

## GYMNASTICS ROUTINES

*Your gymnast has the option of competing in Level A or Level B on Floor, Beam, and Vault.*

**\*Always begin each routine by saluting (legs together and one arm up) facing the judge.**

**\*Always end each routine with a stretch/salute (arms overhead and legs together) facing the judge.**

### **Floor Exercise Level A:**

Salute: one arm up, legs together

Beginning pose/balance (stand on one foot, other leg – bend the knee and place the foot on the side of the standing leg, or any pose you want)

Sit, rock back and up (rock and roll)

1 log roll (arms overhead and straight, legs together and straight, roll to stomach and continue to roll onto back)

Roll to stomach and do “superman” (lift arms and legs at the same time and hold)

Stand

2 gallops (chasses)

Ending Pose (same pose/balance you started with)

Stretch (arms overhead and legs together)

### **Floor Exercise Level B:**

Salute: one arm up, legs together

Beginning pose/balance (stand on one foot, other leg – bend the knee and place the foot on the side of the standing leg, or any pose you want)

2 gallops (chasses)

½ turn (step and ½ turn)

Forward Body Wave (bring arms overhead, down in front of body, and around and up in back), bend knees as you do this

Sit, rock back and up (rock and roll)

2 log rolls roll (arms overhead and straight, legs together and straight, roll to stomach and continue to roll onto back)

Stand

Ending pose (end with same pose/balance you started with)

Stretch (arms overhead and legs together).

### **Beam Level A: (stand at end of beam, facing the beam)**

Salute: one arm up, legs together

Step on beam

Walk to middle of beam

Balance: (stand on one foot, other leg – bend the knee and place the foot on the side of the standing leg, or any pose you want)

Walk to end of beam

Straight jump off end of beam

Stretch (arms overhead and legs together)

**Beam: Level B: (stand on the side of the beam, at one end)**

Salute: one arm up, legs together

Step onto the beam

Walk sideways to the middle of the beam

Stand on one foot, balance (optional foot and arm placement) hold for 3 counts

¼ turn

Walk to end

Stretch jump of end of beam

Stretch (arms overhead and legs together)

**Vault Level A:**

Everyone does 2 vaults: both are stretched jumps

Salute: one arm up, legs together

Stretched Jump: run, jump onto the board and stretched jump off, land on two feet and stretch (arms overhead legs together)

**Vault Level B:**

Everyone does 2 vaults: can be a straddle jump and a tuck jump, or 2 straddles jumps, or 2 tuck jumps

Salute : one arm up, legs together

Straddle jump: Run, jump onto the board with legs together, straddle the legs in the air and land with legs together and stretch (arms overhead, legs together)

Tuck jump: Run, jump onto the board with legs together, bring knees to chest (tuck jump off the board) and land with legs together and stretch (arms overhead, legs together)