

Competition

ROUTINES

British Gymnastics

















CORE SKILLS

LEVEL ONE

LEVEL TWO

LEVEL THREE

EVEL FOUR

A 'Core Skills' routine consists of at least five skills at each level. Where more than one skill appears, the gymnast and teacher/coach should select the most appropriate skill to suit. We encourage gymnasts to add travel or choreography into and out of skills and use creative start/finish positions.

SMALL APPARATUS

Ball

OR COST LEDGE THE

Ribbon

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Gymnasts perform two vaults. They may perform the same option twice or perform two different options.

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OYMNASTICS

ONLY WITH

British Gymnastics

















CORE SKILLS

LEVEL ONE

LEVEL TWO

LEVEL THREE

LEVEL FOUR

Key

B = BALANCE L = LOCOMOTION

R = ROTATION

S = SPRING

LEVEL ONE

Creative starting position

Skill 1

Straight jump (S)

Starjump (S)

Tuck jump (S)

Skill 2

One-foot balance (B)

Skill 3

Tuck bunny jump (S)

Straddle bunny jump (S)

Skill 4

Egg roll (R)

Dish to arch roll (R)

Skill 5

Straddle sit (B)

Pike sit (B)

Tuck sit (B)

Star lie (B)

Creative finishing position

LEVEL TWO

Creative starting position

Skill 1 Cat leap (S)

Chassé step forwards, once on

each leg (S)

Skill 2 Arabesque (B)

Shoulder stand (8)

Skill 3 Straight jump (S)

Tuck jump (S)

Star jump (S)

Skill 4 Teddy bear roll (R)

Forward roll (R)

Skill 5 Straight jump with half turn

(S, R)

Half turn on one foot (R)

Skill 6 Dish (B)

Arch (B)

















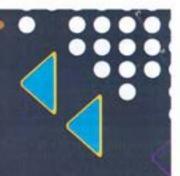
CORE SKILLS

LEVEL ONE

LEVEL TWO

LEVEL THREE

LEVEL FOUR



LEVEL THREE

Skill 1 Cartwheel (R)

Handstand (B - not held)

Headstand (B)

Skill 2 Backward roll (R)

Forward roll (R)

Teddy bear roll (R)

Skill 3 Straight jump with full turn (S, R)

Tuck jump with half turn (S, R)

Full turn on one foot (R)

Skill 4 Frog balance (B)

Straddle lever with one foot supported (B)

Pike lever with one foot

supported (B)

Shoulder stand (B)

Skill 5 Dish (B)

Arch (B)

Skill 6 Y balance (B)

Arabesque (B)

One-foot balance (B)

Skill 7 Chassé step forwards (S)

Chassé step sideways (S)

Cat leap (S)

Scissor leap (S)

Creative finishing position

LEVEL FOUR

Creative starting position

Skill 182 Cartwheel to backward roll (R, R)

connected

Forward roll to side to side

cartwheel (R, S)

Cat leap to chassé step sideways (S, S)

Skill 3 Straight jump with full turn (S, R)

Tuck jump with half turn (S, R)

Full turn on one foot (R)

Skill 4 Handstand forward roll (R)

One-handed cartwheel (R)

Skill 5 Bridge (B)

Front splits (B)

Box splits (B)

Frog balance (B)

Skill 6 Straddle lever with one foot

supported (B)

Pike lever with one foot supported (B)

Headstand (B)

Straddle jump (S)

Pike jump (S)

Wolf jump/hop (5)

Split jump (S)

Sissone (S)

Split leap (S)

Cat leap with half turn (S, R)

Scissor leap with half turn (S. R)

Fouetté hop (S. R)

Straight jump with full turn (S, R)

Tuck jump with half turn (S, R)

Skill 7 Y balance (B)

Arabesque (B)

One-foot balance (B) Skill 8

Shoulder stand (B)

Pike fold (B)

Japana (B)

















BALL

SMALL APPARATUS

STATES OF THE PARTY OF THE PART

EVEL TWO

Ball

CEVEL THREE

Ribbon

LEVEL FOUR

LEVEL ONE

Creative starting position

Skill 1 Tuck sit with the ball balanced on the back of the hands (B)

Straddle sit with the ball balanced on the back of the hands (B)

Pike sit with the ball balanced on the back of the hands (B)

Skill 2 Bounce the ball with one or two hands x 3

Skill 3 Straight jump with a throw and catch of the ball with two hands (S)

Star jump with a throw and catch of the ball with two hands (S)

Skill 4 Roll the ball between the hands

Skill 5 Hip roll with roll of the ball on the floor (R)

Egg roll with roll of the ball on the floor (R)

Creative finishing position

LEVEL TWO

Creative starting position

Skill 1 Roll the ball, forward roll alongside and collect (R)

Skill 2 Bounce the ball with one hand x 3

Skill 3 Cat leap with a throw and catch of the ball with one or two hands (S)

Chassé with a throw and catch of the ball with one or two hands (S)

Skill 4 Shoulder stand with the ball held between the ankles (B)

Skill 5 Standing or sitting, roll the ball between the hands

















LEVEL ONE

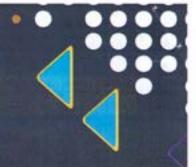
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Ball

LEVEL THOSE

Ribbon

LEVEL FOUR



BALL

LEVEL THREE

reative starting position

ikill 1 Roll the ball, cartwheel alongside and collect (R)

ikill 2 Arabesque with a throw and catch of the ball

with one hand (B)

/ balance with a throw and catch of the ball with

one hand (B)

Arabesque with 3 x bounces of the ball with one

nand (B)

balance with 3 x bounces of the ball with one

and (B)

ikill 3 5 x bounces of the ball with one hand(3bounces

with one hand and two bounces with the other hand)

ikill 4 Straight jump with half turn with a throw and

atch of the ball with one hand (S, R)

Skill 5 Holding the ball with both arms above the head,

release the ball and roll the ball down the arms nd back to catch at the base of the spine

kill 6 Headstand holding the ball between the knees or

Shoulder stand holding the ball between the knees or

nkles (B)

reative finishing position

Creative starting position

Skill 1 Backward roll to knees holding the ball between knees (R)

LEVEL FOUR

Skill 2 Split leap with a throw and catch of the ball with one hand (S)

Cat leap with half turn with a throw and catch of the ball with one hand (S, R)

Skill 3 5 x bounces of the ball with one hand (3 bounces with one hand and two bounces with the other hand)

Skill 4 One-foot balance with rotation of the ball between the hands using forward and backward rotation (B)

Skill 5 Roll the ball from one hand, across

the chest and down the other arm

to catch

Skill 6 3 x chassé step forwards with a bounce of the ball on each (S)

3 x chassé step sideways with a bounce of the ball on each (S)







Ball

Ribbon



RIBBON

LEVEL THREE

Cre ative starting position

Skill 1 Full turn on one foot holding the ribbon at horizontal to create a large circle (R)

Skill 2 Front splits with ribbon coils (B)

Box splits with ribbon coils (B)

Arabesque with ribbon coils (B)

Y balance with ribbon coils (B)

Skill 3 3 x large ribbon circles above the head

Skill 4 Cat leap with large ribbon circle (S)

Scissor leap with large ribbon circle (S)

Skill 5 Ribbon snakes from high to low to high with a switch of hands

Skill 6 Straddle side roll holding the ribbon (R)

Creative finishing position

LEVEL FOUR

Creative starting position

Skill 1 One-handed cartwheel holding the ribbon (R)

Skill 2 Split leap with a large ribbon circle (S)

Cat leap with half turn with a large ribbon circle (S. R)

Skill 3 Ribbon snakes from left to right to left with a switch of hands

Skill 4 Arabesque with ribbon coils to the side of the body (B)

Skill 5 3 x large ribbon circles in a figure of eight

Skill 6 3 x chassé step forwards with large ribbon circle to the side of the body on each (S)

3 x chassé step sideways with large

ribbon circle in front of the body on each







LEVEL ONE (60CM)

Option 1	From stand, squat onto raised surface, straight jump off
Option 2	From stand, straddle onto raised surface, star jump off

LEVEL TWO (80-100CM)

Option 1	From run, squat onto raised surface, tuck jump off
Option 2	From run, straddle onto raised surface, star jump off

LEVEL THREE (80-100CM)

Option 1	From run, squat onto raised surface, straight jump with half turn off
Option 2	From run, straddle onto raised surface, tuck jump with half turn off

LEVEL FOUR (90-120CM)

Option 1	Squat through
Option 2	Straddle over
Option 3	From run, straddle onto raised surface, straddle jump off













