

TGC Individual Floor & Vault Competition 2025

	Routine A	Routine B	Routine C	Routine D
	Level 4 - 5	Level 6 - 7	Level 8 - 9	Level 10 - 12
Scores	Max 6 points for skills; Max 2 points bonus skills; Max 2 points for execution; Max TOTAL = 10	Max 6 points for skills; Max 2 points bonus skills; Max 2 points for execution; Max TOTAL = 10	Max 8 points for skills; Max 2 points bonus skills; Max 2 points for execution; Max TOTAL = 12	Max 8 points for skills; Max 2 points bonus skills; Max 2 points for execution; Max TOTAL = 12
1	<i>4 skips forward with hands on hips*</i>	<i>2 x forward Chassés*</i>	<i>Chassé forward and 2 x cat leaps on the spot (1)*</i>	<i>2 x forward Chassés into cat leap with half a turn (1) step half turn*</i>
2	1 foot balance (1)*	Half Arabesque (1)*	<i>Straight jump to squat, Frog balance (1) OR Bent Knee Headstand (1), return to feet</i>	Headstand (1) OR Handstand (1) return to feet
3	<i>From straddle stand forward roll to tuck (1)</i>	Forward roll to stand (1), forward roll to straddle sit	<i>From crouch, Forward roll to stand (1) jump half turn Backward roll to straddle stand (1) then sit into straddle</i>	<i>Jump up to ½ turn* Backward roll to stand (1) Sit down in straddle sit</i>
4	Open to straddle, then close to pike (1)*	Japana 45° (1), or Japana full (1.5) bring legs together into pike*	Japana* (1) OR Half Splits* (1) OR Full Splits (1.5)*	<i>Turn into Splits* (1) OR bring legs together into pike and Push up to bridge (1)</i>
5	Push up to back support, then turn to front support (1)*	<i>Push up to back support, then turn to front support, full press-up (1)*</i>	<i>Teddy bear roll to face the other direction, bring legs into pike, Shoulder Stand with hip support (1)* return to standing</i>	<i>Transition into Half Pike Lever with one foot on the floor raised*(1)</i>
6	<i>Jump feet into squat, 3 x bunny jumps on the spot, hands do not leave the floor (1)*</i>	<i>Lower to tummy, Arch/Dish/Arch roll, (1)*</i>	Side to Side Cartwheel (1)	<i>From pike rock backwards and forwards to stand Front to back Cartwheel (1) and One handed Cartwheel to finish in lunge (1)</i>
7	<i>Kneel down, Egg roll, stand up to finish (1)</i>	<i>Push up to front support, jump into squat, kneel down, Side Roll (1)</i>	Tuck jump (1)	Jump full turn (1)

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Bonus Skill 1 Strength or Flexibility	<i>Japana*, Splits*, Pike fold*, Bridge, Bridge kick-over, Press-up*, Frog balance, Shoulder Stand, V-sit (no hands), Pike or Straddle lever*, 3 Press-ups*</i>	<i>Japana* Splits*, Pike fold*, Bridge, Bridge kick-over, Press-up*, Frog balance, Shoulder Stand, V-sit (no hands), Pike or Straddle lever*</i>	<i>Splits (full)*, Pike fold*, Bridge, Bridge kick-over, Walkover, Press-up*, Pike or Straddle lever, 3 Press-ups*</i>	<i>Unused splits* or bridge, Bridge kick-over, Walkover, Frog balance, Pike or Straddle lever*, 3 Press-ups*</i>
Bonus Skill 2 SKILL	<i>Forward Roll to stand, Backward Roll, Cartwheel, handstand, 1-arm cartwheel, round off</i>	<i>Backward Roll, Cartwheel, handstand, 1-arm cartwheel, round off</i>	<i>Handstand, handstand forward roll, 1-arm cartwheel, round off</i>	<i>Handstand forward roll, 2 Consecutive Cartwheels, round off</i>

*** only these skills can be safely practiced at home**

Vault

Choose the vault that is suitable for the ability of the gymnast regardless of their level

Rec 1 - Blue vault + red springboard at normal Rec 1 height (a bench can be used if the springboard is too big)

Rec 2 - Blue Vault + red springboard normal Rec 2 height

Vault 1	Squat on (bunny jump to the edge if needed) Straight Jump off (8)
Vault 2	Straddle or Squat on (bunny jump to the edge if needed) Star jump off (9)
Vault 3	Squat on <u>immediate</u> straight jump off (10)
Vault 4	Squat through or Straddle over (12)
Vault 5	Layout - Squat through or Straddle Over (14)