

Rec 1 Floor & Vault Competition 2019

Badge 8 & 7 (Floor)

Lunge to the side, bring feet together and stretch
Forward roll to tuck (1), open to straddle, sweep to one side
Bring legs into pike and lower to bent leg dish and hold (1)
Sit back up into pike, push up to back support and hold (1) turn over to
Front support hold (1), jump feet to squat and jump up to landing (1) Jump half turn (1)
1-foot bent leg balance (1) (*thigh horizontal with foot pointing down*)
Chassé x 2, Forward roll to stand (1)
Either bunny jump on the spot high hips (1) **OR** half a handstand (2) **Optional** Cartwheel (1)

(Vault)

Run and squat onto red block, bunny jump to the end and jump off to safe landing
Equipment: Blue junior springboard, red block width way, small light blue safety mat

Badge 6 & 5 (Floor)

Lunge to the side and circle arm to stand back up to stretch
Forward roll to stand (1) Forward roll to straddle sit (1) Circle Roll x 1, Japana 45° (1), close to pike
Lower to dish, roll over to arch (1), push up to front support, hold
Turn to side support and hold, turn back to front support (1)
From front support jump into squat and jump up to landing to stand (1)
Chassé x 2 then cat leap x 1 (1), 1 foot balance with leg behind and straight (1)
Half Handstand (1) **OR** full handstand (2), Cartwheel (1) **OR** One-arm cartwheel (2)

(Vault)

Squat on to blue vault, straight jump off
Equipment: Red standard springboard, blue vault, red landing mat

Badge 4 – 1 (Floor)

Forward roll to star jump (1) forward roll to straddle sit (1)
Bring legs into pike and rock back to shoulder stand (1) (*choice of hand support*)
Roll forwards - **choice of leg flexibility:** Splits, Japana 90° or pike fold (1)
Push up to bridge roll forward to stand (1) **OR** Kick over (2)
Chassé cat leap, Chassé cat leap (1)
Handstand (*feet to join at vertical but not holding*) (1)
Front to back Cartwheel (1) **OR** 1-arm cartwheel (2) (*to finish in a lunge*)
Tuck jump, jump half turn (1)
Tucked headstand - come down to squat (1)

(Vault)

Run and squat onto blue vault and star jump off to safe landing **OR** Squat through **OR** straddle over
Equipment: Blue vault, red standard springboard and red landing mat

Scoring

Points are indicated in the brackets, additional points given for: Presentation (1) and remembering the routine (1)

Deductions

Up to 1.0 for untidy hair, t-shirts out and leotard pulling,
Prompting: 0.5 (single reminder of next skill), 1.0 deduction (ongoing prompts/reading routine)