

Rec 2 Floor and Vault Competition July 2019

Routine A (Maximum points 10.5)

8 skills = 1 point per skill, plus 1 point for general impression (tidy hair, not touching leotard, t-shirts tucked in etc) and 1 point for remembering the routine, possible bonus = 0.5

Starting position: Kneeling with one leg to the side

1. Headstand in tuck (return to crouch) rock back into
2. Shoulder stand, bent arm support, roll forward into
3. **Choice of leg flexibility:** Japana/pike fold/splits, bring legs together into pike
4. Push up to bridge come down and rock forwards to stand **OR** kick over (bonus 0.5)
5. Chassé cat leap, chassé ½ turning cat leap
6. Straight jump, star jump, jump half turn
7. Forward roll, step into
8. 2 consecutive cartwheels to finish in lunge

Routine B (Maximum points 13.0)

8 skills = 1 point per skill, plus a 2-point bonus for increased difficulty, plus 1 point for general impression (tidy hair, not touching leotard, t-shirts tucked in etc) and 1 point for remembering the routine, possible bonus of 1.0 for anyone who can walkover

Starting position: Kneeling with one leg to the side

1. Headstand with straight legs (return to crouch) rock back into
2. Shoulder stand, straight arm support, roll forward into
3. **Choice of leg flexibility:** Japana/pike fold/splits, bring legs together into pike
4. Push up to bridge, then kick over **OR** forward/backward walkover (bonus 1.0)
5. Chassé cat leap, chassé full turning cat leap
6. Tuck jump, star jump, straight jump
7. Handstand forward roll, step into
8. 2 consecutive cartwheels, second cartwheel 1 handed, finish in lunge

Vault (Blue Vault and red springboard)

Squat on star jump off (8)

Straddle on star jump off (8)

Squat on Straddle off (9)

Squat Through (10)

Straddle over (10)

Layout squat on (12)