

6th GYMNASTICS COMPETITION JUNE 2025

NAME:

AGE:

GYM:

RESULTS			
BAR	VAULT	BEAM	FLOOR
TOTAL SCORE			
PLACE			

BAR			
	Pick and highlight 1 mount, 3 skills and 1 dismount	GUIDE	SCORE
	Bar/Beam- 3 extra points for incorporating skills into a routine		
Mounts	Jump to front support	2	
	Kickover	5	
	Pullover	7	
	Glide Kip	10	
Skills	L hold chin hang	4	
	Knee hang	4	
	Stride cut to stride support	5	
	Cast x3	4	
	skin the cat	4	
	Full Front hip circle	9	
	Mill circle	7	
	Mill circle x3	9	
	Back hip circle	7	
	Back hip circle x3 (No cast in between)	10	
	Sole circle x1	12	
	Sole circle x3	15	
Dismounts	Cast, jump off	3	
	Front rollover	4	
	Cast, underswing dismount	6	
	Cast,squat on, jump off	7	
	Penny Drop	7	
	Cast , squat on, jump onto high bar, swing x1	9	
	Cast, straddle sole circle dismount	9	
	Pike sole circle dismount	10	
	Cast , squat on, jump onto high bar, swings, back flip off high bar	15	
TOTAL SCORE			

VAULT			
	Pick and highlight 1 Skill for Pit and 1 for Vault	GUIDE	SCORE
Pit Skills	Run, straight jump off springboard to tuck to stand on pit	2	
	Run, straight jump off springboard to stand on pit	3	
	Run, jump off springboard to dive roll on pit to L shape sit	4	
	Run, jump off springboard to handstand to slam on pit	6	
	Run, jump off springboard to handstand to front roll to L shape sit	8	
	Run, jump off springboard to front handspring on pit	10	
Vault Skills	Run, jump to squat-on on vault to stretch jump-off	4	
	Run, tuck jump with legs on side	5	
	Run, tuck jump with legs through	6	
	Run, straddle jump over the vault	6	
	Run, dive jump	8	
	Run, jump to handstand on vault, quarter turn to landing on mats	8	
	Run, jump, dive roll over vault to stand on mats	9	
	Run, front handspring over vault	10	
TOTAL SCORE			

BEAM				
	Pick and highlight 1 mount, 3 skills and 1 dismount (medium beam for children age 5-8 High beam for 9+) Bar/Beam- 3 extra points for incorporating skills into a routine		GUIDE	SCORE
Mounts	Front support to straddle sit to tuck		3	
	Front support to knee scale, leg lunge		4	
	Kickover to front support		5	
	Jump to straddle on, turn, straddle sit to tuck		6	
	Jump to middle split, turn, straddle sit to tuck		8	
	Jump legs through, rear support, to straddle sit to tuck		8	
Skills	Stretch jump		2	
	Straddle support		4	
	1/2 Pivot turn		4	
	Arabesque		5	
	Niedle x2		7	
	Tuck Jump		5	
	Stride jump		7	
	Wolf turn		10	
	360 pirouette		10	
	Handstand		10	
	Cartwheel on beam		10	
	Front walkover		15	
	Back walkover		15	
	Dismounts	Stretch jump to landing on mat		
Jump, half turn dismount			3	
Cartwheel to side handstand dismount/Cartwheel to far side dismount			7	
Round-off dismount			7	
One handed roundoff dismount			9	
Front handspring dismount			10	
Front tuck			12	
Side aerial dismount			12	
Front aerial dismount			15	
Back tuck			15	
			TOTAL SCORE	

FLOOR			
	Pick and highlight 6 skills	GUIDE	SCORE
Skills	Front Roll	3	
	Dive Front Roll	4	
	Backward tumble	4	
	Bridge	4	
	Seal	4	
	Handstand – hold for 3 secs	5	
	Cartwheel	5	
	Backbend	5	
	Round off	6	
	Split-hold	6	
	Cartwheel – “good and bad leg”	6	
	Cartwheel – one handed	6	
	Front Walkover	7	
	Back Walkover	7	
	Back extention roll to Handstand	7	
	Front Headspring	8	
	Front Handspring	8	
	Side Aerial	9	
	Front Aerial	10	
	Handstand walk - 5m	10	
	Standing Back Handspring	10	
	Front Tuck Salto (Front Flip)	10	
	Standing Back Tuck (Back Flip)	10	
	Back bend to Handstand (3 secs) to Split sit	10	
	Round off to Back Tuck	12	
	Round off to Back Handsprings	12	
Brani (Front half twist)	10		
Round off to Back Handsprings to Back Tuck	14		
Round off to Back Tuck to Back Pike	14		
Round off to Back Tuck to Back Layout	15		
Round off to Back Handsprings x3	15		
		TOTAL SCORE	