True Gymnastics Level ¾ Routine Guidelines

**Vault: Handstand flatback**

-Strong Run, Hurdle and Board Punch. Show vertical line in hs, fall flat without rolling

\*stand up, stretch and finish!

**Bars: Pull over, single leg cut, 3 cast, back hip circle, underswing dismount, \*stick and finish!**

\*athlete may add mill circle if they have been working on this skill

\*athlete may jump to high bar, demonstrate \*three\* tap swings only, release in the backswing, land between bars, \*stick and finish!

**Beam: Straddle mount, squat to stand, champion stretch, 4 L-kicks, Tip up, finish, pivot/pivot, straight jump, tuck jump, Roundoff dismount**

\*Athlete may substitute tip-up for a needle scale as needed (see-saw)

**Floor: cartwheel chasse roundoff, 2 L-kicks, HS forward roll or front limber, backbend kickover, straight jump, tuck jump, stick and finish\*!**

\*work straight legs and proper form on all skills

\*kickovers may be substituted with walkovers or limbers

\*\*Please use these routines as a baseline and make adjustments as needed for the betterment of the athlete. Adjustments must be approved by the instructor\*\*

True Gymnastics Level 5/6 Routine Guidelines

Vault: Handstand Flatback or Front Handspring

\*may substitute for half-on Roundoff if practiced in class

Bars: Pullover, single leg cut, mill circle, leg cut, 3 cast back hip circle, squat on to high bar, 3 tap swings, dismount in backswing, \*stretch and finish

\*athlete may single cast bhc if preferred

\*athlete may add on to high bar skills if approved by instructor

Beam: Straddle mount, squat to stand, stretch, tip up/ handstand, jump series, half turn, side handstand hold, drop feet to mat, \*stretch and finish

\*athlete may add cartwheel if skill has been trained during school year

\*Jump series must be 2 jumps in a row connected with arm swing approved by instructor, including straight, tuck and split.

\*If necessary, half turn may be substituted with squat turn or pivot turn

Floor: cartwheel foot-foot, backward roll, finish, power hurdle roundoff, standing backhandspring, straight jump, tuck jump, full turn, front walkover, lunge position, pose with arms out, stand, \*stretch and finish

\*roundoff backhandspring may be connected with approval from instructor

\*front walkover may be substituted with handstand forward roll or front handspring

**\*\*Please use these routines as a baseline and make adjustments as needed for the betterment of the athlete. Adjustments must be approved by the instructor\*\***

True Gymnastics Level 7/8 Guidelines

**Vault: Front-handspring, Front tuck, front layout, or half on roundoff**

**Bars: pullover or kip, mill circle, back hip circle, jump to high bar, 3 tap swings, dismount, \*stretch and finish.**

-dismount can be flyaway, straddle off, or dropping and stretching after release in backswing

-long hang pullover and other substitutes/ edits are permitted with approval from instructor

**Beam: Squat to stand, stretch, jump series, acro skill that passes through vertical, turning skill, dismount**

-jump series must include 2 jumps connected by arm swing (straight, tuck, wolf or split)

-turning skill can be a squat turn, pivot turn, half turn or full turn

-dismount skills may include standing tuck, roundoff or front handspring

**Floor: Tumbling pass 1, straight jump, tuck jump, tumbling pass 2, full turn, tumbling pass 3, stretch and finish**

-tumbling pass 3 is optional

-tumbling passes will vary based on ability level of athlete

\*\*Please use these routines as a baseline and make adjustments as needed for the betterment of the athlete. Adjustments must be approved by the instructor\*\*