

11 YEAR OLDS AND OVER (Intermediate/Middle School)

GYMNASTICS ROUTINES

FLOOR

1. Start with arms straight up by ears, feet together
2. Forward roll to squat position
3. Perform a tuck handstand returning feet to floor by hands
4. Jump feet out to front support and then turn over keeping body straight to rear support.
5. Sit down and reach forward to touch toes
6. Roll back to candle hold (hands under hips)
7. Roll forwards to stand (try not to touch floor with hands coming up)
8. Jump full turn or full turn on one leg (Arms above ears)
9. From a hurdle step perform a cartwheel or round off (A forward/backward walkover can be performed instead)
10. Finish

BAR

1. Jump up onto low bar into front support shape
2. Do 2 casts (pushing body off the bar and coming back to bar)
3. Lean forward and circle over the bar into tuck shape.
4. Stand and climb or be lifted up to high bar and perform 3 swings
5. Land after the third swing (Land on the back swing not on the forwards swing)
6. Finish

VAULT

Dive forward roll onto a crash mat
(From a fast run up to the beatboard jump two feet together into a dive roll, rolling up to stand)

BEAM

1. Jump to front support, swing leg over, sit on beam legs hanging either side. Lift up into straddle position and hold 2 seconds. Place hands on the beam swing legs back onto the beam, stand up.

OR

1. Squat on mount
2. Step hops x 2 with high knee lift
3. Legs together perform 2 connected straight jumps
4. Join feet together (One foot in front of the other) rising on toes with arms above head in a semi-circle
5. Half turn, half turn
6. Lower heels and return arms out sideways
7. Scale balance (hold 2 secs)
8. Join feet together

Choice of 2 dismounts:

9. Straight jump half turn OR round-off dismount

TRAMPOLINE ROUTINE

YEAR 7 - 8

1. Bouncing x5, arms straight and by the side of the body
2. Tuck Jump – (stage 3)
3. Pike Jump – (stage 3)
4. Full twist
5. Seat Drop $\frac{1}{2}$ Twist to Seat Drop (swivel hips)
6. $\frac{1}{2}$ Twist Seat Drop $\frac{1}{2}$ Twist to Feet

TRAMPOLINE OUTLINE

Every child will perform the trampoline routine as well as the Artistic routines. The Trampoline routine will be marked and awarded as a separate competition. The children can practice the routine at home on a trampoline however if they don't get an opportunity to practice beforehand they can practice on the day of the competition, during their warmup. The routines are very easy and are designed to be learned on the day and will be taught by our Trampoline coaches