



Fun in the Sun Meet 2020 Routines

April 25th @ our Pythian Location - \$40 – Sign up Deadline is Thurs, April 2nd

Pre-Beginner Routine

Floor

1. **Straddle Jump**,
 2. **Straddle Forward Roll**, stay seated,
 3. **Table Top**, stand up,
 4. **Scale**, hold 2 seconds,
 5. **Tuck Forward Roll**, to feet.
- FINISH!

Trampoline

1. **Straddle Jump**, bounce,
 2. **Seat to Feet**, bounce,
 3. **Jump Full Turn** (3 bounces or less),
 4. **Doggie Feet**, bounce
 5. **Forward Roll**, to feet.
- FINISH!

Pre-Intermediate Routine

Floor

1. **Straddle Forward Roll**, stand up,
 2. **Lever**, step together,
 3. **Candlestick**,
 4. **Table Top or Bridge**, rock n roll to feet,
 5. **Cartwheel**.
- FINISH!

Trampoline

1. **Seat * Doggie, Feet**, bounce,
 2. **Straddle Jump**, bounce,
 3. **Jump Full Turn**, bounce,
 4. **Doggie ***
 5. **Forward Roll**.
- FINISH!

5/6 yr old Beginner Routine

Floor

1. **Straddle Forward Roll**, stand up,
 2. **Lever or Handstand**, step together,
 3. **Straddle Jump**,
 4. **Cartwheel**, step together, lay down,
 5. **Bridge (Hold 2 sec)**, rock n roll to feet.
- FINISH!

Trampoline

1. **Seat * Doggie * Feet**, bounce,
 2. **Tuck Jump***
 3. **Straddle Jump**, bounce.
 4. **Seat * Doggie ***
 5. **Forward Roll**.
- FINISH!

5/6 yr old Advanced Beginner Routine

Floor

1. **Straddle Roll**, 2 times in a row,
 2. **1 Arm Cartwheel**,
 3. **Backbend Lift a Leg**, lay down, sit up to squat,
 4. **Backward Roll**,
 5. **Round off * Straight Jump**.
- FINISH!

Trampoline

1. **Seat * Belly * Feet**, bounce,
 2. **Pike Jump**, bounce,
 3. **Doggie * Handstand ***
 4. **Doggie * Forward Roll**, bounce,
 5. **Jump Full Turn**.
- FINISH!



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7&Up Beginner Routine

Floor

1. **Cartwheel**, Pivot Turn,
2. **Cartwheel**, step together,
3. **Jump ½ Turn**,
4. **Lever Hop or Handstand**, step together
5. **Straddle Jump**,
6. **Candlestick (Hold 2 Sec)**, lay down,
7. **Bridge Lift a Leg**, rock and roll to stand,
8. **Tuck Jump**,
9. **Pike Forward Roll**,
10. **Scale (Hold 2 sec)**.

FINISH!

Trampoline

1. **Seat * Doggie * Feet**, bounce,
2. **Pike Jump**, bounce,
3. **Jump Full Turn**, bounce,
4. **Seat * Doggie ***
5. **Belly * Doggie * Feet**, bounce,
6. **Straddle Jump**, bounce,
7. **Seat to Feet**,
8. **Jump ½ Turn**, bounce,
9. **Seat * Doggie ***
10. **Forward Roll**.

FINISH!

Advanced Beginner Routine

Floor

1. **Round Off Rebound**,
2. **Jump ½ Turn**,
3. **Handstand**,
4. **Pike Forward Roll**,
5. **1 Arm Cartwheel**,
6. **Tuck Jump**,
7. **Backbend Lift a Leg or Kickover**,
8. **Scale (Hold 2 sec)**,
9. **Split Jump**,
10. **Backward Roll**.

FINISH!

Trampoline

1. **Pike Jump**, bounce,
2. **Jump Full Turn**, bounce,
3. **Seat * Belly * Feet**, bounce,
4. **Tuck Jump***
5. **Straddle Jump**, bounce,
6. **Doggie * Handstand ***
7. **Doggie * Feet**, bounce,
8. **Split Jump**, bounce,
9. **Seat * Doggie ***
10. **Forward Roll**.

FINISH!



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Low Intermediate Routine

Floor

1. Run 1-3 Steps Round off Rebound,
 2. Handstand Roll Down,
 3. Cartwheel, step a part,
 4. Back Bend Kickover or Back Walkover,
 5. Straddle Jump*
 6. Straight Jump,
 7. Front Limber,
 8. Scale (Hold 2 sec) ,
 9. Split Jump,
 10. Backward Roll to Push Up.
- FINISH!

Trampoline

1. Back Drop to Feet or Back Handspring, bounce,
 2. Seat * Belly * Feet, bounce,
 3. Pike Jump *
 4. Straddle Jump, bounce,
 5. Doggie * Handstand *
 6. Doggie * Roll, bounce,
 7. Split Jump *
 8. Tuck Jump *
 9. Jump 1/2 Turn, bounce,
 10. Bouncer or Bounce Round off to Feet.
- FINISH!

High Intermediate Routine

Floor

*****Performed in a straight line on floor NOT Diagonally***

1. Round Off
 2. Back Handspring (connected, standing, or Back Walkover),
 3. Straddle up to Handstand Roll Down,
 4. 1 Arm Cartwheel,
 5. Back Walkover,
 6. Split Jump *
 7. Straight Jump *
 8. Tuck Jump,
 9. Front Walkover,
 10. Straight Arm Backward Roll to Push Up.
- FINISH!

Trampoline

1. Back Handspring, bounce,
 2. Wolf Jump, bounce,
 3. Front Tuck or Bouncer, bounce,
 4. Back Drop to Feet, bounce,
 5. Pike Jump *
 6. Tuck Jump *
 7. Split Jump *
 8. Jump ½ Turn, bounce,
 9. Seat * Belly * Feet,
 10. Back Handspring or Back Tuck.
- FINISH!



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Advanced Routine

Floor

****Performed Diagonally Across Floor**

1. Round Off 2 Back Handsprings,
 2. Front Handspring,
 3. Straddle Press Handstand Roll Down, Pivot Turn,
 4. Step Leap,
 5. Front Walkover *
 6. Cartwheel *
 7. Back Walkover *
 8. Back Handspring,
 9. Scale (Hold 2 Sec),
 10. Round Off * Jump of Choice (excluding straight jump).
- FINISH!

Trampoline

1. Back Handspring,
 2. Bounder, bounce,
 3. Split Jump*
 4. Straddle Jump, bounce,
 5. Front Salto,
 6. Tuck Jump *
 7. Pike Jump, bounce,
 8. Back Salto, bounce,
 9. Jump Full Turn, bounce,
 10. Shushunova.
- FINISH!

Boys/Girls Elite Routine

***Routine is performed diagonally across floor**

Gymnasts will work in class to make up a routine to show off their most impressive skills. Routines must be finalized and given to their coach by April 25th.

Tumbling

- Routine must include 10 elements
- no repeating elements
 - different element if step out or change body position
- Back salto **AND** front salto
- Front handspring pass
 - 2 skill minimum
- Split leap pass
 - 150° leap and at least one jump connected
- Turn on toe
 - at least 360°

Trampoline

- Routine must include 10 elements
- no repeating elements
 - different element if step out or change body position
- Routines must include, but are not limited to the following:
 - 2- salto combinations
 - 1-jump series
 - 3 jump minimum
 - 1-handspring
 - either direction
 - 1-twisting salto
 - At least 1 salto in a layout position
 - Routine must be continuous.



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Beginner Boys Routine

Floor

1. **Cartwheel**, step together
2. **Jump ½ Turn**,
3. **Pike Forward Roll**, lay down,
4. **Bridge** (Hold 2 sec),
5. **V-Sit** (Hold 2 sec),
6. **Candlestick**, roll to feet,
7. **Tuck Jump**,
8. **Scale** (Hold 2 sec),
9. **Lever Hop or Handstand**,
10. **Straddle Jump**.

FINISH!

Trampoline

1. **Seat***
2. **Doggie* Feet**, bounce,
3. **Tuck Jump***
4. **Straddle Jump**, bounce,
5. **Seat to Feet***
6. **Jump ½ Turn**, bounce,
7. **Pike Jump**, bounce,
8. **Straddle Jump**, bounce,
9. **Doggie, Handstand***,
10. **Doggie Roll**, to feet.

FINISH!

Advanced Beginner Boys Routine

Floor

1. **1 Arm Cartwheel**, step together,
2. **Backward Roll to Push Up**, squat to stand,
3. **Straddle Jump**,
4. **Jump ½ Turn**,
5. **Candlestick lay down Bridge Lift a Leg** (Hold 2 sec), stay seated, feet apart,
6. **Press Straddle Roll**,
7. **Jump Full Turn**,
8. **Scale** (Hold 2 sec),
9. **Handstand Roll Down**,
10. 1 - 3 running steps, hurdle, **Round off**.

FINISH!

Trampoline

1. **Seat* Doggie* Belly***
2. **Doggie* Feet**, bounce,
3. **Tuck Jump**, bounce,
4. **Doggie* Handstand Roll Down**, bounce,
5. **Jump ½ Turn***
6. **Straddle Jump**, bounce,
7. **Seat 1/2 Turn to Feet**, bounce,
8. **Pike Jump**, bounce,
9. **Seat * Belly * Feet**, bounce,
10. **Back Drop to Feet**.

FINISH!



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Intermediate Boys Routine

Floor

1. **Power Hurdle Cartwheel ***
 2. **Cartwheel**, step together,
 3. **Backward Roll to Push Up**, jump feet apart
straddle stand,
 4. **Straddle Press Headstand Roll Down**,
 5. **Handstand (Hold 2 sec) Roll Down**,
 6. **Tuck Jump**,
 7. **Jump Full Turn**,
 8. **1 Arm Cartwheel**,
 9. **Backbend Lift a Leg or Kickover**,
 10. **Run 1-3 steps Round off Back Handspring**
(connected or standing).
- FINISH!

Trampoline

1. **Back Drop to Feet or Back Handspring**,
bounce,
 2. **Seat * Belly * Feet**, bounce,
 3. **Tuck Jump ***
 4. **Pike Jump ***
 5. **Jump 1/2 Turn**, bounce,
 6. **Doggie * Handstand Roll Down**, bounce,
 7. **Straddle Jump**, bounce,
 8. **Seat ½ Turn to Feet**, bounce,
 9. **Jump Full Turn**, bounce,
 10. **Bounder or Bounce Round off to Feet**.
- FINISH!