



Girls Gymnastics Routines



| EVENT | Beginner Gym 1 | Beginner Gym 2 | Intermediate Gym 3 | Intermediate Gym 4 | Advanced Gym 5 | Advanced Gym 6 |
|--------------|--|--|---|---|---|---|
| Vault | Straight jump stick from board, Kick to flat back handstand | Straight jump from board to 3 panel mats, Handstand to flat back onto resi or mat stack | Level 3 vault on Resi | Level 3 vault with extra 8" on Resi | Flyspring from board to Resi or mat stack | Front handspring over table trainer |
| Bars | Tuck Chin hang 3 sec, Jump to support, 3 casts, Forward roll dismount | Pull over, 3 casts 6" off bar, Forward roll dismount to pause at chin hold | Pull over, 3 casts to back hip circle, Dismount with sole circle. | Piked glide swing, Pull over, 1 cast back hip circle, Shoot through, Single leg swing up, Leg cut back, Sole circle or undershoot dismount | 3 glide swings, Pull over, Shoot through, Mill circle, Leg cut, Back hip circle undershoot dismount | Glide kip, Front Hip Circle, Cast back hip circle, Cast pike on, Jump to stick landing |
| Beam | Side mount (facing far end) to stand, Releve` 2 sec, 2 Leg kicks, lunge, lever, lunge, Step to Close, Straight jump, tuck jump dismount off side | Side mount to stand (facing close end), 4 backward steps in releve`, Pivot turn, Arabesque (step through), Tuck Jump, Needle Kick (Step Kick), Side handstand dismount (no twist off, same side of bm) | Side mount (facing far end), Pivot, pivot, Passe` hold 2 sec, Arabesque 3 sec (step together), Split Jump, Step kick to split handstand (English), Cartwheel to side handstand dismount (no twist off, same side of bm) | Side mount (facing close end), 1/2 turn in coupe`, Split leap to arabesque, Handstand, Straight jump split jump connection, Round off dismount off end of bm | Side mount (facing close end), 1/2 turn in passe`, Arabesque 2sec, Scale 2 sec, Split leap, Tuck jump Split jump connection, Handstand, Step together, Pivot turn, Cartwheel, Front handspring dismount | Side mount facing close end. 1/2 turn in passe`, Arabesque 2sec, Scale 2 sec, Split leap, Tuck Jump/Split Jump connection, Handstand, 1/1 turn, Back walkover, Salto Dismount (barani, back tuck, front tuck) |
| Floor | Lever hop lever, Cartwheel, Candlestick, Tuck jump, Forward roll, Pivot turn >> Chasse` both legs, Split jump. | Step Kick Handstand, hurdle cartwheel run back 2 steps, backward roll, >> chasse`(both legs) split leap to arabesque, straight jump, tuck jump connection. | Step kick handstand forward roll, Chasse`(both legs) Split leap, Step together, Straddle jump, >> 1/2 turn in coupe`, Handstand fall to bridge kickover, 1-3 step Hurdle round off rebound. | Step kick handstand to front limber, Hurdle round off rebound, Straight arm backward roll to push up, kneel, >> Stand up finish, chasse`(both legs) to split leap, Full turn, >> Back walkover. | Front walkover, full turn, Run hurdle front handspring rebound, >> back extension roll, >> 1/2 turn in Passe`, 1-3 step Hurdle round off run back 2 steps, Standing Back handspring | Straight jump, straddle jump, Step kick handstand 1/2 pirouette Run hurdle side aerial, full turn, run hurdle punch front tuck, 1/2 back turn, Run round off back handspring rebound |