

# Exeter Gymnastics Club - Recreational Gymnasts Club Competition Routines

## GIRLS Level 3

Girls must be under 8 on 1st January in the year of the Competition

### FLOOR

Serial	Level 3 - Floor square with set Under 8 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 - Star jump - Stretch jump with half turn.	0.50pts
3	Bodywave, bend the legs, half Backward roll to Shoulder stand, lower legs to lying	0.50pts
4	Push to Bridge hold for 2 secs, lie down & roll over & push to Front Support.	0.50pts
5	Jump feet forward to crouch & Headstand with Bent Legs hold for 2 secs.	0.50pts
6	Lower & stand up, take 2 skips & 3 running steps forward finishing on toes with arms in 5th, jump half turn	0.50pts
7	Continue with 3 voluntary moves plus linkings to finish.	1.50pts
	Start Value	4.50pts
	Execution	10.00pts
	Exercise Value	<b>14.50pts</b>

### BEAM

Serial	Level 3 - Using Bench Beam. NB: Mount the opposite end to dismount end	Value
1	Facing end, squat on to stand, 2 x Chasse steps, join feet together.	0.50pts
2	Stretch Jump immediate Tuck Jump (To be connected).	0.50pts
3	With arms sideways 2 x steps with knee raising. Then step into Arabesque (2 secs)	0.50pts
4	Lower leg behind 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 & Catleap. Join feet & body wave.	0.50pts
6	Skip to end of beam & Stretch jump half-turn.	0.50pts
7	Own sequence to end of beam & Tuck jump dismount	1.50pts
	Start Value	4.50pts
	Execution	10.00pts
	Exercise Value	<b>14.50pts</b>

### VAULT

Serial	Level 3 - Vaulting Table lowest height	Value
1	Squat On - Stretch Jump Off - 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 3	Value
1	5 x Sit Ups	0.50pts
2	5 x Press Ups	0.50pts
3	2 x Chins	0.50pts
4	5 x Burpees	0.50pts
5	1 second Lever Hold (Pike or Straddle)	0.50pts
	Start Value	2.50pts
	Execution	10.00pts
	Exercise Value	<b>12.50pts</b>

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