

Club Comp 2021 – Individual Routine Level 1

Forward Roll to Straddle Sit (hold position for 1 second)

Japana (Straddle fold for 3 seconds)

Lie flat on back and push to bridge or crab (bent or straight legs 3 seconds)

Stand up from bridge (optional)

Chasse, feet together, Star Jump

3 forwards bunny hops (high tuck)

From squat, walk hands forward to front support (hold 3 seconds)

Stand up and walk to blocks

Tuck lever (hold 3 seconds)

Or One foot stand on floor

Stand and present to finish.

County Comp 2021 – Individual Routine Level 2

Forward Roll to Straddle Sit (hold 1 second)

Japana (hold 3 seconds)

Or

Forward Roll to Straddle ‘swim through’ to seal stretch (hold seal 3 seconds) Lie flat on front

then

Lie down on back from Japana (or half turn) and push to bridge with straight legs (hold 3 seconds)

Stand up from bridge (optional – kickover is ok)

Chasse jump full turn

Cartwheel (front to back)

Half turn, stretch tall, reach hands to toes in forward fold (hold 3 seconds) then walk hands to front support (hold 3 seconds)

Stand and walk to acro hand blocks

Straddle or Pike or Tuck Lever (hold 3 seconds)

Or Stand on blocks (hold 3 seconds)

Or Arabesque on floor

Step down and present to finish.

County Comp 2022 – Individual Routine Level 3

Handstand forward roll to straddle sit **or**

Forward roll to straddle lever (feet do not touch floor)

Japana (3 seconds)

Lie down and push to bridge (hold 3 seconds) then either lift hands and stand from bridge or kickover.

Chasse Jump full turn or chasse split leap

Handstand (shown not held)

1 handed Cartwheel (half turn)

Stretch tall then reach for toes, forward fold (hold 3 seconds) walk hands to front support (hold 3 seconds)

Swing one leg forward into Splits (hold 1 second min)

Stand and walk to blocks

Straddle or Pike lever (hold 3 seconds)

Or Stand on 2 blocks, lift to a 1-foot stand on 1 block (hold 3 seconds) step down with control.

Or Y Balance or Headstand on Floor

Present.

County Comp 2022 – Individual Routine Level 4

Straddle to handstand forward roll to stand or backward roll to front support or handstand.

Forward or back walkover or handstand bridge stand (with control)

Chasse straddle jump or 540 jump or split leap

Handstand (hold 2 seconds) or Handstand full turn

Cartwheel – any variation

Stretch tall then reach for toes, forward fold (hold 3 seconds) walk hands to front support (hold 3 seconds) Swing one leg into Splits (hold 1 second min) Repeat on second leg, to show Splits.

On blocks show one of any lever or single leg balance.

Or Straight leg headstand or Chest Balance or Elbow Stand on floor

Then add one optional move from:

Standing Flic, Aerial (short run), Valdez, Handspring, Round off flic, Round off flic tuck back somi or dive roll.

Present.

Moves linked together on a single row of the floor area.
May travel in both directions if required at higher levels.

These routines should focus on 'control and grace' and be beautifully presented rather than 'poor technique and harder difficulty' please. Balances must be held.

We will provide some videos of each level to help if required. The harder levels have 'options' so hopefully everyone can pick something that suits their particular talent – feel free to email me if you have an idea or amendment though! We like feedback!