

## **Charisma Class 6 Competition**

### **Class 6 Routines:**

#### **5 and 6 Year Olds:**

1. 5 skips, tuck jump, full turn jump.
2. Forward roll to pike, Pike fold (hold for 3 seconds) hands flat on floor.
3. Open legs to straddle, japana (hold for 3 seconds)
4. 2 teddy bear rolls.
5. Hold dish, turn to arch.
6. Push up to front support, 1 press up, turn to back support.
7. Come down, rock to shoulder stand (hold for 3 seconds), rock forward to stand.
8. Chasse, catleap.
9. Forward roll to crouch, 2 bunny hops.
10. Cartwheel.

#### **VAULT:**

Straddle On/Squat On

Straddle over/squat through.

Handstand Flatback. Handspring

#### **7 and 8 Year Olds:**

1. Handstand forward roll, tuck jump, full turn jump.
2. 3 skips, arabesque.
3. Forward roll to pike.
4. Lay back and push up to bridge, lift 1 leg up (hold for 3 seconds).
5. Come down, rock to straddle, lay flat to japana.
6. Straddle lever (hold for 3 seconds), Bring legs together to pike.
7. Push up to back support, turn to front support, 1 press up, jump to squat, stand, step half spin.
8. Chasse split leap.
9. 2 handed cartwheel, 1 handed cartwheel.
10. Run round off.

#### **9 and 10 Year Olds:**

1. Handstand forward roll Cartwheel, step turn
2. 3 skips, half turn tuck jump, full turn jump.
3. Forward roll to straddle lever (hold for 3 seconds)
4. Bring legs to pike position, push up to back support, turn to front support, 2 press up.
5. Lay down to arch, roll to dish.
6. Push up to bridge, lift one leg (hold for 3 seconds), kick over to stand.
7. Step Full spin.
8. 2 handed cartwheel, 1 handed cartwheel.
9. Chasse, split leap, catleap.
10. Run into round off star jump.

**11+:**

1. Handstand forward roll, 1 handed cartwheel.
2. 3 skips full turn tuck jump.
3. Handstand to bridge (hold for 3 seconds), come down and rock to pike.
4. Pike lever (hold for 3 seconds).
5. Dish shape (hold for 3 seconds), 3 crunches, turn to arch (hold for 3 seconds).
6. Push up to front support, 3 press ups, jump to squat, stand.
7. Forward roll, immediate free roll to stand, step full spin.
8. Back bend, kick over to stand. (bonus- backward walkover).
9. Chasse, split leap, half turn catleap.
10. Run Round off half turn 1 handed cartwheel.

Permitted Vaults

Squat on, straight jump off

Squat on, star jump off

Squat through

Straddle over

Handspring Flatback

Handspring

**ONE BOARD ONLY ALLOWED**

Tariff & Judging Information:

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10 sequences @ 0.5 = 5.0 Missing sequence or part (each) = -> 0.5 deduction

Execution = 4.0 Sequence order incorrect (each) = -> 0.3 deduction

Bonus = 1.0 Incorrect routine performed = 1.0 deduction

Coaching assistance (oral)= -> 0.5 deduction

Bonus: awarded for body extension, shown moves, continuity/flow, and gymnast's presentation.

## CHARISMA GYMNASTICS CLUB STRIP ROUTINE 2023