



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