

AFV Floor routine for TGC internal comp Summer 2017

Skill 1 & 2 to be performed down the length of the mat, 3 – 8 back along the length of the mat (turning after the walkover if necessary) and then 9 and 10 over one or two lengths depending on the chosen skills.

Gymnasts will probably compete on the air floor to facilitate the use of more advanced tumbling skills.

Routine:

- 1 & 2. RO half turn 1-arm cartwheel OR RO backflip (+0.5)
3. Choice of splits (or japana or pike fold)
4. Choice of balance from:
 - a. shoulder stand with straight arms
 - b. full arabesque
- + 0.5 bonus options:
 - c. shoulder stand with arms above head
 - d. straddle or pike lever
 - e. tucked planche
 - f. y-balance
 - g. chest balance
 - h. elbow stand
5. Full spin
6. Forward or backward walkover (+ 0.5 for one-arm)
7. Handstand (hold for 3)
8. Step to two feet tuck jump
9. Skill of your choice from list below
10. Skill of your choice from list below

Skills list:

- previously unused walkover
- previously unused balance
- 1-arm cartwheel (if not used previously)
- Straight-arm handstand forward roll
- Backward roll (straight leg entry)

+0.5 bonus options:

- a. One armed walkover
- b. Valdez
- c. Tinsica
- d. Walkover to splits
- e. Change leg walkover
- f. Handspring
- g. Free cartwheel

+1.0 bonus options:

- h. Whip*
- i. Front somersault (shape optional)
- j. Back somersault (shape optional)*
- k. Side somersault

* A round off can be used to enter this skill without counting as a judged skill