

HERTFORD CLUB COMPETITION 2017

2 HOUR ROUTINES

Vault

Under 7 – 80 cm. Squat on. Walk to end. Straight jump off.

Under 9 – 80cm. Straight jump on. Handstand flat back on to mat.

Under 11 – 100cm. Handstand flat back.

Over 11 – 110cm. Handstand flat back.

Under 7

1. Forward roll
2. 3 skips
3. Tuck up
4. Cartwheel
5. Half turn jump
6. Forward roll to pike sit
7. Japana
8. Shoulder stand
9. Star jump
10. Handstand

Under 9

1. Forward roll tuck jump
2. 3 skips star jump
3. Cartwheel
4. Backward roll
5. ½ turn jump
6. Forward Roll to pike sit
7. V-Sit hold
8. Shoulder stand
9. Full turn jump
10. Handstand

Under 11

1. Handstand
2. Two cartwheels joined
3. Backward roll into front support
4. Push up
5. Tuck jump full turn jump
6. 3 side skips
7. Round off star jump
8. Forward roll to straddle sit, Japana
9. Shoulder stand
10. One handed cartwheel

Over 11

1. Handstand forward roll
2. Cartwheel, one handed cartwheel
3. Tuck jump, star jump
4. 3 side skips
5. Round off stretch jump
6. Backward roll
7. Arabesque
8. Forward roll to straddle stand
9. Handstand
10. Full turn jump