

Club Championships Routines - Intermediate Girls

Vault	Bars
<i>Gymnasts to present before and after vault</i>	<i>Block/spring board may be used to mount bar</i>
ANY HEIGHT	
Option 1 (SV 10.00)	Option 1 (SV 10.00)
<i>Red block (optional crash mat on top)</i>	Chin back circle
Handstand Flat back	CAST
	Cast push away to land
Option 2 (SV 11.00)	Option 2 (SV 11.00)
<i>Over vault table</i>	Chin back circle
Handspring to stand	CAST
	Straddle on undershoot to land
	Optional 0.5 bonus for cast back circle on either routine
	DEDUCTION 0.3 FOR COACH HELP
Beam	
<i>To be performed on high beam with crash mat</i>	
Present	OPTIONAL SKILLS
Jump to front support, swing leg over, show V-sit	
Acro Element	<i>Acro: forward roll, cartwheel, handstand</i>
Walk on toes to middle of beam	
Arabesque, hold for 3 secs	
1 x spin/turn	<i>Spin/Turn: Half turn on toes x2 (1xstretched, 1xcrouched), half spin followed by half turn on toes</i>
2 x jump/leap (0.5 Bonus of 2 connected)	<i>Jump: Stretch, tuck, W, split, cat leap, split leap, changement jump</i>
Any walk to end of beam	
Dismount	<i>Dismounts: Straddle jump, roundoff, handspring</i>
Artistry/dance must be performed throughout	
ONLY ONE LENGTH OF THE BEAM	
Floor (SV 10.0)	Floor Skill Options
<i>To include the following elements:</i>	<i>Select one skill from each category:</i>
2 acro elements (flight optional) (0.5 Bonus if connected)	<i>Acro: Forward/backward roll to stand, handstand, handstand forward roll, backwards roll to handstand, cartwheel/one handed, round off, front/back walkover,</i>
2 dance elements (jumps/leaps) (0.5 Bonus if connected)	<i>Dance: Stretch, tuck, W, split, straddle. Leaps: cat, scissor, split, split change</i>
1 x spin	<i>Spin/Turn: Half spin, full spin, 1.5 spin, full turn jump</i>
1 x balance	<i>Balance: Arabesque, Y balance, V-sit, splits (any way), bridge</i>
Max of 2 additional bonus skills @ 0.5 each from any category	
Artistry Bonus of up to 1.0	