



Around the World Criteria 5 Piece Gymnastics Competition



Level 1

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LONDON

Floor - 12m x 2m strip non sprung routine options

Option A DV 10.5	Option B DV 10
1. Forward roll to stand (Without hands)	1. Forward roll to straddle sit (show 3 seconds) bring legs together into a tuck shape
2. Forward roll to straddle sit	2. Rock and roll to stand with no hands
3. V-Sit with hands (min 3 second hold)	3. Arabesque
4. Back Support to Front Support, jump feet into squat,	4. Tuck jump, star jump
5. Jump ½ Turn	5. Shoulder stand with hands (3 second hold)
6. 1 handed Cartwheel to lunge	6. Back Support to Front Support, jump feet into squat,
7. Backward Roll to straddle stand	7. 2x chasses (can be linked to 9)
8. Chasse cat leap	8. Cartwheel

VAULT - 60cm Block & Mats

- o Squat on to blocks walk to the end, Handstand flat back off the end to land on level safety mats (60cm block and level safety mats)

TRAMPETTE (can use cheese run up for under 6)

Gymnasts must choose 2 different or the same jumps.

- o Straight jump
- o Tuck jump
- o Star jump





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Level 2 PARIS

Floor - 12m x 2m strip non sprung routine options

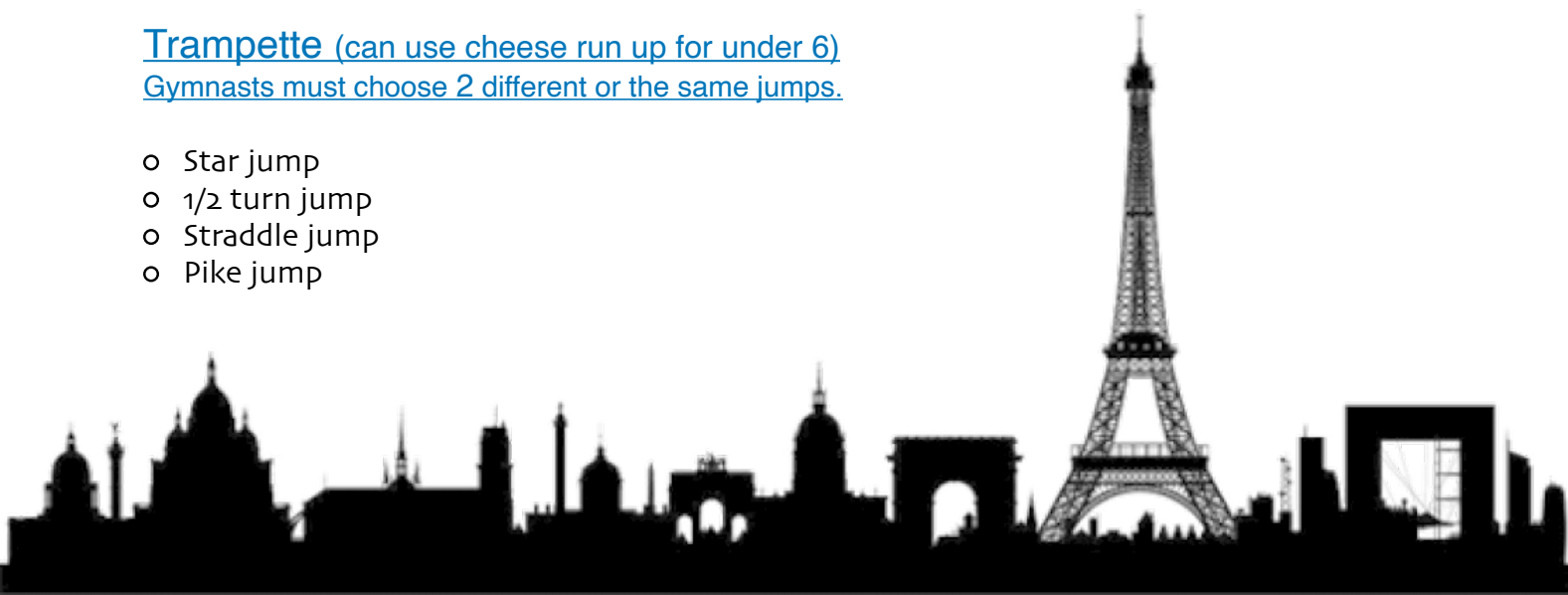
Option A DV 10.5	Option B DV 10
1. Handstand	1. Kick towards handstand (legs in a split or join)
2. 1/2 spin or half turn jump	2. 1/2 spin or half turn jump
3. Cartwheel linked to cartwheel snap down with a straight jump	3. 2 linked cartwheels
4. Backward roll to front support	4. Backward roll to straddle stand, jump into front support shape
5. Splits OR Japana OR Pike fold (min 3 second hold)	5. 1 x Press up OR arch roll into dish
6. Bend back to bridge (Hold 3 seconds)	6. Push up to bridge (Hold 3 seconds)
7. Kickover	7. Kickover (bonus 0.3)
8. Arabesque (above 45 degrees)	8. Arabesque (above 45 degrees)

Vault - 60cm Block & Mats

- o Straight Jump from board onto block – Handspring flat back off end of block to land on level safety mats (60cm block and level safety mats)

Trampoline (can use cheese run up for under 6) Gymnasts must choose 2 different or the same jumps.

- o Star jump
- o 1/2 turn jump
- o Straddle jump
- o Pike jump





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Level 3 SYDNEY

Floor - Full floor (Must include all elements in any order)

Floor routine music optional 45s-1m

1. Handstand to bridge (show position) – exit optional
2. Cartwheel, chasse, round off straight jump into backward roll to pike stand
3. Forward roll to straddle sit (show position), quarter turn to show splits
4. Full spin **OR** full turn jump
5. Chassé cat leap, chassé scissor kick
6. Backward Walkover

Vault

Option 1- Handstand flatback 60cm DV 10

Option 2- Handspring to stand 60cm DV 10.5

Trampoline (Can use cheese run up for 6 and under)

Gymnasts must choose 2 different or the same jumps.

- o Straddle jump DV 10
- o Half turn tuck jump DV 10
- o Handspring to stand DV 10.5

Beam (Set routine)

1. Jump to front support – lift one leg over beam to cross sit, lift to straddle lever 2 second hold, come down and swing to squat.
2. Straight jump
3. $\frac{1}{2}$ turn on 1 or 2 feet
4. Arabesque
5. Caterpillar (from pike stand, walk hands out to long front support - HOLD for 2 seconds. Walk feet back in to pike stand. Keeping legs straight throughout).
6. Dismount- from middle off beam, run jump take off from two feet into star jump **OR** Roundoff off the end of beam.

Bars (set routine)

1. Chin up circle over from 1 or 2 feet (can use block)
2. 2 casts
3. Circle forward to chin up





Around the World Criteria 5 Piece Gymnastics Competition



Level 4 SAN FRANCISCO

Floor - Full floor 12m x 12m (Must include all elements in any order)

- Floor routine music should be 45s-1m
- Must choose either option A or option B for each number.
- Routine will consist of 6 moves including dance linking moves.

	Option A	Option B
1	Roundoff Flic / Cartwheel Flic	Handspring into dive roll
2	Straddle lever	Candlestick (Shoulder stand with arms above head)
3	Full spin	Full turn jump
4	Full turn cat leap into split leap	Scissor Kick into $\frac{1}{2}$ turn cat leap
5	Forward walkover	valdez
6	Chest stand (legs optional)	Headstand

Vault - 90cm Blocks

Option 1- Squat through / Straddle Over

DV 10.5

Option 2- Handspring

DV 10.7

Trampoline

Gymnasts must choose 2 different or the same jumps.

- o Handspring to stand DV 10.5
- o Full turn jump DV 10.5
- o Front somersault DV 11





Around the World Criteria 5 Piece Gymnastics Competition



Level 4 SAN FRANCISCO

Beam

- Must add artistry (moves can be in any order)
- Must choose either option A or option B for each category
- Routine will consist of 6 moves

Category	Option A	Option B
Mount (choose 1)	Squat on	Jump swing to cross sit (From a springboard 1 hand on beam swing leg straight round to cross sit.)
Strength (choose 1)	Straddle lever (can be done any way on the beam - sideways or forwards)	Caterpillar to long front support hold
Spin (choose 1)	Half spin on 1 foot into half spin on 2 feet to complete the full turn	Full spin
Controlled acro 1 (choose 1)	Shoulder stand (do not need to hold as long as shape is shown)	Backward roll to knee
Acro 2 (choose 1)	Handstand	Cartwheel
Dismount (choose 1)	Roundoff the end of beam	Cartwheel 1/4 turn to handstand hold drop to floor (In the middle of beam)

Bars (set routine)

1. Float swing (can be from floor or springboard) to land
2. Chin up circle over
3. Single cast to back hip circle
4. Dismount - choose one of the following:
 - Circle forward to chin up hold
 - Straddle on undershoot (Bonus 0.3)
 - Squat on jump forwards (Bonus 0.3)





Around the World Criteria 5 Piece Gymnastics Competition



Level 5 SHANGHAI

Floor- Full floor 12m x 12m

Music maximum 1 minute 10seconds

- Choose 3 Acro, 2 must be linked
- Choose 1 spin / turn
- Choose 2 jumps / leaps must be linked
- Choose 1 flexibility or strength
- Choose 1 balance
- Start Value will be the top 8 skills You MUST provide a tariff sheet in order
- Repetition of skills is ALLOWED but will not be counted twice to increase Start Value.
- Example - if you choose a Roundoff flick tuck, and want to use the flick (0.3) and tuck (0.4) towards start value but can also do a free cartwheel (0.3) then the roundoff (0.2) will be dropped from your start value but may still be deducted for execution.

	Acro Choose 3 2 must be linked	Spins / Turns Choose 1	Jumps / leaps Choose 2 Must be linked	Flexibility and strength Choose 1	Balance Choose 1
A 0.1	<ul style="list-style-type: none"> • 1 Handed cartwheel • Handstand forward roll 	<ul style="list-style-type: none"> • Tuck 1/2 • Straight jump 1/2 	<ul style="list-style-type: none"> • Cat leap 1/2 • Scissor Kick 	<ul style="list-style-type: none"> • Japana • Bridge 	<ul style="list-style-type: none"> • Handstand in Split • Y balance
B 0.2	<ul style="list-style-type: none"> • Backward walkover • Forward walkover • Roundoff 	<ul style="list-style-type: none"> • Full spin • Full turn jump 	<ul style="list-style-type: none"> • Wolf jump • Stag jump / leap • Side leap 	<ul style="list-style-type: none"> • Splits • Swim through • Pike up to headstand 	<ul style="list-style-type: none"> • Shoulder stand (arms above head) • Elbow Stand - legs optional
C 0.3	<ul style="list-style-type: none"> • Back handspring to 1 • Back handspring to 2 • Front handspring to 1 • Front handspring to 2 • Free cartwheel • One arm walkover (front or back) 	<ul style="list-style-type: none"> • Illusion • Double spin • 1 and a half turn jump 	<ul style="list-style-type: none"> • Cat leap full turn • Tuck shushanova • Straddle jump • Wolf jump 1/2 • Split jump / leap 	<ul style="list-style-type: none"> • Straddle lever • Pike lever • Press up clap 	<ul style="list-style-type: none"> • Chest Stand • Handstand 1/2 pirouette
D 0.4	<ul style="list-style-type: none"> • Back somersault • Front somersault • Front somersault step out • Layout step out • Free walkover 	<ul style="list-style-type: none"> • L spin (leg horizontal to floor) • Wolf spin 1/1 • Full turn Tuck jump 	<ul style="list-style-type: none"> • Straddle shushanova • Split change • Cat leap 1 1/2 • Straddle Jump 1/2 turn 	<ul style="list-style-type: none"> • Straight leg needle/spike (can be done standing or on tummy) • Pike stand lower to Straddle lever 	<ul style="list-style-type: none"> • Elephant lift to handstand • Handstand full pirouette





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Level 5 SHANGHAI

Vault - Table Vault 110cm

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|---|---------|
| Option 1- Handspring | DV 10 |
| Option 2- Straight jump on tuck front or back off | DV 10.5 |
| Option 3- 1/2 on | DV 10.5 |
| Option 4- 1/2 on 1/2 or full off | DV 11 |

Trampoline

Gymnasts must choose 2 different or the same jumps.

- o Front somersault tucked or pike DV 11
- o Barani DV 11
- o Straight front DV 11.5

Beam

- Must add artistry (moves can be in any order)
- Must choose either option A, option B or option C for each category
- Routine will consist of 6 moves

Category	Option A DV 0.2	Option B DV 0.3	Option C DV 0.4
Mount (choose 1)	Squat on	Forward roll to straddle sit	Japana OR forward roll to stand
Acro (choose 1)	Split handstand	Backward roll to knee	Backward / forward walkover
Acro (choose 1)	Cartwheel	Tick tock	Flic to 1 or 2 feet
Jump/leap (choose 1 combination)	Cat leap into tuck jump	Tuck jump into W jump	Split jump/leap into straight jump with switch feet
Spin (choose 1)	1/2 spin on 1 foot to 1/2 spin on 2 feet	Full spin	1/2 wolf spin
Dismount (choose 1)	Roundoff	Front handspring	Front/back somersault





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Level 5 SHANGHAI

Bars

- Choose either Option A or Option B for each of the Categories
- Close bar move can be on the low or high bar
- 1 additional skill may be added into the routine from the list below to increase difficulty value. This isn't compulsory.
- Moves are awarded their difficulty value once and can be competed on the low bar or high bar.

Category	Option A - DV 0.2	Option B - 0.3
Mount - choose 1	Float swing, Circle Up	Upstart
Close bar move - choose 1	Back-hip circle	1 cast into 2 back-hip circles
Bar change - choose 1	Squat on Catch the high bar	Sole circle catch the high bar
High bar mount - choose 1	Circle Over	Long Upstart
	<u>Choose up to 1 additional skill</u>	<u>Choose up to 1 additional skill</u>
Dismount	<u>Dismount of choice</u>	<u>Dismount of choice</u>

Additional skills
Front hip circle - 0.3
Layaway upstart 0.3
Baby giant- 0.3
After squat on catch the high bar, swing half turn to face the low bar, repeat half turn to face out and continue with high bar routine 0.4
<u>Dismounts</u>
Straddle/Piked undershoot 0.1
Front Support undershoot to long swing and re-grip, dismount on the back swing 0.1
Straddle undershoot 1/2 turn 0.2
Back away 0.3





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Music

Levels 1 & 2 - Music is allowed but isn't required and can be no longer than 45 seconds.

Level 3 - Music is optional but can be no longer than 45s.

Levels 4-5 - Music is expected but not mandatory and cannot exceed 1m 10s

All music must be sent with final entry, named, via email in MP3 format via wetransfer. The main coach on the day must also bring backup of all music in the form of a phone or USB.

There is no penalty or bonus for music. It is gymnast choice if they would like to use it or not, and all competitors, male or female are welcome to use music.