

## Stage 5 Routine

This stage is open to **all** gymnasts who have previously won medals at **Stage 4** and **advanced club** gymnasts. It is an **open** category that will allow **all** gymnasts who compete at this stage (including medal winners) to compete again at stage 5 in subsequent years.

A sequence **must contain 10 moves** from the following table and will be performed on a long strip of mats. Gymnasts may move forwards, backwards and sideways in order to smoothly link the 10 moves selected.

Please include **2 balances, 2 jumps, 2 agilities and 2 other skills**. The remaining **2 moves may be chosen from any of the 4 columns**. Please **do not repeat any move**.

Routines will be marked out of 10 with one mark allocated for each move.

<u>Minimum x2 Balances</u>	<u>Minimum x2 Jumps / Leaps</u>	<u>Minimum 2x Agilities</u>	<u>Minimum x2 Other Skills</u>
	Tuck Jump	Front to back Cartwheel	Cartwheel
	Half Turn Jump	Double Cartwheel	Splits- any direction
	Full Turn Jump	Round off	Full Spin
Headstand <i>Either from straddle or straight leg pike lever. Both should return to feet with control.</i>	Full turning tuck jump	Aerial cartwheel	Forward Roll to stand Or backward roll to stand with straight legs.
Handstand <i>(2 sec. step out)</i>	Straddle jump	Forward handspring	Forward Roll to Straddle Stand
Arabesque	Chasse Cat Leap	Back handspring	
'Y' Balance	Chasse ½ Turning Cat Leap	Forward walkover	Backward Roll to Straddle Stand
Frog balance	Chasse Full Turning Cat Leap	Backward Walkover	Bridge
Shoulder balance – either with arms flat along floor or with arms behind head on floor.	Chasse Scissor Kick	Backward roll to Handstand	One Handed Cartwheel
	Chasse Split Leap	Handstand ½ Pirouette	Handstand Forward Roll with straight arms
	W jump	Handstand Full Pirouette	Valdez

## **Stage 5 Vault Routine**

**Vault – Widthways, with 1 Vaulting Board and 20cm Landing Mat  
Squat Through or Straddle Over**

**Tariff 10.00**

**Vault height will be approx 1.10m (typically four sections of the box).**

**Please contact the organiser if you have any difficulties with the vault height in relation to the equipment available to you.**