

Stage 3 Routine

There are two versions of the routines below (one for staff and one for children). The content in brackets refers to teaching points that judges will look for when completing movements.

1. Full turning straight jump (Straight legs in jump – feet together during jump and on landing)
2. Forward roll to immediate Straight Jump, hold landing position (Straight legs – pointed toes – arms by ears)
3. Forward roll to Dish (Arms on thighs - Straight legs – pointed toes)
4. Raise arms to ears and Log Roll onto Tummy (hold shape – legs together – arms by ears – pointed toes). Move hands level with shoulders and press into Front Support
5. Jump to a Squat Position and do a tucked Headstand for 3 seconds into an Extended Headstand (hold shape – toes pointed) for 3 seconds before returning to Squat Balance (knees and feet together)
6. Stretched standing position. Front to Side Cartwheel into immediate Side to Back Cartwheel (arms by ears – pointed toes – straight legs)
7. Balance on One Leg with lifted leg held Horizontally (hold shape – straight legs)
8. Squat Down on One Leg to Sitting. Straighten legs into Pike and Lie Down (arms by ears – pointed toes – legs together and straight)
9. Bend Arms and place Hands by Shoulders. Push up to Bridge and hold for 3 seconds, return to lying down position before Sitting up in Pike (legs straight - feet together)
10. Backwards Roll to Squat Position (hands by shoulder - straight legs)

Stage 3 Routine

1. Straight Jump with full turn
2. Forward roll to Straight Jump
3. Forward roll to Dish
4. Log roll onto Tummy and Press into Front Support
5. Jump to a Squat Position to do a Tucked Headstand then extend into a straight headstand
6. Show a stretched standing position, then a Front to Side Cartwheel into immediate Side to Back Cartwheel
7. Balance on one leg and Squat down on one leg to Sitting
8. Straighten legs into Pike and Lie Down
9. Push up to Bridge and return to Sitting in Pike
10. Backwards Roll to Squat Position

Stage 3 Vault Routine

From a short run, Hurdle-Step and Squat On to three layers of the long box with control. Cat Spring off to Landing Position on safety mat.

One mark for each of the following:

1. Energy in run up
2. Hurdle-step
3. Swing of arms forwards and upward
4. Legs together in jump
5. Lifting of hips in jump
6. Landing on the box top with feet between hands
7. Correct shape in dismount jump
8. Height in dismount jump
9. Distance in dismount jump
10. Landing Shape held

Under LEA guidelines produced in conjunction with British Gymnastics, gymnasts attempting Vault 3 should train and compete only under the guidance of a suitably qualified coach (a minimum of BG level 1 Certificate of Teachers Intermediate Award). The coach must stand by in the box while each gymnast vaults and must ensure that the springboard is at the correct distance for the gymnast.