

Salto Gymnastics & Trampoline Club Competition SUNDAY 13 APRIL 2025

Floor Routines

JUNIOR & SENIOR INFANTS	FIRST & SECOND CLASS
<ol style="list-style-type: none"> 1. Salute to the judge 2. Turn around, bring both arms up to vertical by your ears 3. <u>Backward roll</u> down a blue slope 4. <u>Jump half turn</u> 5. <u>Forward roll</u> 6. <u>Forward roll to straddle sit</u> (hold for 3 seconds) 7. Join legs together and show <u>pike fold</u> (hold for 3 seconds) 8. Stand up neatly 9. <u>Choreography sequence</u>: With hands on hips, Jump, jump, hop right, hop right, hop left, hop left, jump, jump 10. <u>One foot stand</u> (hold for 3 seconds) 11. <u>Cartwheel</u> 12. Salute to the judge 	<ol style="list-style-type: none"> 1. Salute to the judge 2. Turn around, bring both arms up to vertical by your ears 3. <u>Backward roll to straddle stand</u> (gymnasts may use a blue slope if necessary) 4. <u>Jump your feet together and jump half turn</u> 5. <u>Forward roll to straddle sit</u> 6. <u>Teddy bear roll</u> (with legs in straddle, 180 turnaround sideways across your shoulders) 7. Join legs together and show <u>pike fold</u> (hold for 3 seconds) 8. Stand up neatly and turn around 9. <u>Choreography sequence</u>: chasse, step, jump feet together, star jump 10. <u>One foot stand</u> (hold for 3 seconds) 11. <u>Cartwheel, side chasse, cartwheel</u> (start forwards, do them continuously and sideways but finish facing the direction they came from) 12. _____ (add in one more skill of your choice) 13. Salute to the judge

THIRD & FOURTH CLASS	FIFTH CLASS & SIXTH CLASS
<ol style="list-style-type: none"> 1. Salute to the judge 2. Bring both arms up to vertical by your ears 3. Step into <u>handstand forward roll</u> to stand (a blue slope may be used if necessary) 4. <u>Arabesque</u> (chest kept at vertical) (hold for 3 seconds) 5. <u>Forward roll</u> 6. <u>Forward roll to straddle sit</u> 7. Fold forwards (chest on the floor) into <u>japana</u> (hold for 3 seconds) 8. <u>Backward roll to straddle stand</u> 9. Turn to right or left <u>splits</u> (hold for 3 seconds) 10. Turn back to straddle sit and join legs, stand up neatly 11. <u>Cartwheel, side chasse, cartwheel</u> (start forwards, do them continuously and sideways but finish facing in the direction they came from) 12. <u>Choreography sequence</u>: chasse, step, jump feet together, jump full turn 13. _____ (add in one more skill of your choice) 14. Salute to the judge <p>Boys may exclude number 9 & 10 (they may jump their feet together after 8)</p>	<ol style="list-style-type: none"> 1. Salute to the judges 2. Bring both arms up to vertical by your ears 3. <u>Cartwheel OR One-Hand Cartwheel</u> 4. Step into <u>handstand forward roll</u> to stand (a blue slope may be used if necessary) 5. <u>Arabesque</u> (chest kept to vertical) OR <u>Y-stand</u> (hold for 3 seconds) 6. <u>Forward roll to pike sit</u> 7. <u>Pike fold</u> (hold for 3 seconds) 8. Lie down, lift up to <u>bridge</u> (hold for 3 seconds) 9. <u>Kickover OR</u> lie down and stand up 10. <u>Backward roll to straddle stand</u> 11. Turn to right or left <u>splits</u> (hold for 3 seconds) 12. Turn into straddle sit, join legs and stand up 13. <u>Choreography sequence</u>: Wolf jump, jump full turn 14. <u>Run, roundoff, immediate star jump OR Run, handspring OR run, roundoff, flic</u> 15. _____ (add in one more skill of your choice) 16. Salute to the judge <p>Boys may exclude numbers 11 & 12 (they may just jump feet together after 10)</p>