
SET ROUTINES

GG0

General Gymnastics

The club recreational competition is open to all Virtue general gymnasts who train up to 2 hours per week

FLOOR ROUTINE

SV 10

Forward roll to straddle sit
Japana 45 °
Back support to front support
Squat in
3x Travelling bunny hops
One leg balance knee at 90 °

VAULT - 2 box top

SV 10

Run jump onto springboard and
squat on, star jump off

TRAMPETTE

SV 9

Run jump onto trampette and
straight jump off

or

SV 10

Run jump onto trampette and
star jump off

SET ROUTINES

GG1

General Gymnastics

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FLOOR ROUTINE

SV 10 + Bonus

Forward roll to stand

Star jump

1x Bunny hops **OR BONUS (0.3) Cartwheel**

Pike fold OR jana

Back support turn to front support

One leg balance knee at 90 ° **OR BONUS (0.3) Arabesque**

VAULT - 3 box top

SV 9

Run jump onto springboard and squat on OR straddle on, star jump off

or

SV 10

Run jump onto springboard and squat through OR straddle over

TRAMPETTE

SV 9

Run jump onto trampette and straight jump off

or

SV 10

Run jump onto trampette and Star OR tuck jump off

SET ROUTINES

GG2

General Gymnastics

The club recreational competition is open to all Virtue general gymnasts who train up to 2 hours per week

FLOOR ROUTINE - SV 10	ONE OPTIONAL BONUS SKILL
Forward roll immediate star jump	
Jump 1/2 turn	
Bridge	Handstand 0.3
Pike fold OR japana	One handed cartwheel
Dich to arch	Round off
Cartwheel	Forward walkover 0.5
Arabesque OR Y balance	Backward walkover
	Handspring 1.0
	Aerial
	Flic

VAULT - Spotting block		
SV 9		SV 10
Squat on stand up forward roll to lay flat	or	Squat on stand up kick to handstand flatback

TRAMPETTE		
SV 9		SV 10
Run jump onto trampette and tuck jump off	or	Run jump onto trampette and 1/2 jump off

SET ROUTINES

GG3

General Gymnastics

The club recreational competition is open to all Virtue general gymnasts who train up to 2 hours per week

FLOOR ROUTINE - SV 10 BONUS 0.5 FOR ADDED DANCE BETWEEN SKILLS

Handstand
Forward roll immediate star jump
Bridge
Pike fold OR japana OR splits
Dich to arch
Round off
Arabesque

ONE OPTIONAL BONUS SKILL

One handed cartwheel	0.3
Forward walkover Backward walkover	0.5
Handspring Aerial Flic	1.0

VAULT - Spotting block

SV 9

Squat on stand up
kick to handstand
flatback

or

SV 10

Run to handstand
flatback

TRAMPETTE

SV 9

Run jump onto
trampette and
1/2 jump off

or

SV 10

Run jump onto
trampette and
straddle jump off

SET ROUTINES

GG3+

General Gymnastics

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FLOOR ROUTINE - SV 10 BONUS 0.5 FOR ADDED DANCE BETWEEN SKILLS

- Handstand forward roll
- Forward roll immediate star jump
- Bridge **OR BONUS (0.3) kick over**
- Pike fold OR japana OR splits
- Dich to arch
- Round off tuck jump
- Y balance

ONE OPTIONAL BONUS SKILL	
One handed cartwheel	0.3
Forward walkover Backward walkover	0.5
Handspring Aerial Flic	1.0

VAULT - Spotting block		
SV 10		SV 11
Run to half on to stomach	or	Handspring onto spotting block

TRAMPETTE		
SV 10		SV 11
Run jump onto trampette and 1/1 jump off	or	Run jump onto trampette and front somersault