



Floor Awards Challenge 2019

Skills List

Please note this skills list is for information only – full GymSTART Floor Awards posters can be purchased from the Gymnastics Ireland online store in a variety of sizes. These posters include detailed technical drawings of each skill along with key coaching points that will greatly aid in the preparation of your gymnasts for the event.

<http://store.gymnasticsireland.com/gymstart-floor-awards/>

GYMSTART

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- Choose any 7 skills and perform as a routine, in any order
- Start and finish with a stretch position
- Bonus skill is not being used
- Some of the 'Look For' points have been adjusted to assist routine flow

LEVEL 1

SKILLS	'LOOK FOR'
1. Skipping	<ul style="list-style-type: none">- Perform 6 skips (gallop steps) in a forwards direction- Bend knee on each skip to right angles- Arm action is optional
2. Soft Steps 'Walk like a gymnast!'	<ul style="list-style-type: none">- Perform 6 soft steps in a forward direction- Focus on posture & poise- Extended arms, legs & toes throughout
3. Stretch & Hold	<ul style="list-style-type: none">- Standing (on the balls of the feet), with feet together, arms stretched over head- Hold for 3 secs
4. Basic Shapes <ul style="list-style-type: none">- Straight (lying flat)- Tuck- Star	<ul style="list-style-type: none">- Lying on mats on back, perform each shape, holding each for 1 sec
5. Landing Shape	<ul style="list-style-type: none">- Hold strong, steady landing shape- Back straight, knees above toes & arms stretched out- This can be combined with skill 6 below
6. Straight Jump & Land	<ul style="list-style-type: none">- From standing, perform a straight jump- Show strong landing shape
7. Rock 'N' Roll to Sit	<ul style="list-style-type: none">- Can be performed in tuck, straddle or pike shape- Start & finish sitting in chosen shape- Rock 'n' roll 3 times
8. One Foot Stand (stork stand)	<ul style="list-style-type: none">- Balance on flat foot or relevé (ball of the foot)- Hold 3 secs
9. Straddle OR Pike Sit	<ul style="list-style-type: none">- Sit upright in either straddle or pike shape- Back straight, arms stretched- Back of knees pressed into mat- Hold for 3 secs
10. Angry Cat / Lazy Cat Shapes	<ul style="list-style-type: none">- On all fours (hands & knees), round back to strong shape ('angry cat')- Relax stomach to arch back ('lazy cat')- Hold each shape for 1 sec

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LEVEL 2

SKILLS	'LOOK FOR'
1. Side Skip (Gallop)	<ul style="list-style-type: none">- Perform 6 side skips (gallop steps), joining legs each time- Arm action is optional- Extended arms, legs & toes throughout
2. Forward Chassé	<ul style="list-style-type: none">- Perform 6 forward chasse steps joining legs each time- Arm action is optional- Extended arms, legs & toes throughout
3. Ballet – First Position	<ul style="list-style-type: none">- Heels together, feet pointing outward forming a V- Arms rounded and low, shoulders relaxed- Hold for 1 sec
4. Rebound Jumps	<ul style="list-style-type: none">- Perform 5 rebound jumps forward (on feet)- Arms ideally over head or to the side- Strong shape throughout
5. Rock 'N' Roll to Stand	<ul style="list-style-type: none">- Start sitting in tuck shape- Rock back, then forwards to stand- Ideally do not use the hands to stand up
6. Tucked Side Roll (Egg Roll)	<ul style="list-style-type: none">- Start kneeling upright, with arms stretched out to side- Form a ball/ tucked shape & roll sideward to finish as started- Arms/ elbows may be used during the roll to assist
7. Seated Balance: Tuck	<ul style="list-style-type: none">- Balance on buttocks, in a tuck shape with feet off the mat- Back straight & arms stretched out or forward- Hold for 3 secs
8. Knee Balance	<ul style="list-style-type: none">- Kneel with one leg lifted- Hold for 3 secs- Shape of lifted leg & arms is optional
9. Straddle OR Pike Seated Fold	<ul style="list-style-type: none">- Sit upright in straddle or pike shape- Bend through hips to reach to ankles- Hold 3 secs
10. Bunny Hops/ Jumps	<ul style="list-style-type: none">- Start in squat- Perform 5 bunny hops moving in a forward direction- Jumping from feet to hands each time, lifting hips each time

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LEVEL 3

SKILLS	'LOOK FOR'
1. Ballet – Second Position	<ul style="list-style-type: none">- Heels apart, toes facing outwards- Arms extended to the side, palms inwards- Hold for 1 sec
2. Front OR Back Support	<ul style="list-style-type: none">- Lift to front or back support shape- Hold for 3 secs- Straight arms, shoulders over wrists
3. Tuck OR Star Jump	<ul style="list-style-type: none">- Perform either a tuck or a star jump- Start & finish in a stretched position
4. Side Straddle Roll	<ul style="list-style-type: none">- Start kneeling, with one leg stretched to side- Roll sideward (away from the straight leg)- Finish with opposite leg stretched out to side
5. Pencil (Log) Roll	<ul style="list-style-type: none">- Start lying on back or front in a stretched, tight position- Perform a 360 roll over in either direction- Body remains straight throughout the roll
6. Developmental Arabesque (Scale)	<ul style="list-style-type: none">- Balancing on one leg, lift other leg & chest to form a straight line from toe to head- Arm position optional- Hold for 3 secs
7. Seated Balance: Pike Or Straddle	<ul style="list-style-type: none">- Sit upright, & lift legs to pike or straddle shape- Arms optional, but should be off the ground- Hold for 3 secs
8. Low Straddle Stand	<ul style="list-style-type: none">- Stand with straight legs as wide as possible- Chest upright or forward- Hold for 3 secs
9. Extended Straddle OR Pike Seated Fold	<ul style="list-style-type: none">- Sitting in straddle or pike, bend from the hips, reach to touch the toes- Knees pressed into the mat- Hold for 3 secs
10. Half Sit Up	<ul style="list-style-type: none">- Lying with knees bent, perform three (3) half sit ups- Only shoulders be raised, the lower back should remain in contact with the mat- Reach to knees on each one

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LEVEL 4

SKILLS	'LOOK FOR'
1. Dish Shape	<ul style="list-style-type: none">- Lie on back & lift to basic dish shape with arms down- Lower back must be pressed into the mat- Legs may be bent slightly to facilitate keeping back on the mat
2. Ballet – Third Position	<ul style="list-style-type: none">- Hold for 1 sec
3. Jump Half Turn	<ul style="list-style-type: none">- Perform a straight jump with a half turn- Show a steady, strong landing shape
4. Backward Roll – Slope <i>*Slope provided</i>	<ul style="list-style-type: none">- Starting sitting or standing on or in front of slope- Perform a backward roll down the slope, finish standing- Straight or bent arms- Gymnasts may perform the roll without the slope
5. Forward Roll – Slope <i>*Slope provided</i>	<ul style="list-style-type: none">- Starting standing in front of, or on the slope- Perform a backward roll down the slope, finish standing- Straight or bent arms- Gymnasts may perform the roll without the slope
6. Shoulder stand	<ul style="list-style-type: none">- Entry & exit is optional- Arms may support at the hips, or remain on mat
7. Angled Handstand *	<ul style="list-style-type: none">- THIS SKILL CANNOT BE USED (as there will be no suitable wall/ support)
8. Full Seated Pike Fold	<ul style="list-style-type: none">- Siting in pike, fold forward to place chest on legs- Arm positon optional- Backs of knees pressed in to the mat- Hold 3 secs
9. Assisted Cartwheel <i>*small module will be provided</i>	<ul style="list-style-type: none">- Perform a cartwheel (front/ back or side/ side) over a small module- Start & finish stretched- Cartwheel may be performed without the module
10. Plank Hold – Elbows	<ul style="list-style-type: none">- Hold a strong plank shape on elbows for 5 secs- Show a strong, tight shape

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LEVEL 5

SKILLS	'LOOK FOR'
1. Ballet – 4 th position	- Hold for 1 sec
2. Jump Full Turn	- Arm position optional - Hold a strong, steady landing shape
3. Cat Leap	- Perform a forward chase into the cat leap - Take off from one foot, with legs switching in air - Arm position optional
4. Backward Roll	- Start & finish standing - Straight or bent arms
5. Forward Roll	- Start & finish standing
6. L-Shaped Handstand <i>*block will be provided</i>	- Using a block, perform an L-shaped handstand - Hips, shoulders and wrists in line - Hold for 3 secs
7. Arabesque	- Form gentle curve from foot to head - Hold 3 secs - Arms optional
8. Bridge	- Aim for shoulders above wrists - Legs can be apart, but ideally straight
9. Cartwheel	- Start & finish stretched - Front/ back or side/side cartwheel can be performed
10. Partner Tension Lift*	- This skill can only be used if the club has available coach to support the gymnast

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LEVEL 6

SKILLS	'LOOK FOR'
1. Ballet Positions: 1 st -5 th	<ul style="list-style-type: none"> - Perform all 5 ballet positions - Smooth flow from one to the other - Each position held for 1 sec
2. Star Jump – Tuck Jump	<ul style="list-style-type: none"> - Perform <u>both</u> jumps in succession, in either order - Strong rebound between jumps
3. Cat Leap with 360 (full) turn	<ul style="list-style-type: none"> - Perform a full turn during the cat leap - Entry & exit optional
4. Turning Side Roll (Teddy Bear Roll)	<ul style="list-style-type: none"> - Starting seated in straddle, transfer weight sideward & perform the turning roll - Finish back in same position, having completed a full roll - Hand hold position optional
5. Forward Roll to Straddle Stand	<ul style="list-style-type: none"> - Start standing & finish in straddle stand (chest up or forward) - Hands used in centre to assist push to stand - There will be NO raised mat to assist with this skill
6. Supported Handstand*	<ul style="list-style-type: none"> - This skill can only be used if club has an available coach to support, as per level 7 (There is no suitable wall support).
7. 'Skin the Cat' <i>*rope/ stick will be provided</i>	<ul style="list-style-type: none"> - Holding a stick/rope in front of the body, bring arms upwards & over to back - Arms should remain straight (can be as wide as needed)
8. Splits x 1 leg	<ul style="list-style-type: none"> - Left, right or box (middle) - Shoulders & hips square - Hold 3 secs
9. Cartwheel One to Two (cart'off)	<ul style="list-style-type: none"> - Perform a cartwheel, finishing with feet together (like a round off), facing back the way the skill started
10. Half Press Up	<ul style="list-style-type: none"> - Perform five (5) press-ups on knees - Keep back straight - Arms bend to approx. 90 degrees

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LEVEL 7

SKILLS	'LOOK FOR'
1. Full Spin	<ul style="list-style-type: none"> - Perform on either foot - Position of arms & raised leg optional
2. Rebound Jumps: Straight- Star - Tuck	<ul style="list-style-type: none"> - Perform the three jumps in succession with strong rebound - May be performed in any order
3. Forward Roll – Forward Straddle stand	<ul style="list-style-type: none"> - Flow from one roll to other - May be performed with backward roll
4. Dish Roll 360°	<ul style="list-style-type: none"> - Start in dish shape (on back) & perform a 360 roll keeping legs & arms off mat throughout - Show dish shape to finish
5. Kick to Handstand	<ul style="list-style-type: none"> - Show straight shape, with legs together - Momentary hold - If support is needed, must be supplied by club/ coach
6. Y-stand (wine glass)	<ul style="list-style-type: none"> - Entry & exit is optional - Hold 3 secs
7. Bridge Kick over	<ul style="list-style-type: none"> - Show a bridge, move foot & perform kick over
8. Step Round off, Fall-back <i>*Landing pad will be provided</i>	<ul style="list-style-type: none"> - Long step into round off - Land & fall in tight shape onto landing pad
9. One Handed Cartwheel	<ul style="list-style-type: none"> - Perform on either hand
10. Plank Hold	<ul style="list-style-type: none"> - As per level 4 - Hold for 10 secs

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LEVEL 8

SKILLS	'LOOK FOR'
1. Split Leap	<ul style="list-style-type: none">- Perform on either leg- Entry & exit optional
2. Handstand Forward Roll	<ul style="list-style-type: none">- Kick to handstand- Show handstand before rolling- Bent or straight arms into roll
3. Dive Roll – Raised Mats	<ul style="list-style-type: none">- Spring will be set up with raised safety mats (approx. 15 inches in height)- Jump from spring board & perform dive roll to finish sitting or standing on mats
4. Kick to Free Handstand	<ul style="list-style-type: none">- Show straight shape, with legs together- Momentary Hold
5. Headstand	<ul style="list-style-type: none">- Arms may be bent or straight providing support- Body forms a straight line- Leg shape optional
6. Full Straddle Fold (Japana)	<ul style="list-style-type: none">- Sit in straddle, bend forward at hips to place chest on the mat- Knees ideally should face upwards- Hold 3 sec
7. Two splits	<ul style="list-style-type: none">- Right, Left or Box (middle splits)- Hold each for 3 secs
8. Handstand with Force	<ul style="list-style-type: none">- THIS SKILL CANNOT BE USED* (suitable support not available)
9. Round Off Jump to Flat-back <i>*Landing pad will be provided</i>	<ul style="list-style-type: none">- Entry optional into round off- After landing round off, jump back to flat back on landing pad
10. One Leg Hops	<ul style="list-style-type: none">- Perform 5 hops on right leg & 5 hops on left leg- Focus on push from foot & ankle

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LEVEL 9

SKILLS	'LOOK FOR'
1. Tuck Jump with Full Turn	- Perform a tuck jump with a full turn
2. High Pike or Straddle Jump	- Any entry can be used - Ideally legs to horizontal
3. Unsupported Handstand	- Straight back, but any leg shape is acceptable - Hold for 5 secs
4. Lever <i>*handstand blocks provided</i>	- Straddle, pike or tuck lever - Perform on floor or handstand blocks (these will be provided)
5. Walkover	- Forward or backward
6. Front Tuck Salto to Platform <i>*springboard & mats provided</i>	- Using a springboard, perform a front tuck salto to finishing sitting on safety mat platform (approx. 20 inches) -
7. Backflip (flic) – slope <i>*slope provided</i>	- Padded slope will be available - If support is needed, must be supplied by club/ coach
8. Handspring to two	- Entry optional
9. One leg V-sits (V ups)	- 5 on each leg
10. Dish -Crunch to Dish – 360 Roll	- Start in dish, perform a crunch by bringing knees to chest & back to dish, then perform a 360 dish roll - Repeat 5 times

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LEVEL 10

SKILLS	'LOOK FOR'
1. Wolf/ Cossack Jump	- Pike jump with one leg bent - Entry optional
2. Two Split Leaps	- Same or alternate legs - Entry optional
3. Backward Roll to Handstand	- Straight or bent legs rolling into handstand - Straight or bent arms, pushing to straight arms in the handstand
4. Straddle Stand - press to handstand (elephant lift)	- From straddle stand, place hands on floor & press to handstand - There will be no raised surface for this skill
5. Unsupported Handstand	- Straight back, any leg shape - Hold for 10 secs - Alternatively, gymnasts may perform 10 walking steps in handstand down the mats
6. Tick Tock	- Forward walkover to one foot bridge, pause, then reverse & kick back to stand
7. Front Tuck Salto <i>*landing pad provided</i>	- Spring board & single landing pad provided
8. Backflip (Flic)	- This can be performed from a round off, a cartwheel or from standing etc.
9. V-Sit (2 legs)	- Any technique can be used - Perform 10 in a row (gymnasts may rest if necessary in between)
10. Metronome*	- THIS SKILL CANNOT BE USED*