

Rotary Welsh Schools Disability Gymnastics Championships 2019 Floor, Bench and Vault (REVISED)

Outlined below are the routines for the floor, bench and vault competition. The competition is split into 4 levels and each competitor must compete at the same level on each apparatus.

Floor

Bronze	Silver	Gold	Platinum
Present	Present	Present	Present
Tuck sit	Stretch tall	Balance (hold 3 sec)	Backward roll to stand
Pike sit	Forward roll to pike sit (L shape)	Forward roll to stand	½ turn jump
Straddle sit	Lie flat	Tuck jump	Forward roll to stand
Lie on back	Dish Shape	Star jump	Cartwheel
Roll over to front	Rollover to front	Lunge	Cartwheel
Bunny hop to stand	Arch shape	Teeter totter handstand	Finish in star shape
Present	Bunny hop to stand,	Stretch tall	Present
	Present	Present	

Vault

	Bronze	Silver	Gold	Platinum
Vault 1	Present Hurdle step jump onto mat (no height required for mat) Present	Present Run hurdle step onto springboard Stretch jump off Present	Present Squat onto box Stretch jump off Present	Present Forward roll onto 2 mats Present
Vault 2	Present Step onto 1 layer of box top Straight jump off Show a balanced landing Present	Present Bunny hop onto 2 layers of box Straight jump off Show a balanced landing Present	Present Squat through over box Present	Present Handstand flat back onto 2 mats Show a balanced landing Present

Bench

Bronze	Silver	Gold	Platinum
Present	Present	Present	Present
Step onto bench	Step onto bench from side	2 bunny hops over the bench	Squat onto end of bench and stand
Walk on toes to middle of bench (arms out to side)	Side steps to the middle on toes (hands on hips)	Squat onto end of the bench	Chasse (arms out to the side)
Stretch up tall on toes (arms stretched by ears / hold for 3 seconds)	¼ turn to face end of the bench	Stand tall (arms stretched tall)	Join feet
Walk on toes to end of bench - arms out to side	Stork balance (hold for 3 seconds)	Cat leap (arms out to side)	Straight / stretched jump
Straight jump dismount to show balanced landing	Forward walks on toes to the end of the bench (arms stretched sideways)	½ turn on toes (arms stretched tall)	½ turn on toes (arms stretched tall)
Present	Star jump dismount showing balanced landing	Walk to middle of bench backwards (arms out to side)	Crouch ½ turn on toes
	Present	½ turn on toes (arms stretched tall)	Walk backwards to the middle of the bench (arms out to the side)
		Tuck jump dismount showing balanced landing	Arabesque balance (hold for 3 seconds)
		Present	Round off dismount
			Present

