

## 1 hour competition routine Charisma gymnasts only:

### FLOOR ROUTINE:

1. Forward roll tuck jump star jump
2. Forward roll to straddle sit
3. 1 teddy bear roll, finish in pike
4. Shoulder stand (hold for 3 seconds)
5. Rock down and finish in crouch.
6. 1 bunny hop
7. Jump back to front support (hold for 3 seconds)
8. Turn to back support, rock stand up.
9. 3 skips.
10. Half turn jump

### VAULT:

Squat On/Straddle On  
Squat Through/ Straddle Over,  
hold landing, stretch.

Height:

5/6- 80cm

7/8- 80cm

9/10- 100cm

11+- 110cm