

**REGIONAL GMPD AND INVITATIONAL**

**FLOOR AND VAULT COMPETITION**

**21 February 2016**

**In an effort to encourage clubs to take part in this grass roots competition the Technical Committee is anxious to pitch routines at an appropriate level for all. For this reason the suggestion is being made that there should be 2 levels for floor and an assortment of vault/jump sets ups.**

**2 levels for floor with the following age groups, U9, U12, U16, U21, O21**

1. **6 basic moves**
2. **10 basic moves**

**All moves to be taken from the list below. Clubs may perform:**

 **1 routine for all gymnasts**

 **Or**

 **Have individual routines for each gymnast**

**ROUTINES TO BE WORKED ON A FLOOR STRIP**

|  |  |
| --- | --- |
| From crouch bunny hop (can also be used as a link move for more advanced gymnasts, see below) | Travelling bunny hops x 2 – can be used as a link move for more advanced gymnasts  |
| Rock backwards and forwards in tuck | Rock backwards and forward to stand |

|  |  |
| --- | --- |
| Forward Roll | Forward Roll to Straddle Balance |
| Backward Roll | Backward Roll to Straddle Balance |
| Teddy Bear Roll (half) | Teddy Bear Roll (full) |
| Jump Half Turn | Half Spin |
| Jump Full Turn | Full Spin |
| Tuck Jump | Tuck Jump with Half Turn |
|  | Star Jump  |
| Cartwheel (Modified) | Cartwheel – Cartwheel ¼ turn in or out |
|  | 1 Handed Cartwheel |
|  | Round Off |
| Change Leg Handstand | Kick to Momentary Handstand – step back down |
| Handstand Forward Roll |  |
| Dish-Arch (Log Roll) |  |
| V-Sit Hold |  |
| Any Single Leg Balance  | Kneel on one knee balance |
| Cat Leap | Cat Leap with Half Turn - Scissor Kick |
| Front Support - Jump to Crouch - Stand  | Front Support – Jump to Crouch – Immediate upward jump as listed |
| Front or Back Support | Press up or squat through to back support |
| From Dish position – Tuck rock to sit or stand | Dish or Arch Rocks |
| Japana | Japana Swim Through |
| Kneeling Half Split | Splits |
| Lunge | Bridge |
| Link Moves: Chassis, Skips, Hops, Walking Steps (Bunny Hops should be link moves as should the 3 running paces hurdle step jump feet together) |

**VAULT – FROM A SPRING BOARD, OR ON A PLATFORM**

**Platform: height dependent on gymnast 100 cm, 110cm**

Squat on, stretch, tuck or star jump off

Squat through

**Spring board**

Stretch jump

Star jump

Tuck jump

**Closing date for entries .**

**For further information please contact:**

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