perfect venue to host our annual competition!

Essex Sports Arena is less than six years old and has a large sports arena which holds up to 1600 spectators. There is on onsite café, along with a Starbucks only a few minutes walk from the arena.

There will be multiple stands such as merchandise, gymnastics equipment and leotard stalls along with some exciting displays.

This event is all about the fun, giving those recreational gymnasts a chance to compete, and it would be great to see as many clubs enter as possible.

Each gymnast will receive a medal and certificate for participating, along with a competition T-shirt which will be handed out to your club upon arrival. There will be medals for 1st-3rd places, along with rosettes for 4th-6th place. We will also be handing out trophies for the highest scoring floor & vault/bench routine. All gymnasts under the age of 6 will receive a gold medal for taking part and will not compete against one another. Trophies for these ages will still be handed out for highest scoring floor & vault/bench routine.

If you would like to attend the competition, please contact me directly [holly@jgagroup.co.uk](mailto:holly@jgagroup.co.uk)



Holly Freeman  
Chief Operating Officer





# 2024 GYMNASTICS CHAMPIONSHIPS

## COMPETITION FORMAT

We will be offering 5 different types of competitions:

### SCHOOLS:

School club gymnasts (Reception-Year 6) that train no longer than one hour per week, to perform x1 bench routine and x1 6m strip floor sequence.

### FREESTYLE:

Freestyle gymnasts (6-16 years) that train no longer than two hours per week, to perform x2 vaults and x1 6m strip floor sequence. Best scoring vault will count.

### COMPETITION A:

Pre-school & recreational gymnasts (3-16 years) that train no longer than one hour per week, to perform x2 vaults and x1 6m strip floor sequence. Best scoring vault will count.

### COMPETITION B:

Advanced recreational gymnasts (5-16 years) that train no longer than one hours per week, to perform x2 vaults and x1 6m strip floor sequence. Best scoring vault will count.

### COMPETITION C:

Low level competitive squad gymnasts (5-16 years)that train no longer than five hours per week, to perform x2 vaults (best scoring vault counts) and either one of the following, depending on what level they enter:

1. 6m strip floor (for competition C, levels 1 & 2 only)
2. 12m by 12m inflatable gymnova floor (for competition C, level 3-6)



# 2024 GYMNASTICS CHAMPIONSHIPS

## IMPORTANT COMPETITION INFORMATION

### AGE

Please see the minimum ages for each competition below:

- **Schools:** Reception
- **Freestyle:** 6 years
- **Competition A:** 3 years
- **Competition B:** 5 years
- **Competition C:** 5 years

### EQUIPMENT

**Springboards:** Standard Gymnova competition board or similar brand springboard. No deductions will be made for pre-school aged gymnasts running up the board.

**T2K Foam flex roll mats:** 1.8m x 6m

**Competition C:** Level 3+ Floor: 12M-12M inflatable Gymnova floor

**Bench:** Standard wooden bench

**Vaults:** T2K coloured foam vault, T2K piled up crash mats, table vault

### PLACINGS

Every child will receive a medal & certificate, and there will be the opportunity to gain medals and rosettes for placings 1-6, along with a trophy for the highest scoring floor & vault/bench.

All children under the age of six will receive a gold medal for participating and will not compete for a place. They will also receive a trophy for the highest scoring floor & vault/bench.





# 2024 GYMNASTICS CHAMPIONSHIPS

## JUDGES

Clubs must provide judges. For those that cannot provide a judge there will be a £50 fee which will be added to your entries.

Gymnast entries: 1-49      1 judge to be supplied.  
Gymnast entries 50+      2 judges to be supplied.

With the lack of judging courses available, your selected person doesn't have to have a judging qualification, however, must have experience in judging/gymnastics. A full deduction sheet will be emailed prior to the event. Please confirm by 1st April whether you are able to provide judges.

## TIMINGS

Once all entries have been confirmed, a specific time bracket will be set and detailed in a second letter. The competition usually runs from 7.45am-7pm. Please allow flexibility for the full day.

## LOCATION

Essex Sports Arena, University of Essex, Wivenhoe Park, Colchester, CO4 3SQ.

## COST

£30 per gymnast. Once your competition entries have been confirmed, we will raise an invoice to the club. All gymnasts will receive a competition T-shirt on the day.

\*Please note competition entry is non-refundable/transferable once paid.



# 2024 GYMNASTICS CHAMPIONSHIPS

## ADDITIONAL COMPETITION RULES

- Gymnasts will compete against same gender & similar age. For example, those competing in competition C, if only 1 gymnast is aged 13 and another aged 12 competing at the same level, they will be grouped together.
- Long hair must be tied back
- No jewellery
- All gymnasts must have a current gymnastics insurance which covers them to compete at our event
- Gymnasts will be allowed around 2 minutes to warm up their floor routine alongside other gymnasts
- Gymnasts will be allowed x2 warmup vaults & 1 bench warmup
- The judging decision is final. If you would like to query a score, please see the head judge on the day
- This competition is for those that do not train more than 5 hours per week. No grade level gymnasts please.

## DEADLINE

**Entry deadline:** 1st May 2024 or once maximum gymnasts entries are received, whichever is sooner. Payment must be received at time of entry.

We are looking forward to seeing you at our 2024 Gymnastics Championships!







# COMPETITION A

# COMPETITION A - AGE 3 & 4 YEARS

FLOOR - 10.0 TARIFF	4 MOVES ON STRIP FLOOR - NO MOVES TO BE CONNECTED UNLESS STATED
1	T-Balance (held for 2 seconds)
2	Bunny Hop - Sit on bottom
3	Tuck shape (held for 2 seconds)
4	Straddle shape (held for 2 seconds)
	Stand up & present

VAULT: T2K - ONE LEVEL IN HEIGHT (LENGTHWAYS)	TARIFF
Squat on, walk to the end on tip toes with a stretch/tuck/star jump off	10.5



# COMPETITION A - AGE 5 & 6 YEARS

FLOOR - 10.0 TARIFF	5 MOVES ON STRIP FLOOR - NO MOVES TO BE CONNECTED UNLESS STATED
1	T-Balance (held for 2 seconds)
2	Forward roll to straddle sit (bring legs together to pike)
3	Rear support turn to front support
4	Jump feet to crouch and immediate stretch jump up
5	Star jump

VAULT: T2K - TWO LEVELS IN HEIGHT (60CM)	TARIFF
Squat on, with an immediate stretch/tuck/star jump off	10.5
Straddle on, stretch/tuck/star jump off	10.5
Squat through	10.8
Straddle over	10.8

see vault setup images on page 13

# COMPETITION A - AGE 7 & 8 YEARS

FLOOR - 10.0 TARIFF	8 MOVES ON STRIP FLOOR - NO MOVES TO BE CONNECTED UNLESS STATED
1	T-Balance (held for 2 seconds)
2	Forward roll to stand
3	Forward roll to straddle sit
4	Teddy bear roll (180°) (to connect; bring legs back together to pike)
5	Push to rear support, turn to front support
6	Jump feet in and immediate stretch jump up
7	Star jump
8	Cartwheel (start & finish in any position)

VAULT: T2K - THREE LEVELS IN HEIGHT (90CM)	TARIFF
Squat on, with an immediate stretch/tuck/star jump off	10.5
Straddle on, stretch/tuck/star jump off	10.5
Squat through	10.8
Straddle over	10.8

see vault setup images on page 13



# COMPETITION A - AGE 9 & 10 YEARS

FLOOR - 10.0 TARIFF	9 MOVES ON STRIP FLOOR - NO MOVES TO BE CONNECTED UNLESS STATED
1	T-Balance (held for 2 seconds)
2	Forward roll to stand
3	Jump 1/2 turn (to connect to next move; rock backwards to lie flat)
4	V-sit with hand support (hold for 2 seconds)
5	Push to rear support, turn to front support
6	Jump feet in and immediate stretch jump up
7	Cartwheel (start & finish in any position)
8	Tuck jump
9	Star jump

VAULT: T2K - THREE LEVELS IN HEIGHT (90CM)	TARIFF
Squat on, with an immediate stretch/tuck/star jump off	10.5
Straddle on, stretch/tuck/star jump off	10.5
Squat through	10.8
Straddle over	10.8
Handspring	11.2

see vault setup images on page 13

# COMPETITION A - AGE 11+ YEARS

FLOOR - 10.0 TARIFF	10 MOVES ON STRIP FLOOR - NO MOVES TO BE CONNECTED UNLESS STATED
1	Arabesque (held for 2 seconds)
2	Forward roll to stand
3	Jump full turn (to connect to next move; rock backwards to lie flat)
4	Bridge (hold for 2 seconds) (to connect to next move; come down and sit up to pike)
5	Push to rear support, turn to front support
6	Jump feet in and immediate stretch jump up
7	Cartwheel
8	One handed cartwheel
9	1/2 turn jump
10	Tuck jump

VAULT: T2K - THREE LEVELS IN HEIGHT (90CM)	TARIFF
Squat on, with an immediate stretch/tuck/star jump off	10.5
Straddle on, stretch/tuck/star jump off	10.5
Squat through	10.8
Straddle over	10.8
Handspring	11.2

see vault setup images on page 13



# COMPETITION A - EQUIPMENT

## FLOOR - ALL AGES

1.8m x 6m T2K Flex roll mat



## VAULT - AGES AS STATED



AGE 3 & 4 YEARS

AGE 5 & 6 YEARS



AGE 7+ YEARS





# COMPETITION B

# COMPETITION B - AGE 6,7 & 8 YEARS

FLOOR - 10.0 TARIFF	8 OR 9 MOVES ON STRIP FLOOR - NO MOVES TO BE CONNECTED UNLESS STATED
1	Arabesque (held for 2 seconds)
2	Forward roll to stand
3	Forward roll to lie flat
4	Bridge (to connect; lay flat, bring legs back together to pike)
5	Push to rear support, turn to front support
6	Jump feet in and immediate stretch jump up
7	Star jump
8	Cartwheel (finish in any position)
	<b>**Optional bonus skills** ONLY ONE CAN BE PERFORMED</b>
9	Backward or forward walkover (bonus skill .3)
9	Flick (can be linked with a roundoff), handspring or free cartwheel (bonus skill .5)

VAULT: T2K - THREE LEVELS IN HEIGHT (90CM)	TARIFF
Squat on, with an immediate stretch/tuck/star jump off	10.5
Straddle on, stretch/tuck/star jump off	10.5
Squat through	10.8
Straddle over	10.8
Handspring	11.2



# COMPETITION B - AGE 9 & 10 YEARS

FLOOR - 10.0 TARIFF	9 or 10 MOVES ON STRIP FLOOR - NO MOVES TO BE CONNECTED UNLESS STATED
1	Arabesque (held for 2 seconds)
2	Forward roll to straddle stand (to connect move; jump feet together)
3	Jump 1/2 turn (to connect to next move; rock backwards to lie flat)
4	Bridge (held for 2 seconds), (to connect to next move; come down and sit up to pike)
5	Push to rear support, turn to front support
6	Jump feet in and immediate stretch jump up
7	Cartwheel 1/4 turn
8	Tuck jump
9	Star jump
	<b>**Optional bonus skills** ONLY ONE CAN BE PERFORMED</b>
10	Backwards or forwards walkover (bonus skill .3)
10	Flick (can be linked with a roundoff), handspring or free cartwheel (bonus skill .5)

VAULT: T2K - THREE LEVELS IN HEIGHT (90CM)	TARIFF
Squat on, with an immediate stretch/tuck/star jump off	10.5
Straddle on, stretch/tuck/star jump off	10.5
Squat through	10.8
Straddle over	10.8
Handspring	11.2

# COMPETITION B - AGE 11+ YEARS

FLOOR - 10.0 TARIFF	10 or 11 MOVES ON STRIP FLOOR - NO MOVES TO BE CONNECTED UNLESS STATED
1	Arabesque (held for 2 seconds)
2	Forward roll to straddle stand (to connect move; jump feet together)
3	Jump 1/2 turn (to connect to next move; rock backwards to lie flat)
4	Bridge (held for 2 seconds), (to connect to next move; come down and sit up to pike)
5	Push to rear support, turn to front support
6	Jump feet in and immediate stretch jump up
7	Cartwheel
8	One handed cartwheel
9	1/2 turn jump
10	Tuck jump
	<b>**Optional bonus skills** ONLY ONE CAN BE PERFORMED</b>
11	Backwards or forward walkover (bonus skill .3)
11	Flick (can be linked with a roundoff), handspring or free cartwheel (bonus skill .5)

VAULT: T2K - THREE LEVELS IN HEIGHT (90CM)	TARIFF
Squat on, with an immediate stretch/tuck/star jump off	10.5
Straddle on, stretch/tuck/star jump off	10.5
Squat through	10.8
Straddle over	10.8
Handspring	11.2



# COMPETITION B - EQUIPMENT

## FLOOR - ALL AGES

1.8m x 6m T2K Flex roll mat



## VAULT - ALL AGES







# COMPETITION C

# COMPETITION C - LEVEL 1

FLOOR - 10.0 TARIFF	9 OR 10 MOVES ON STRIP FLOOR - NO MOVES TO BE CONNECTED UNLESS STATED
1	Forward roll to stand
2	Forward roll to straddle sit
3	Japana
4	V-sit with hands (minimum 2 second hold), lie flat
5	Bridge (minimum 2 second hold)
6	T-balance (minimum 2 second hold)
7	Half spin or half turn jump
8	Cartwheel (start & finish in any position)
9	Star jump
	<b>**Optional bonus skills** ONLY ONE CAN BE PERFORMED</b>
10	Backwards or forward walkover (bonus skill .3)

VAULT: 40CM HEIGHT	TARIFF
Jump onto board, squat onto mats, kick to handstand flatback	10.3
Jump onto board, handstand flatback	10.7

# COMPETITION C - LEVEL 2

FLOOR - 10.0 TARIFF	9 OR 10 MOVES ON STRIP FLOOR - NO MOVES TO BE CONNECTED UNLESS STATED
1	Handstand forward roll to stand
2	Tuck jump (connection; for bridge entry, forward roll to lie flat)
3	Push to bridge straight legs (minimum 2 second hold) (connection; lay out flat from bridge, up into)
4	V-sit without hands (minimum 2 second hold)
5	Back support to front support, jump in, jump up
6	Arabesque (minimum 2 second hold)
7	Full spin or jump full turn
8	One handed cartwheel (start & finish in any position)
9	Backwards roll to stand
	<b>**Optional bonus skills** ONLY ONE CAN BE PERFORMED</b>
10	Backwards or forward walkover (bonus skill .3)
10	Flick (can be linked with a roundoff), handspring or free cartwheel (bonus skill .5)

VAULT: 60CM HEIGHT	TARIFF
Jump onto board, squat onto mats, kick handstand flat back	10.3
Jump onto board, handstand flatback	10.7



# COMPETITION C - LEVEL 3

This level is a set routine with optional elements and acts as an introduction to a full floor routine. It is performed on a 12m x 12m inflatable Gymnova floor, without music, however the full floor does not need to be used. Routines must include choreography throughout.

Direction and order of the eight skills are optional.

FLOOR - 10.0 TARIFF	SET ROUTINE WITH OPTIONAL ELEMENTS
1	Y-balance OR arabesque (minimum 2 second hold)
2 & 3	Round off, flick
4 & 5	Chassé cat leap, scissor kick
6	Splits OR japana OR bridge OR pike fold (minimum 2 second hold)
7 & 8	Handstand forward roll, immediate star jump
	<b>**Compulsory bonus skills** ONLY ONE CAN BE PERFORMED</b>
9	Backwards or forward walkover (bonus skill .3)
9	Handspring or free cartwheel (bonus skill .5)

VAULT: 60CM HEIGHT	TARIFF
Handstand flatback	10.7
Handspring to stand	11.0

# COMPETITION C - LEVEL 4-6 FLOOR

## LEVEL 4

A-D moves to be used

Group 1: x2 moves to be used

Group 2: x2 moves to be used

Group 3: x2 moves to be used (must be linked)

x2 additional moves to be chosen from any group

Skills can be linked

**Compulsory moves: Must include x2 D moves**

## LEVEL 5

B-E moves to be used

Group 1: x2 moves to be used

Group 2: x2 moves to be used

Group 3: x2 moves to be used (must be linked)

x2 additional moves to be chosen from any group

Skills can be linked

**Compulsory moves: Must include x2 E moves**

## LEVEL 6

B-F moves to be used

Group 1: x2 moves to be used

Group 2: x2 moves to be used

Group 3: x2 moves to be used (must be linked)

x2 additional moves to be chosen from any group

Skills can be linked

**Compulsory moves: Must include x2 E moves**

# COMPETITION C - LEVEL 4-6 FLOOR

## A MOVES

## B MOVES

### GROUP ONE

Forward roll (optional ending)

Handstand forward roll

Backward roll (optional ending)

One handed cartwheel

Cartwheel (optional exit)

From bridge kick-over

From front support, jump in, straight jump up

Backwards roll to front support (straight arms)

### GROUP TWO (H = HOLD FOR 2 SECONDS)

Bridge - optional entry & exit (H)

Arabesque (H)

Shoulder stand with art support (H)

Handstand (H)

V-sit with hand support (H)

Japana (flat back, chest to floor, 90° leg separation) (H)

Front or back support lower push up

V-sit without hand support (H)

One foot stand (free leg to knee horizontal forwards) (H)

Splits side or box (without hand support) (H)

Dead man (drop to front support)

Pike fold (H)

Swedish fall with one leg raised



# COMPETITION C - LEVEL 4-6 FLOOR

## GROUP THREE

Cat leap (alternate legs, both knees above horizontal for all cat leaps)

Cat leap 1/2 turn

1/2 Spin on toes

Full spin on toes

Star jump

Wolf jump or hop

Straight jump

Jump 1/2 turn back to front support

Tuck jump (less than 90° hip angle and knees above horizontal for all tucks)

Tuck jump 1/2 turn

Straight jump 1/2 turn

# COMPETITION C - LEVEL 4-6 FLOOR

C MOVES

D MOVES

## GROUP ONE

Backwards walkover

Back flip step out

Forwards walkover

Back flip to two feet

Backwards roll to handstand

Dive forward roll or hecht roll (must show flight)

Round-off

Backwards roll to handstand with 1/2 turn

Forwards roll piked to stand

Handspring to 1

Handspring to 2

Free cartwheel

## GROUP TWO (H = HOLD FOR 2 SECONDS)

From front support, straddle cut to rear support

From standing elephant lift to handstand (H)

Shoulder stand (straight arms behind head) (H)

From straight leg headstand press to handstand (H)

Pike lever (H)

Healy turn

Straddle half lever (H)

Tucked top planche (H)

Y-balance (H)

Chest stand (H)

Handstand pirouette 1/2 turn

Illusion turn

# COMPETITION C - LEVEL 4-6 FLOOR

## GROUP THREE

Cat leap full turn

1 1/2 spin on toes

Sissone

Wolf jump or leap 1/2

Stag leap or jump

Split or side leap/jump

Scissor kick

Tuck jump full turn

Tuck shoushonova

Straddle shoushonova

Straight jump full turn

Straight jump 1 1/2 turn

Straddle jump

Straddle jump 1/4 turn



# COMPETITION C - LEVEL 4-6 FLOOR

E MOVES

F MOVES

## GROUP ONE

Backwards somersault (tucked)

Backwards somersault (straight)

Flyspring

Arabian somersault (tucked)

Front somersault (tucked)

Whip salto

Front somersault (walkout)

Front somersault (straight)

Free walkover

Front somersault (tucked/straight with 1/2 twist)

One-arm forward or backwards walkover

Backward somersault (straight with 1/2 or full twist)

Valdez

One arm valdez

Side somersault (tucked or piked)

## GROUP TWO (H = HOLD FOR 2 SECONDS)

Wide arm handstand, hands greater than shoulder width (H)

From splits or straddle press to handstand (H)

Straddle lever to handstand

Manna

Handstand pirouette full turn

Handstand pirouette 1 1/2 turns

Russian lever (H)

# COMPETITION C - LEVEL 4-6 FLOOR

## GROUP THREE

Cat leap 1 1/2 turns

Cat leap two full turns

Two full spins on toes

Three full spins on toes

Change leg leap

Change leg leap 1/4 turn

Ring leap or jump

Wolf jump or leap full turn

Tuck jump 1 1/2 turns

Straddle 1/2 shoushonova

Straddle jump 1/2 turn

Straddle jump full turn

Straight jump two full turns

Tuck jump two full turns

# COMPETITION C - LEVEL 4-6 VAULT

All to be completed on a table vault

VAULT	TARIFF
Handspring	12.5
1/2 on	12.8
1/2 on, 1/2 off	13.1
1/2 on, full off	13.2
Handspring 1/1	13.5



# COMPETITION C - LEVEL 1-6

## MUSIC - LEVELS 4 - 6 ONLY

Music can be from 45 seconds to 1 minute 30 seconds. Vocal music is allowed at our event as long as music is appropriate. No swearing within vocals.

## VAULTS - LEVELS AS STATED



LEVEL 1



LEVELS 2 & 3



LEVELS 4 - 6

# COMPETITION C - LEVEL 1-6

## FLOOR - LEVELS 1 & 2

1.8m x 6m T2K Flex roll mat



## FLOOR - LEVELS 3 - 6

12m x 12m inflatable Gymnova floor





# FREESTYLE



# FREESTYLE

At Jamies Gymnastics Academy we have many freestyles that wanted to compete at our academy championships but didn't want to compete in the gymnastics category. With that in mind we created a criteria to enable freestylers an opportunity to take part in the event where they can choose their own skills.

There are 3 different levels:

- Level 1: A-C moves only to be used
- Level 2: B-D moves only to be used
- Level 3: C-F moves only to be used

**Total moves required:** 8 moves required

To be performed on a 1.8m by 6m roll mat. Can go up and down the mat as many times as needed to ensure all 8 skills are completed.

# FREESTYLE

## A MOVES

## B MOVES

### GROUP ONE

Forward roll (optional ending)

Handstand forward roll

Backward roll (optional ending)

One handed cartwheel

Cartwheel (optional exit)

From bridge kick-over

From front support, jump in, straight jump up

Backwards roll to front support (straight arms)

### GROUP TWO (H = HOLD FOR 2 SECONDS)

Bridge - optional entry & exit (H)

Handstand (H)

Shoulder stand with arm support (H)

V-sit without hand support (H)

V-sit with hand support (H)

Swedish fall with one leg raised

Front or back support lower push up

One foot stand (free leg to knee horizontal forwards) (H)

Dead man (drop to front support)

### GROUP THREE

Star jump

Jump 1/2 turn back to front support

Straight jump

Tuck jump 1/2 turn

Tuck jump (less than 90° hip angle and knees above horizontal for all tucks)

Straight jump 1/2 turn

# FREESTYLE

## C MOVES

## D MOVES

### GROUP ONE

Backwards walkover

Back flip step out

Forwards walkover

Back flip to two feet

Backwards roll to handstand

Dive forward roll or hecht roll (must show flight)

Round-off

Backwards roll to handstand with 1/2 turn

Forward roll piked to stand

Handspring to 1

Handspring to 2

Free cartwheel

### GROUP TWO (H = HOLD FOR 2 SECONDS)

From front support, straddle cut to rear support

From straight leg headstand, press to handstand (H)

Shoulder stand (straight arms behind head) (H)

Healy turn

Pike lever (H)

Tucked top planche (H)

Straddle half lever (H)

Handstand pirouette 1/2 turn



# FREESTYLE

## GROUP THREE

Tuck shoushonova

Tuck jump full turn

Straight jump full turn

Straddle shoushonova

Straddle jump

Straight jump 1 1/2 turn

Straddle jump 1/4 turn

# FREESTYLE

E MOVES

F MOVES

## GROUP ONE

Backwards somersault (tucked)

Backwards somersault (straight)

Flyspring

Arabian somersault (tucked)

Front somersault (tucked)

Whip salto

Front somersault (walkout)

Front somersault

Side somersault (tucked or piked)

Front somersault (tucked/straight with 1/2 twist)

Backwards somersault (straight with 1/2 or full twist)

## GROUP TWO (H = HOLD FOR 2 SECONDS)

Wide arms handstand, hands greater than shoulder width  
(H)

Manna

Straddle lever to handstand

Handstand pirouette 1 1/2 turns

Handstand pirouette full turn

Russian lever (H)

## GROUP THREE

Tuck jump 1 1/2 turns

Straddle 1/2 shoushonova

Straddle jump 1/2 turn

Straddle jump 1/1 (full turn)

Straight jump two full turns

Tuck jump two full turns

# FREESTYLE

VAULT: T2K - THREE LEVELS IN HEIGHT (90CM)	TARIFF
Squat on, round-off off / handspring off	12.5
Handspring	12.8
1/2 on	13.0
Squat on, front/back somersault off	13.2
Front somersault over the vault	13.5



**SCHOOLS**



# SCHOOLS - RECEPTION

FLOOR - 10.0 TARIFF	4 MOVES ON STRIP FLOOR - NO MOVES TO BE CONNECTED UNLESS STATED
1	T-balance (hold for two seconds)
2	Bunny hop - sit on bottom
3	Tuck shape (hold for two seconds)
4	Straddle shape (hold for two seconds)
	Stand up

BENCH - 10.0 TARIFF	GYMNASTS ARE TO START AT THE FRONT OF THE BENCH AND NOT THE SIDE
1	Step onto bench
2	Walk on tip toes to the middle of the bench, 360 turn on tip toes
3	Walk to the end of the bench on toes
4	Jump off

# SCHOOLS - YEARS 1 & 2

FLOOR - 10.0 TARIFF	5 MOVES ON STRIP FLOOR - NO MOVES TO BE CONNECTED UNLESS STATED
1	T-balance (hold for two seconds)
2	Forward roll
3	Bunny hop
4	Tuck jump
5	Star jump

BENCH - 10.0 TARIFF	GYMNASTS ARE TO START AT THE FRONT OF THE BENCH AND NOT THE SIDE
1	Step onto bench
2	T-Balance
3	Walk on tip toes to the middle of the bench, 360 turn on tip toes
4	Walk to the end of the bench on toes
5	Tuck/star jump off the end

# SCHOOLS - YEAR 3

FLOOR - 10.0 TARIFF	6 MOVES ON STRIP FLOOR - NO MOVES TO BE CONNECTED UNLESS STATED
1	T-balance (hold for two seconds)
2	Forward roll
3	Jump 1/2 turn (to connect to next move; rock back to sit in pike)
4	Rear support turn to front support
5	Jump feet to crouch and immediate stretch jump up
6	Star jump

BENCH - 10.0 TARIFF	GYMNASTS ARE TO START AT THE FRONT OF THE BENCH AND NOT THE SIDE
1	Bunny hop onto bench
2	T-balance
3	Walk on tip toes to the middle of the bench, 360 turn on tip toes
4	Straight jump
5	Walk to the end of the bench on toes
6	Tuck/star jump off the end

**OPTIONAL BONUS DISMOUNT: CARTWHEEL OFF BENCH (0.5)**

# SCHOOLS - YEAR 4

FLOOR - 10.0 TARIFF	7 MOVES ON STRIP FLOOR - NO MOVES TO BE CONNECTED UNLESS STATED
1	T-balance (hold for two seconds)
2	Forward roll
3	Jump 1/2 turn (to connect to next move; rock back to sit in pike and open legs to straddle shape)
4	Teddy bear roll (180°) (to connect; bring legs back together to pike)
5	Push to rear support; turn to front support
6	Jump feet to crouch and immediate stretch jump up
7	Star jump
BENCH - 10.0 TARIFF	GYMNASTS ARE TO START AT THE FRONT OF THE BENCH AND NOT THE SIDE
1	Bunny hop onto bench
2	T-balance
3	Walk on tip toes to the middle of the bench, 360 turn on tip toes
4	Straight jump
5	Bunny hop
6	Walk to the end of the bench on toes
7	Tuck/star jump off the end

**OPTIONAL BONUS DISMOUNT: CARTWHEEL OFF BENCH (0.5)**



# SCHOOLS - YEAR 5

FLOOR - 10.0 TARIFF	8 MOVES ON STRIP FLOOR - NO MOVES TO BE CONNECTED UNLESS STATED
1	T-balance (hold for two seconds)
2	Forward roll
3	Jump 1/2 turn (to connect to next move; rock backwards to sit in pike)
4	V-sit hold with hand support (sit in pike)
5	Push to rear support; turn to front support
6	Jump feet in and immediate stretch jump up
7	Cartwheel (finish in any position)
8	Star jump
BENCH - 10.0 TARIFF	GYMNASTS ARE TO START AT THE FRONT OF THE BENCH AND NOT THE SIDE
1	Bunny hop onto bench
2	T-balance
3	Walk on tip toes to the middle of the bench, 360 turn on tip toes
4	Straight jump
5	Bunny hop
6	Walk to the end of the bench on toes
7	Tuck/star jump off the end

**OPTIONAL BONUS DISMOUNT: CARTWHEEL OFF BENCH (0.5)**

# SCHOOLS - YEAR 6

FLOOR - 10.0 TARIFF	9 MOVES ON STRIP FLOOR - NO MOVES TO BE CONNECTED UNLESS STATED
1	Arabesque (hold for two seconds)
2	Forward roll
3	Jump 1/2 turn (to connect to next move; rock backwards to sit in pike)
4	V-sit hold with hand support (sit in pike)
5	Push to rear support; turn to front support
6	Press up x1
7	Jump feet in and immediate stretch jump up
8	Cartwheel (finish in any position)
9	Star jump
BENCH - 10.0 TARIFF	GYMNASTS ARE TO START AT THE FRONT OF THE BENCH AND NOT THE SIDE
1	Bunny hop onto bench
2	T-balance
3	Walk on tip toes to the middle of the bench, 360 turn on tip toes
4	Straight jump
5	Bunny hop
6	Walk to the end of the bench on toes
7	Tuck/star jump off the end

**OPTIONAL BONUS DISMOUNT: CARTWHEEL OFF BENCH (0.5)**

# T-BALANCE SKILL

