

# SILVER CRITERIA (10)

## **Set Routine- Floor**

<b>1</b>	Chasse split leap
<b>2</b>	Backwards/forwards walkover
<b>3</b>	Free cartwheel
<b>4</b>	Split/ straddle jump
	Squat down, sit in a straddle
<b>5</b>	Show a flat japana (5 seconds)
<b>6</b>	Push up to straddle lever
<b>7</b>	Rock back to stand
<b>8</b>	Cartwheel flick to one

## **Set Routine- Vault (3 black blocks widthways)**

-	Squat through
-	Straddle over
-	Handspring

# PINK CRITERIA (9)

## **Set Routine- Floor**

- |   |                                    |
|---|------------------------------------|
| 1 | Handstand forward roll             |
| 2 | Y balance                          |
| 3 | Backwards/forwards walkover        |
| 4 | Chasse scissor kick                |
| 5 | Backward roll to straddle          |
| 6 | Squat down, show good leg splits   |
| 7 | Leg round into pike, rock to stand |
| 8 | Round off                          |

## **Set Routine- Vault (3 black blocks widthways)**

- |   |                             |
|---|-----------------------------|
| - | Squat on, straight jump off |
| - | Squat through               |
| - | Straddle over               |

# PURPLE CRITERIA (8)

## **Set Routine- Floor**

- |          |   |
|----------|---|
| <b>1</b> | 2 cartwheels linked together (2 handed into 1 handed) |
| <b>2</b> | Y balance   |
| <b>3</b> | Bend back to bridge, kick over                        |
| <b>4</b> | Chasse cat leap half turn                             |
| <b>5</b> | Handstand into bridge (exit optional)                 |
| <b>6</b> | Backward roll to straddle                             |

## **Set Routine- Low Beam**

- |          |                       |
|----------|-----------------------|
| <b>1</b> | Squat on              |
| <b>2</b> | Arabesque             |
| <b>3</b> | Cartwheel             |
| <b>4</b> | Tuck jump             |
| <b>5</b> | Round-off off the end |

# BLUE CRITERIA (7)

## **Set Routine- Floor**

- |          |                               |
|----------|-------------------------------|
| <b>1</b> | 1 handed cartwheel            |
| <b>2</b> | Full turn jump                |
| <b>3</b> | Bend back to bridge           |
|          | Come down to sit up into pike |
| <b>4</b> | Pike fold                     |
| <b>5</b> | V sit hold (5 seconds)        |
|          | Rock and roll to stand up     |
| <b>6</b> | Handstand                     |

## **Set Routine- Low Beam**

- |          |   |
|----------|---|
| <b>1</b> | Squat on                                      |
| <b>2</b> | Balance on one leg                            |
| <b>3</b> | Touch beam with straight legs (standing pike) |
| <b>4</b> | Small kick into handstand                     |
| <b>5</b> | Round-off off the end                         |

# GREEN CRITERIA (6)

## **Set Routine- Floor**

- |   |                                     |
|---|-------------------------------------|
| 1 | Forward roll into cartwheel         |
| 2 | Half turn tuck jump                 |
| 3 | Arabesque                           |
|   | Lay down to flat                    |
| 4 | Push up to bridge (with a leg lift) |
|   | Rock to stand up                    |
| 5 | Chasse cat leap                     |
| 6 | Handstand                           |

## **Set Routine- High bar**

- |   |   |
|---|---|
| 1 | Monkey to the middle of the bar           |
| 2 | Leg lift attempt in the middle of the bar |
| 3 | 1/2 turn                                  |
| 4 | Monkey back to the start                  |
| 5 | Drop into landing position                |

## YELLOW CRITERIA (5)

### **Set Routine- Floor**

<b>1</b>	Forward roll (no hands to stand up)
	Squat down
<b>2</b>	Straddle bunny jump
	Stay in squat and rock back to lay flat
<b>3</b>	Push up to bridge (legs straight and together)
<b>4</b>	Lay down to flat, rock back and stand up
<b>5</b>	Half turn jump
<b>6</b>	Chasse x2 (linking into next move is optional)
<b>7</b>	Cartwheel

### **Set Routine- High bar**

<b>1</b>	Monkey along the bar and back
<b>2</b>	Drop from bar into landing position

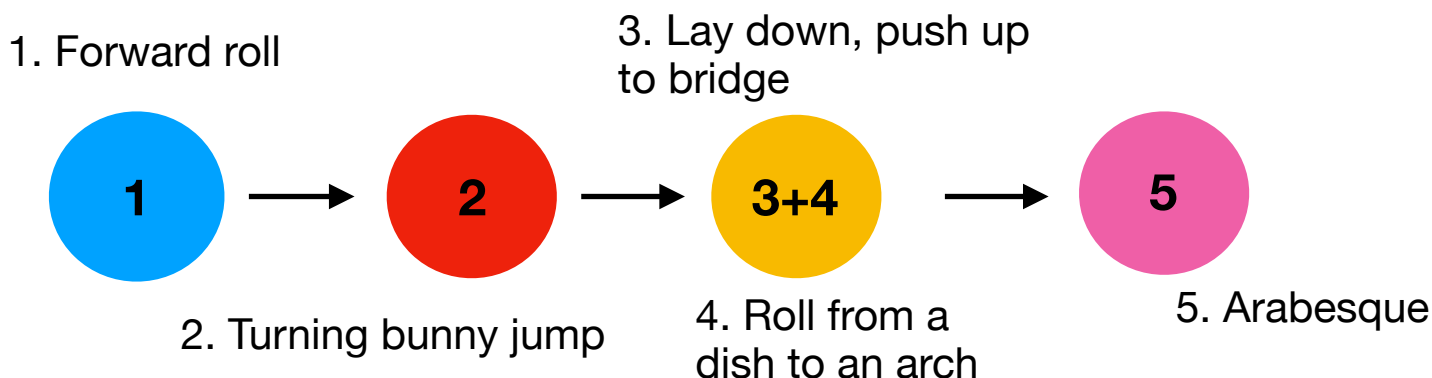
## ORANGE 2 CRITERIA (4)

Set Routine- Floor	
1	Cartwheel
	Squat down, lay flat
2	Push up to bridge
	Come down to lay flat
3	Sit up into a pike then show a straddle
4	Teddy bear roll
5	Close to pike, into shoulder stand
	Rock to stand up
6	Star jump
7	Forward roll (no hands to stand up)

Set Routine- Low beam	
1	Forward kicks along the beam
2	At the end, squat onto the mini vault block
3	Star jump off onto a mat

# ORANGE 1 CRITERIA (3)

## Floor set up (spots)



### **Set Routine- Floor**

- |   |  |
|---|--|
| 1 | Forward roll on the first spot                 |
| 2 | Turning bunny jump on the next spot            |
| 3 | Lay down push up to bridge on the next spot    |
|   | Come down to lay flat                          |
| 4 | Roll from a dish then an arch on the same spot |
|   | Into front support, jump into squat then stand |
| 5 | Arabesque on the last spot                     |

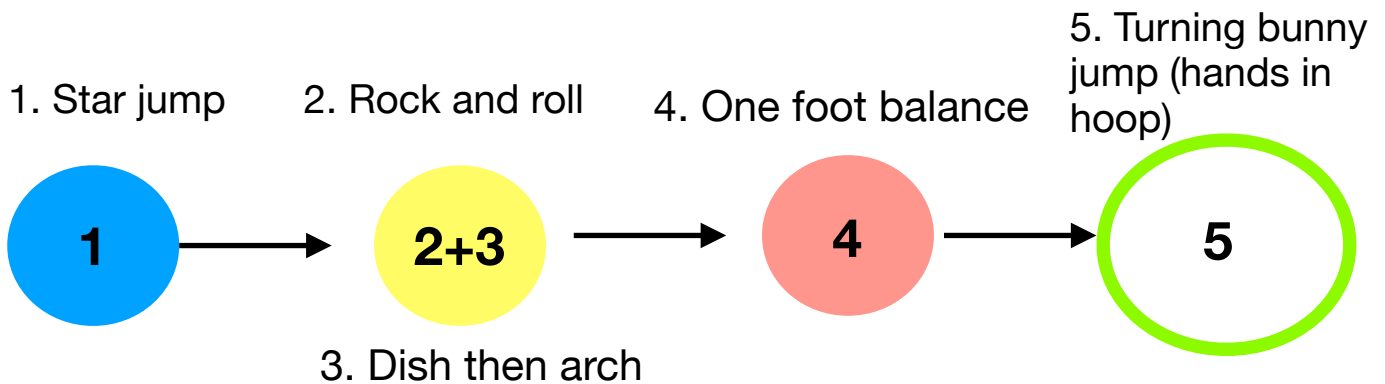
### **Set Routine- Low beam**

- |   |   |
|---|---|
| 1 | Walk along the beam                         |
| 2 | At the end, squat onto the mini vault block |
| 3 | Star jump off onto a mat                    |



## RED 2 CRITERIA (2)

### Floor set up



#### **Set Routine- Floor**

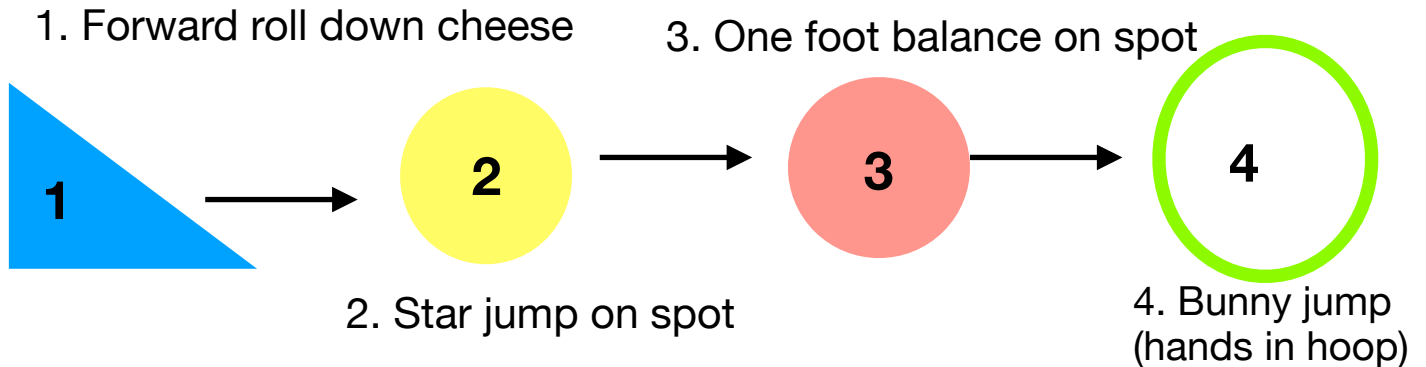
- |          |   |
|----------|---|
| <b>1</b> | Star jump on the spot                     |
|          | Squat down, sit into a tuck               |
| <b>2</b> | Rock and roll on the spot                 |
|          | Don't stand up, lay flat down             |
| <b>3</b> | Show a dish then an arch                  |
|          | Into front support, jump in to stand      |
| <b>4</b> | One foot balance on the next spot         |
| <b>5</b> | Turning bunny jump with hands in the hoop |

#### **Set Routine- Low beam**

- |           |   |
|-----------|---|
| <b>1</b>  | Walk forwards   |
| <b>2</b>  | Tap the end of the beam with their foot   |
| <b>3</b>  | Then walk backwards   |
| <b>**</b> | Gymnasts must be holding a bean bag above their head with both hands the whole time |

# RED 1 CRITERIA (1)

## Floor set up



### **Set Routine- Floor**

<b>1</b>	Forward roll down the cheese
<b>2</b>	Star jump on the spot
<b>3</b>	One foot balance on the next spot
<b>4</b>	Bunny jump with hands in the hoop

### **Set Routine- Brianna beam (or floor beam)**

<b>1</b>	Walk forwards
<b>2</b>	Tap the end of the beam with their foot
<b>3</b>	Then walk backwards
<b>**</b>	Gymnasts must be holding a bean bag above their head with both hands the whole time