

CLUB COMPETITION RULES (GIRLS)

Girls who train for two hours + will perform their competition routines

Saturday Squad will do NDP routines

1 Hr Groups (all 1 hr gymnasts will do competition routine):

All gymnasts born in 2012 and 2013

Vault	Bars	Beam	Floor
Run and jump on springboard; Straight jump to land	3 x swings Hold Tuck shape Hold Pike shape Upward circle (bonus move)	Front support; Lift leg over to stand; 4 walking steps 4 tiptoe steps; 4 high kicks Straight jump off to land	Fwd roll to pike sit; Straddle; Teddy bear roll; Bridge; Shoulder stand – roll out to stand; Arabesque Cartwheel (bonus move)

All gymnasts born in 2011 and 2010

Vault	Bars	Beam	Floor
Run and jump on springboard; Squat on to vaulting table; Straight jump to land – 2 springboards	3 swings Hold Tuck shape; Hold Pike shape Upward circle Forward circle dismount	Front support; Lift leg over to straddle and stand; Straight jump; 4 walking steps; 4 tiptoe steps; 4 high kicks; Straddle jump off to land Forward Roll (bonus move)	Backward-roll to straddle-stand; Jump half-turn; Forward-roll to straddle-sit; Sit in pike; Lie on back; Bridge; Lie flat; Shoulder stand to roll out to stand Arabesque Cartwheel or handstand-forward roll (bonus moves)

All gymnasts born in 2009

Vault	Bars	Beam	Floor
Squat through or straddle over on vaulting table. (For lower SV squat on or straddle on and then straight jump off)	3 swings; Upward circle Cast to back-hip circle	Front support; Lift leg over to straddle sit and stand Straight jump; Change leg jump; 4 tiptoe steps; Cat leap; 4 high kicks; Arabesque; Pike jump off to land Forward roll (bonus move)	Cartwheel or round off to backward roll or flip, Fwd roll to stand; Jump half-turn; Bkwd roll to straddle; ¼ turn to front splits; ¼ turn to side splits; Slide to lie flat on tummy; Arch lift turn to back; Bridge; Lie flat; Shoulder stand to roll out to stand Cartwheel x 2 Handstand-forward roll

CLUB COMPETITION RULES (GIRLS)

Girls who train for two hours + will perform their competition routines

Saturday Squad will do NDP routines

All gymnasts born 2008 and before

Vault	Bars	Beam	Floor
Squat through or straddle over on vaulting table	3 swings; Upward circle Cast to bkwd circle; Cast to straddle undershoot dismount or cast push away dismount	Front support to straddle sit and stand to crouch; Fwd roll; Handstand; 4 high kicks; Straight jump; Tuck jump Arabesque; Straddle jump off to land Cartwheel (bonus move)	Round off backward roll or flip; Handstand-Fwd roll to stand; Jump half-turn; Bkwd roll to straddle; ¼ turn to front splits; Join legs – push to Bridge – kick over; Cartwheel x 2