

GYMSTART

Floor Awards Challenge 2017

- 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

10. Half Press Up

- Perform five (5) press-ups on knees
- Keep back straight
- Arms bend to approx. 90 degrees

LEVEL 7

SKILLS

'LOOK FOR'

1. Full Spin

- Perform on either foot
- Position of arms & raised leg optional

2. Rebound Jumps: Straight- Star - Tuck

- Perform the three jumps in succession with strong rebound
- May be performed in any order

3. Forward Roll – Forward Straddle stand

- Flow from one roll to other
- May be performed with backward roll

4. Dish Roll 360°

- 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

- Show straight shape, with legs together
- Momentary hold
- **If support is needed, must be supplied by club/ coach**

6. Y-stand (wine glass)

- Entry & exit is optional
- Hold 3 secs

7. Bridge Kick over

- Show a bridge, move foot & perform kick over

8. Step Round off, Fall-back

**Landing pad will be provided*

- Long step into round off
- Land & fall in tight shape onto landing pad

9. One Handed Cartwheel

- Perform on either hand

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| 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	<ul style="list-style-type: none">- Entry optional into round off

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**Landing pad will be provided*

- After landing round off, jump back to flat back on landing pad

10. One Leg Hops

- Perform 5 hops on right leg & 5 hops on left leg
- Focus on push from foot & ankle

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

**handstand blocks provided*

- 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

**springboard & mats provided*

- Using a springboard, perform a front tuck salto to finishing sitting on safety mat platform (approx. 20 inches)

7. Backflip (flic) – slope

**slope provided*

- 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

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- Repeat 5 times

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*

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