

Cheam Gymnastics Club

Recreational Floor & Vault Competition

Sunday 7th March 2010
CHEAM HIGH SPORTS HALL
 Chatsworth Road, Cheam, Sutton, Surrey.

CLASS 6 ROUTINES **For Boys and Girls**

Under 7

1. Forward roll to crouch, jump to front support ;
2. Jump to crouch, jump to front support;
3. Press up; Jump to crouch—jump to stand;
4. 3 Skips—tuck jump;
5. Half turn jump;
6. 3 Skips—star jump;
7. Backward roll to straddle stand with flat back, jump to stand;
8. Forward roll to stand; forward roll to sit in straddle—2 circle rolls—roll forward to stand;
9. Arabesque (single leg balance, free leg behind);
10. Handstand.

Under 9

1. Forward roll to crouch, jump to front support ;
2. Turn to rear support—turn to front support—1 press up—jump to crouch;
3. Headstand (crouch to crouch), stand
4. 2 Cartwheels linked;
5. Forward roll to stand—forward roll to straddle stand—sit in straddle;
6. Lay back—dish-arch-dish (arms beside ears);
7. “V” sit—roll back to shoulder stand—roll forward to stand;
8. Arabesque (single leg balance, free leg behind);
9. 3 skips, tuck jump—immediate ½ turn jump;
10. Handstand.

Under 11

1. Forward roll to crouch, jump to front support ; 2 press ups;
2. Front support—turn to rear support—turn to front support—jump to stand;
3. Two cartwheels joined;
4. Forward roll to stand—immediate tuck jump;
5. Arabesque (single leg balance, free leg behind);
6. 3 skips, star jump, ½ turn jump
7. Backward roll to straddle stand with flat back, jump to stand;
8. Run to round off, tuck jump, full turn jump;
9. Handstand forward roll
10. Handstand.

Over 11

1. Forward roll to crouch, jump to front support, turn to rear support, turn to front support—jump to crouch to stand;
2. Run to round off, tuck jump;
3. Arabesque (single leg balance, free leg behind);
4. 2 cartwheels joined, tuck jump, full turn jump;
5. Forward roll to straddle stand—sit in straddle—2 circle rolls;
6. Lay back, dish-arch-dish (arms beside ears) roll forward to stand;
7. Handstand forward roll to stand, forward roll to stand (linked) ;
8. 3 skips—tuck jump, full turn jump;
9. Headstand (from crouch to crouch) stand, step full spin;
10. Handstand

Vaults

- Squat on, straight jump off
- Squat on, star jump off
- Squat through
- Straddle over
- Handspring

ONE BOARD ONLY ALLOWED

Additional 1/4 turns where necessary will be permitted without penalty to enable gymnasts to remain within the floor area. However, excessive use of this privilege will incur monotony execution deductions. (Class 6 only)

Tariff & Judging Information:

10 sequences @ 0.5 =	5.0	Missing sequence or part (each) =	-> 0.5	deduction
Execution =	4.0	Sequence order incorrect (each) =	-> 0.3	deduction
Bonus =	1.0	Incorrect routine performed =	1.0	deduction
		Coaching assistance (oral) =	-> 0.5	deduction

Bonus: awarded for body extension, shown moves, continuity/flow, and gymnast's presentation.