

Pair Routines

The routine must be a maximum length of 1 minute 30 seconds and the music chosen should not include any vocals. The children can be from stages 2, 3 or 4 and of either sex.

Each routine must contain 4 balances and 5 out of the 6 agilities from the below list (to be performed simultaneously or in canon, but not in isolation scattered throughout the exercise).

- Backward roll
- Cartwheel
- Handstand forward roll
- Forward straddle roll
- Headstand (straight legs)
- Round off

No other agilities are to be performed except for what is chosen as a transitional move into or out of a balance. Linkages between moves can be dance steps and poses only. The area of the mats will be 6m x 6m. Children are not permitted to step outside the area.

Marks awarded: 1 per agility, 1 per balance and 1 for co-ordination between partners, use of the floor area and interpretation of the music.

Group Routines

Six stage 1 gymnasts of either sex must perform a synchronised routine on an area that is 6m x 6m. One previously named reserve may be substituted in the event of injury or illness to a member of the group.

The routine must have 8 agilities chosen from the list below. Each gymnast must perform these movements synchronised or in canon. **No additional agilities should be included.** The music chosen should have no vocals and be longer than 1 minute 30 seconds.

Marks will be given as follows: 1 mark for each agility and 2 marks for the synchronisation of movements, coverage of the floor area and interpretation of the music.

- Forward roll
- Backward Roll
- Backward straddle roll
- Teddy bear roll
- Cartwheel
- Tucked headstand
- Extended headstand
- Shoulder balance
- Arabesque
- Balance on one leg (free leg held forward horizontally)
- Star jump
- Half-turn jump
- Full-turn jump
- Bridge