

Exeter Gymnastics Club - Recreational Gymnasts Club Competition Routines

GIRLS Level 2

Girls must be under 10 on 1st January in the year of the Competition.

FLOOR

Serial	Level 2 - Floor square with set Under 10 music.	Value
1	From standing, with a slight bend of the knees, raise the Right Arm to 5th position, then the Left Arm	0.50pts
2	Rise on toes & Forward Roll.	0.50pts
3	Star Jump - Stretch Jump with Full Turn, land and Body Wave	0.50pts
4	Backward Roll to Straddle Stand, roll forward to straddle sitting.	0.50pts
5	2 x Side Circle Rolls.	0.50pts
6	Legs together & lie back, push to Bridge hold for 2 secs.	0.50pts
7	Lie down, touch toes & Backward Roll to kneel, lift with straight legs to Head Stand hold for 2 secs.	0.50pts
8	Lower & stand up, take 2 skips & 3 running steps forward finishing on toes with arms in 5th, jump half turn	0.50pts
9	Continue with 3 voluntary moves plus linkings to finish.	1.50pts
		Start Value
		5.50pts
		Execution
		10.00pts
		Exercise Value
		15.50pts

BEAM

Serial	Level 2 - Using the Low 50cms Wide Beam. NB: Mount from the dismount end.	Value
1	Squat or Straddle on to stand & quarter turn, 2 x Chasse steps.	0.50pts
2	Join feet together & Upward Stretch Jump and then Stretch Jump with half-turn.	0.50pts
3	With arms sideways 2 x dip steps, step and raise leg (straight) to Arabesque hold for 2 secs.	0.50pts
4	Lower leg and rise on toes taking arms to 5th, bend to crouch & half-turn & stretch, to stand lower arms to shoulder level during turn.	0.50pts
5	2 Steps fwd & leap onto one foot landing with bend of front leg and rear leg held off the beam.	0.50pts
6	Join feet Body Wave finish on toes hold for 2 secs.	0.50pts
7	Skip to end of beam	0.50pts
8	Lift one leg forwards, circle sideways & backwards lower it behind other foot raise on toes and half-turn towards back foot.	0.50pts
9	Own sequence to end of beam & piked straddle jump dismount.	1.50pts
		Start Value
		5.50pts
		Execution
		10.00pts
		Exercise Value
		15.50pts

VAULT

Serial	Level 2 - Vaulting Table height 100cms or higher if preferred.	Value
1	Through Vault - Table 100cms & spring board.	3.50pts
2	Voluntary Vault - Table 100cms & spring board (NB: if the same as set vault 3.50pts)	4.50pts
		Execution
		10.00pts

NB: Add the two vault scores together and divide by 2 for final score.

PPP

Serial	Level 2	Value
1	8 x Sit Ups	0.50pts
2	8 x Press Ups	0.50pts
3	4 x Chins	0.50pts
4	8 x Burpees	0.50pts
5	2 seconds Lever Hold (Pike or Straddle)	0.50pts
		Start Value
		2.50pts
		Execution
		10.00pts
		Exercise Value
		12.50pts

Judging Points - Please use the Judging Sheets for each apparatus.