

Floor & Springboard Competition

Date: Sunday July 3rd

Provisional Timings:

Session 1: 14:00 - 16:00

Session 2: 16:30 - 18:00

Final timings will be sent out 2 weeks before the competition

Where: Rosebery School, White Horse Drive, Epsom, KT18 7NQ

Entry Fee: £25 (Includes both apparatuses AND a competition t-shirt)

Open to all recreational gymnasts from Little Stars to the Development Squad. All entries are non-refundable

Floor

Each Gymnast will pick 8 skills from the table below. Moves can be performed in any order.

All routines will be performed in a line. Bonuses will be awarded for dance, but is not necessary. No music.

Gymnasts will compete in age groups, not start values.

0.10	0.15	0.20	0.25	0.30
Straight Jump	Star jump	Straddle OR Pike Jump	Tuck Jump Full Turn	Split Jump
Tuck Jump	1/2 turn jump	Full Turn Jump	Full Spin	1 1/2 Spin
Tuck rock to stand	Forward Roll to Pike OR Straddle Sit	Handstand Forward Roll (Bent Arms)	Backwards Roll	Backwards Roll to Handstand
Straddle or pike sit	Splits OR Bridge	1/2 Spin	Walkover	Dive Roll OR Handspring
Bunny hop	Handstand	Forward Roll to Stand	Split Leap	W Change Hop
Chasse	Cat leap	Scissor Kick	Back Flic	Free Cartwheel
Tucked V-Sit With Hands	Supported Shoulder Stand OR Piked V-Sit (No Hands)	Unsupported Shoulder Stand OR Tucked Headstand	Handstand 1/2 Pirouette OR Handstand Forward Roll (Straight Arms)	Handstand Full Pirouette
Crab	Cartwheel	One Handed Cartwheel	Round Off	Somersault

Springboard

Gymnasts must choose 1 level to compete and they must compete all 3 springboard jumps.

Each level will be out of 12.0 points.

LEVEL 1	LEVEL 2	LEVEL 3
Straight Jump	Star Jump	Straddle Jump
Tuck Jump	Straddle OR Pike Jump	Pike Jump
Star Jump	1/2 Turn Jump	Full Turn Jump
LEVEL 4	LEVEL 5	LEVEL 6
Full Turn Jump	Dive Roll	Piked Front Somersault
W Jump	Tucked Front Somersault	Free Round Off OR Free Walkover
Dive Roll	Free Cartwheel	Back Somersault (From Standing)

QUESTIONS? EMAIL US AT HEADCOACHES@STARTASTICGYMNASTICS.COM

REGISTRATION CLOSSES: 12TH JUNE 2022

[HTTPS://CAMPSSELF.ACTIVE.COM/STARTASTICGYMNASTICSEPSOM](https://campsself.active.com/startasticgymnasticsepsom)

PARKOUR

CHASE TAG & SPEED CHALLENGE

Date: Saturday 2nd July

Where: Rosebery School, White Horse Drive, Epsom,
KT18 7NQ

Provisional Timings:

Session 1 16:00 - 17:00,

Session 2: 17:30 - 18:30

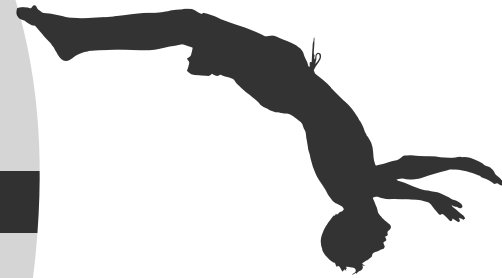
Final timings will be sent out 2 weeks
before the competition

Entry Fee: £25

(Includes entry to both Chase Tag & Speed Challenge
AND a competition t-shirt)

*All competition entries are non-refundable.

Competitors will compete in groups based on age.



Chase Tag

Parkour chase tag is a game of cat and mouse where the chaser must catch his opponent (the runner) and tag them. This can be anywhere on the body as long as the body is tagged (clothing does not count).

The chaser will have a set time to catch his opponent. What makes this interesting is they must battle it out on a parkour course. The course will be built with multiple levels and platforms to use as evasion for the runner to get away. Using their parkour skills to outwit and evade their opponent.

If the runner manages to evade the chaser, they must stay on for the next round to begin against a new opponent, exhaustion now being an additional obstacle they must overcome.

This is a high intensity, high energy challenge. Do you have what it takes to be the champ?

Speed Challenge

Parkour Speed Challenge is a competition against the clock.

Across a variety of obstacles the participant will be time trialed as they move across a set out course, hoping to have the quickest time of completion to win the competition.

The obstacles will force the participants to adjust and adapt their movements to perform the most efficient forwards moving route.

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