

# 5th GYMNASTICS COMPETITION JUNE 2024

NAME: .....

GROUP: .....

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	
TOTAL SCORE .....			

VAULT			
		GUIDE	SCORE
Pit Skill	Jump to tuck to stand on pit	5	
Vault Skill	Jump to squat-on on the vault to stretch jump-off	5	
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	4	
TOTAL SCORE .....			

FLOOR			
		GUIDE	SCORE
Skills	Front Roll on Flat Surface	4	
	Tuck jump	3	
	Handstand	6	
	Back rockers x3	3	
	Candle stick	3	
	Cartwheel	6	
TOTAL SCORE .....			