

6th GYMNASTICS COMPETITION JUNE 2025

NAME:

AGE:

GYM:

| RESULTS | | | |
|-------------|-------|------|-------|
| BAR | VAULT | BEAM | FLOOR |
| | | | |
| TOTAL SCORE | | | |
| PLACE | | | |

| BAR | | | |
|---|--------------------------------------|-------|-------------------|
| | * Pick easier or harder skill | GUIDE | SCORE |
| Skills | * Tuck hang 3sec or L hold hang 3sec | 2 / 4 | |
| | Knee Hang | 4 | |
| | * Jump to front support or Kick over | 3 / 6 | |
| | Cast x3 | 5 | |
| | * Jump off or Roll over | 3 / 5 | |
| Lowest hight of bar! Buster bloks available if needed. No points reduction for using the block. | | | TOTAL SCORE |

| VAULT | | | |
|---|---|-------|-------------------|
| | | GUIDE | SCORE |
| Pit Skill | Jump to tuck to stand on pit/ Forward roll to L-shape sit | 3/5 | |
| Vault Skill | Jump to squat-on on the vault to stretch jump-off/ Run, tuck jump with legs on side | 3/5 | |
| Pit: 100cm Vault: 60 cm (3 top parts of Vault) | | | TOTAL SCORE |

| BEAM | | | |
|----------|--|-------|-------------------|
| | | GUIDE | SCORE |
| Skills | Front support to straddle support to tuck to stand | 3 | |
| | Stretch jump | 3 | |
| | Arabesque | 5 | |
| | Pivot turns | 5 | |
| | Jump 180' turn dismount or Cartwheel of the beam | 3/6 | |
| Low beam | | | TOTAL SCORE |

| FLOOR | | | |
|--------|---|-------|-------------------|
| | | GUIDE | SCORE |
| Skills | Front Roll on Flat Surface or Dive forward roll | 3/5 | |
| | Candle stick | 3 | |
| | Back rockers x3 | 3 | |
| | Tuck jump | 3 | |
| | Handstand | 5 | |
| | Cartwheel or Round off | 5/7 | |
| | | | TOTAL SCORE |