

Manitoba Gymnastics Association
2022-2023 Routines
Regional Beginner and Advanced

** This program will be discontinued for the 2023-2024 season**

Beginner - Vault

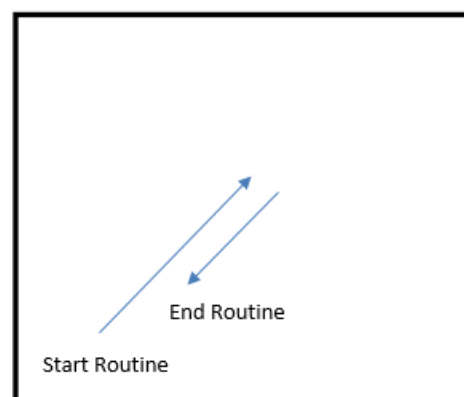
- From run, hurdle onto vault board. With an arm circle backwards stretch arms forward extend body to straight position to land on 20 cm mat in motorcycle.

Advanced - Vault

- From run, hurdle onto vault board. With an arm circle backwards stretch arms forward extend body and perform dive roll demonstrating momentary arch position in air on to a 60 cm mat.

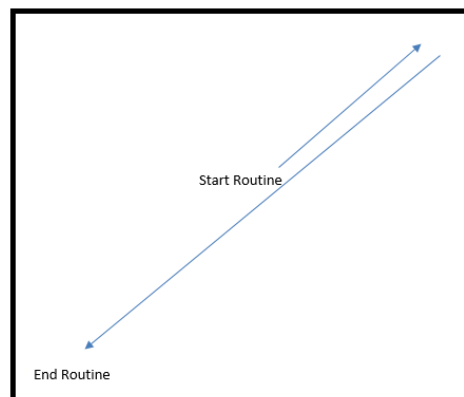
Beginner - Floor

- Scissor kick step directly into cartwheel. Remain in straddle stand with arms horizontal (**hold 2 seconds**), ¼ turn to face forward.
- Prone fall with split leg (keep one leg elevated). Bring legs together, push up to arch position with arms straight (**hold 2 seconds**).
- Lay body flat, hands at side in push up position, elbows facing backwards, feet together with toes pointed. Push up to hollow body front support (**hold 2 seconds**), then jump to tuck.
- Tuck press to headstand (**hold 2 seconds**). Tuck in knees and lower back to squat tuck position.
- Stand up, jump ½ turn.
- Forward roll to stand (no hands) followed by a tuck jump.



Advanced - Floor

- Cartwheel to straddle stand with arms horizontal. Step bring feet together with ¼ turn to face backwards with arms extended upwards and straight.
- Bend knees through squat, backward roll to squat stand (may perform tucked or piked), stand up with body straight and arms by ears.
- Arm circle backwards to prone fall. Push up to support with arched body and straight arms.
- Then push up to hollow body front support (**hold 2 seconds**), jump to tuck, head down press to straddle headstand (**hold 2 seconds**).
- Press down to straddle stand (**hold for 2 second**) arms out to side/bend a hip with flatback. A bonus will be awarded if a gymnast slides to middle split (**hold 2 secs**) then returns to feet.
- Tuck forward roll to stand.
- From step, kick to momentary handstand, step down, finishing standing with straight arms above head.
- Arabesque scale (**hold 2 seconds**).
- 2-3 steps hurdle roundoff to straight jump with stretched body, finish with stuck landing.



Beginner – Pommel Horse

- Jump to cross support on handles.
- Squat through forward to rear support (**hold 2 seconds**).
- Squat through backward to forward support (**hold 2 seconds**).
- Lift one leg into scissor leg swing (minimum leg height of 90 degrees).
- Scissor leg swing.
- Single leg cut forward.
- Single leg cut forward to immediate dismount.

Advanced – Pommel Horse – SV 9.0

- Double leg circle passing through support.
- Double leg circle passing through support.
- Double leg circle passing through support.
- Double leg circle passing through support.
- Double leg circle passing through support.

Circles may be performed either individually or in sequence. No deduction will be applied to stops between circles as long as each skill is completed before feet are on the ground. A 0.2 bonus will be added to SV for all connected circles up to a max value of 0.8.

Beginner – Rings

- From still hang, chin up (**hold 2 seconds**) then lower body to straight hang position.
- Bring knees up to hanging tuck (**hold 2 seconds**), kick out forward to swing.
- Swing backward (all swings minimum height 45 degrees below horizontal, no deduction)
- Swing forward
- Swing backward
- Swing forward
- Swing backwards to push off dismount with stuck landing.

Advanced – Rings

- From hang, lift legs to L-sit (**hold 2 seconds**). Lower legs back to still hang.
- Chin-up with chin above rings (**hold 2 seconds**).
- Tuck knees to chest, lower and roll to piked inverted hang (**hold 2 seconds**).
- Extend body to straight inverted hang (**hold 2 seconds**).
- Lower through inverted pike to “skin the cat” position (**hold 2 seconds**).
- Pull up through inverted pike, immediately extend hip and push forward into backward swing.
- Swing forwards
- Swing backwards
- Swing forwards
- Swing backwards to immediate push-off dismount.

Beginner – Parallel Bars

- Jump to cross support.
- Tuck-sit hold, knees to chest (**hold 2 seconds**).
- Straddle legs on bars (**hold 2 seconds**).
- Lift hips up (**hold for 2 seconds**) then lower hips, simultaneously lift both legs off bar.
- Simultaneously lift legs off bars and swing backwards.
- Swing forwards.
- Swing backwards.
- Swing forwards.
- Swing backwards to dismount between the bars.

Advanced – Parallel Bars

- Jump to cross support.
- Tuck sit (**hold 2 seconds**) knees to chest.
- Lift legs to straddle, circle arms forward to underarm pancake position, slide legs together to immediate underarm swing forward
- Underarm Swing backward
- Underarm Swing forward
- Underarm Swing backwards
- Underarm Swing forward to straddle on bar, push to straight arm position(uprise), bounce legs off bar to immediate swing backwards
- Swing forward (hips at horizontal for no deduction)
- Swing backward
- Swing forward (hips at horizontal for no deduction)
- Swing backward to immediate flank dismount

Beginner – High Bar

- Assisted Pull-over to front support (**0.2 bonus if performed without spot**).
- Cast (toes to bar height) to immediate under-swing.
- Long swing x3 (minimum 45 below bar for no deduction).
- Swing backwards to immediate push off dismount.

Advanced – High Bar

- Pullover to front support.
- Cast (toes to bar height).
- Backhip circle to front support.
- Front support roll down to dead hang.
- Jam cast (toes to bars).

- Long swing x3 to rear dismount (hips at bar height for no deduction).