

HAREFIELD GYMNASTICS & DANCE CLUB CHAMPS FLOOR ROUTINES												
NAME:												
CLASS:												
	1	2	3	4	5	6	7	8	9	10	11	12
<b>H</b>	Straight shape	Star shape	Forward roll to pike	Pike sit	Pencil	Roll over push up to seal stretch	Roll over to sit up, Back support	Immediate front support	Jump to crouch	High bunny hop	Stand, bend, straight jump	Hold landing 3 secs
<b>A</b>	Straight shape	Star shape	Forward roll to pike	Pike fold	Pencil	Roll over push up to seal stretch with toes to head	Roll over to sit up, Back support	Immediate front support	Jump to crouch	High bunny hop x 3 in a row	Stand, jumping jacks x 3 in a row	Hold landing 3 secs
<b>R</b>	Straight shape	Tuck shape	Forward roll to stand (hands allowed)	Forward roll to straddle sit	Japana	Pencil, push up to bridge	Back support	Immediate front support	Jump to crouch, headstand with one foot off	Stand, one legged bunny hop x 3 in a row	Chasse, bend, straight jump, land	One foot stand for 3 secs
<b>E</b>	Straight shape	Tuck shape	Forward roll to stand (hands allowed)	Forward roll straddle sit	Japana	Pencil, push up to competition bridge	Back support	Immediate front support	Jump to crouch, knee assisted headstand	Stand, kick to half handstand	Chasses, bend, straight jump, land, mini cartwheel	One foot stand for 3 secs
<b>F</b>	Straight shape	Star jump	Forward roll to stand (no hands allowed)	Forward roll straddle sit (straight legs in)	Straddle sit leg lift	Pencil, push up to competition bridge, lift one leg	Back support	Immediate front support	Jump to crouch, tuck headstand	Stand, kick to half handstand	Chasses, bend, tuck jump, land, mini cartwheel	One foot stand for 3 secs, with 180 toe spin out
<b>I</b>	Straight shape	Star jump	Forward roll to stand (no hands allowed)	Forward roll pike sit (straight legs in)	Pike sit leg lift	Pencil, push up to competition bridge, 6 x bridge walks, lift one leg	Back support	Immediate front support	Jump to crouch, tuck headstand, extend legs up straight to come down	Stand, kick to full handstand	Chasses, bend, tuck jump, land, cartwheel	One foot stand for 3 secs, with 180 toe spin out
<b>E</b>	Straight shape, tuck jump, land	Cartwheel 1/4 turn in	Backward roll to stand, half turn jump	Forward roll to stand (straight legs in)	Forward roll pike sit (straight legs in)	Pencil, push up to competition bridge, lift one leg then hop	Back support	Immediate front support	Jump to crouch, tuck up to straight headstand	Stand, kick to full handstand hold	Chasses, cartwheel, cartwheel (linked)	Arabesque 3 secs
<b>L</b>	Straight shape, tuck jump, land	Cartwheel 1/4 turn in	Backward roll to straddle stand, half turn jump	Forward roll to straddle stand (straight legs in)	Forward roll pike sit (straight legs in)	Back support, immediate front support, arm press lower to tummy	Pencil, push up to competition bridge, lift one leg then unsupported bridge kickover	Stand, kick to 6 x handstand walks	Jump to crouch, straddle up to straight headstand	Stand, kick to full handstand hold	Chasses, cartwheel, one handed cartwheel (linked)	Arabesque 3 secs
<b>D</b>	(Facing the back) Straight shape, half turn jump, land	Cartwheel 1/4 turn in	Backward roll to straddle stand (straight leg throughout, half turn jump)	Forward roll to straddle stand (straight legs in)	Forward roll lumbar fold (straight legs in)	Back support, immediate front support, arm press lower to tummy	Pencil, push up to competition bridge, lift one leg then unsupported bridge kickover	Stand, kick to 6 x handstand walks	Jump to crouch, straddle up to straight headstand x 3 in a row then hold	Tuck up to full handstand hold	Chasses, cartwheel, one handed cartwheel (linked)	Arabesque 3 secs, roll out to one knee
<b>Bronze</b>	(Facing the back) Straight shape, half turn jump, land	One handed cartwheel 1/4 turn in	Backward roll to front support (straight legs throughout), crouch then half turn jump	Forward roll to straddle sit leg lift, roll back straddle stand	Forward roll to pike sit leg lift	Back support, immediate front support, press up	Stand, drop back to bridge, lift one leg then unsupported bridge kickover	Handstand forward roll	Jump to crouch, pike up to straight headstand	Straddle up to full handstand hold	Chasses, cartwheel, one handed cartwheel (linked)	Arabesque 3 secs, roll out to one knee
<b>Silver</b>	Straight shape, full turn jump, land	Handstand hold forward roll	Step out to hop cartwheel 1/4 turn in	Backward roll to pike stand (straight legs throughout)	Half turn jump, forward roll to pike stand	Forward roll to straddle sit leg lift	Back support, immediate front support, press up x 3	Stand, backwalkover (supported if needed)	Jump to crouch, pike up to straight headstand x 3 in a row then hold	Pike up to full handstand hold	Jump start, round off 1/2 turn cartwheel	One handed cartwheel to land in arabesque 3 secs
<b>Gold</b>	Straight shape, full turn jump, land	Handstand hold forward roll to pike stand	Step out to one handed cartwheel 1/4 turn in	Backward roll to pike stand (straight legs throughout)	Forward roll to straddle jump	Forward roll to straddle/pike hold	Back support, immediate front support, headstand push to handstand	Stand, backwalkover immediate forward walkover	Jump to crouch, kick up to straight headstand hold immediate stag headstand hold	Kick to handstand 1/2 pirouette	Jump start, free cartwheel (supported if needed)	Jump start round off immediate flic (supported if needed)

HAREFIELD GYMNASTICS & DANCE CLUB CHAMPS VAULT & JUMPS				
NAME:				
CLASS:				
	Vault 1	Vault 2	Jump 1	Jump 2
<b>H</b>	Bunny hops over low beam	Standing squat on onto one high vault	Straight jump on floor	Hop scotch length
<b>A</b>	Bunny hops over bench	Standing squat on onto one high vault with straight jump dismount	Straight jump immediate jumping jack on floor	Hop scotch into straight jump
<b>R</b>	Standing straddle on onto one high vault	Standing squat on onto two high vault with straight jump dismount	From hurdle step, straight jump off springboard	Straight jump length (showing rebound)
<b>E</b>	Standing straddle on onto two high vault	Running start, squat on onto three high vault with straight jump dismount (knees allowed)	From hurdle step, star jump off springboard	Star jump length (showing rebound)
<b>F</b>	Running start, straddle on, straight jump dismount on three high vault	Running start, squat on onto three high vault with star jump dismount (must land on feet)	From hurdle step, tuck jump off spring board	Tuck jump length (showing rebound)
<b>I</b>	Straddle on, star jump dismount on three high vault	Squat on onto three high vault with tuck jump dismount	From hurdle step, straddle jump off springboard	Straight jump, star jump, tuck jump (showing rebound)
<b>E</b>	Straddle on, one foot stand, tuck jump dismount on three high vault	Squat on onto three high vault, one foot stand, tuck jump dismount	From hurdle step, half turn jump off springboard	Straight jump, star jump, tuck jump, half turn jump (showing rebound)
<b>L</b>	Squat through on three high vault	Squat on, forward roll along, straddle jump dismount on three high vault	From hurdle step, pike jump off springboard	Forward roll straight jump, forward roll star jump (showing rebound)
<b>D</b>	Straddle over three high vault	From hurdle step, jump into forward roll along, half turn jump dismount on three high vault	From hurdle step, full turn jump off springboard	Forward roll tuck jump, forward roll half turn jump (showing rebound)
<b>Bronze</b>	Handsprint flat back to high mats over two high vault	Squat on, arabesque, cartwheel dismount on three high vault	From hurdle step, dive roll off springboard	Dive roll immediate straight jump, straddle jump (showing rebound)
<b>Silver</b>	Handsprint over two high vault	Squat on, arabesque balance, round off dismount on three high vault	From hurdle step, front somersault off springboard to high mats (can be supported)	Dive roll immediate straight jump, full turn jump (showing rebound)
<b>Gold</b>	Handsprint over three high vault	Round off over three high vault	From hurdle step, front somersault off springboard to land (can be supported)	Dive roll immediate hurdle step round off straight jump (showing rebound)

HAREFIELD GYMNASTICS & DANCE CLUB CHAMPS ROUTINES												
NAME:												
CLASS:												
	Beam sequence	1	2	3	4	5	Bar sequence	1	2	3	4	5
<b>H</b>	On low beam	Step on	Walking forwards	T bend balance 3 secs	180 turn	Straight jump off	On low bar/chin up bar	Supported jump up	Straight arm hold 5 secs	Supported roll forwards	Straight chin up hold 5 secs	Straight hang 5 secs
<b>A</b>	On low beam	Step on	Tip toe walks	T bend balance 3 secs	180 turn	Star jump off	On low bar/chin up bar	Jump up	Straight arm hold 10 secs	Roll forwards	Straight chin up hold 10 secs	Straight hang 10 secs
<b>R</b>	On low beam	Bunny hop on	High knee walks	One foot stand balance 3 secs	180 turn on tip toes	Tuck jump off	On low bar/chin up bar	Tucked back roll up	Arm walk sideways	Controlled roll forwards to tuck hold	Tucked chin up hold 5 secs	Tucked hang 5 secs
<b>E</b>	On high beam	Bunny hop on	Walking forwards	One foot stand balance 3 secs	180 turn on tip toes	Straight jump off	On high bar/chin up bar	Supported jump up	Straight arm hold 5 secs	Controlled roll forwards to tuck hold	Tucked chin up hold 10 secs	Tucked hang 10 secs
<b>F</b>	On high beam	Jump on	Tip toe walks	One foot stand balance 3 secs, 180 toe spin out	360 turn	Star jump off	On high bar/chin up bar	Supported jump up	Straight arm hold 10 secs	Controlled roll forwards to pike hold	Piked chin up hold 5 secs	Piked hang 5 secs
<b>I</b>	On high beam	Jump on	High knee walks	One foot stand balance 3 secs, 180 toe spin out	360 turn	Tuck jump off	On high bar/chin up bar	Tucked back roll up	Arm walk sideways	Controlled roll forwards to pike hold	Piked chin up hold 10 secs	Piked hang 10 secs
<b>E</b>	On high beam, immediate 2 foot jump	High knee tip toe walks	Arabesque balance 3 secs	360 turn on tip toes	Straddle jump off	On high bar/chin up bar	Tucked back roll up	Supported forward hip circle	Controlled roll forwards to pike hold, lift over to back roll to feet	Supported chin up x 1	Pike leg lift x 1	
<b>L</b>	On high beam, immediate 2 foot jump	Step kick walks	Arabesque balance 3 secs	360 turn on tip toes	Half turn jump off	On high bar/chin up bar	Piked back roll up	Unsupported forward hip circle	Controlled roll forwards to pike hold, lift over to back roll to feet	Supported chin up x 3	Pike leg lift x 3	
<b>D</b>	On high beam	Sit, scoop feet behind, push up to crouch	Step kick tip toe walks	Wine glass balance 3 secs	180 toe spin	Full turn jump off	On high bar/chin up bar	Piked back roll up	Controlled roll forwards to pike hold, lift over to back roll to leg hang	Leg hang up to hanging handstand hold 5 secs	Supported chin up x 5	Pike leg lift x 5
<b>Bronze</b>	On high beam	Sit, scoop feet behind, push up to crouch	Toe dip walks	Wine glass balance 3 secs	180 toe spin	Cartwheel dismount	On high bar/chin up bar	Jump up, supported back hip circle	Controlled roll forwards to pike hold, lift over to back roll to leg hang	Leg hang up to hanging handstand hold 10 secs	Unsupported chin up x 1	Straddle leg lift x 1
<b>Silver</b>	On high beam	Forward roll to sit, scoop feet behind, push up to crouch	Toe dip lift to high knee walks	Scorpion balance 3 secs	360 toe spin	Round off dismount	On low and high bar/chin up bar	Tuck hold on low bar 5 secs	Jump up, unsupported back hip circle	Forward hip circle, lift legs over, drop back to hang lift to handstand	Unsupported chin up x 3	Straddle leg lift x 3
<b>Gold</b>	On high beam	Forward roll to sit, scoop feet behind, push up to crouch	Toe dip lift to leg kick walks	Scorpion balance 3 secs	360 toe spin	Front handspring dismount	On low and high bar/chin up bar	Tuck hold on low bar 10 secs	Piked back roll up, unsupported back hip circle	Forward hip circle, lift legs over, drop back to hang lift to handstand	Unsupported chin up x 5	Straddle leg lift x 5