

Exeter Gymnastics Club - Recreational Gymnasts Club Competition Routines

GIRLS Level 1

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

FLOOR

Serial	Level 1 - Floor square with set Over 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 the toes and kick to Handstand Forward Roll & Forward Roll to Straddle Stand	0.50pts
3	Forward Roll & Star Jump & Stretch Jump with half-turn	0.50pts
4	Step into Cartwheel on one hand	0.50pts
5	Then Cartwheel with quarter-turn & Jump full-turn.	0.50pts
6	Half Backward Roll to Shoulder Balance (2 secs)	0.50pts
7	Lower to lying & push to Bridge hold for 2 secs.	0.50pts
8	Lie down, touch toes and Backward Roll to kneeling, Head Stand with straight Legs hold for 2 secs. 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 NB: Mount from the dismount end.

Serial	Level 1 - BEAM Using High 100cms Beam with landing mattress underneath.	Value
1	Straddle or Squat on to stand & quarter turn to kneeling on back leg with arms above the head.	0.50pts
2	Join feet and Forward Roll to stand & 2 Chasse Steps rise on toes and half-turn	0.50pts
3	2 steps fwd & leap onto one foot landing with bend of front leg and rear leg held off the beam.	0.50pts
4	Step into Half-Spin keeping one foot off the beam,	0.50pts
5	Lift one leg forwards, circle sideways & backwards lower it behind other foot raise on toes and half-turn towards back foot.	0.50pts
6	Bend to crouch, half-turn arms sideway, downwards during the turn, stretch to stand.	0.50pts
7	2 Dip steps and stretch jump & tuck jump	0.50pts
8	Body wave then step into Arabesque hold for 2 secs, join feet and Jump half-turn.	0.50pts
9	Own sequence to end of beam and dismount	1.50pts
	Start Value	5.50pts
	Execution	10.00pts
	Exercise Value	15.50pts

VAULT

Serial	Level 1 - Vaulting Table height 110cms or higher if preferred.	Value
1	Through Vault - Table 110cms, spring board.	3.50pts
2	Voluntary Vault - Table 110cms & 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 1	Value
1	10 x Sit Ups	0.50pts
2	10 x Press Ups	0.50pts
3	6 x Chins	0.50pts
4	10 x Burpees	0.50pts
5	3 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.