

Future Stars Routines 2024
Girl's Senior & Teen Improvers

Vault

Level 1 (*springboard*)

Handstand flat back onto 90cm (*x3 blue mats/block & x2 blue mats*)

Level 2 (*springboard*)

Half on onto 60cm (*x3 blue mats/block & x2 blue mats*)

Level 3 (*springboard*)

Flat back over vault (*105cm*)

Level 4 (*springboard*)

Handspring over vault (*105cm*) OR **half on** over vault (*105cm*) OR **half on, half off** over vault (*105cm*) (**bonus**)

Bars

Level 1 (*Height suitable to gymnasts needs*)

1. **Float swing**, *return to start position*
2. **Up hip circle**
3. **Back hip circle**
4. **Cast** *return to bar*
5. **Straddle undershoot** OR **squat on**, *jump down* (**bonus**)

Level 2 (*Height suitable to gymnasts needs*)

1. **Float swing**, *return to start position*
2. **Up hip circle**
3. **Back hip circle**
4. **Cast** *return to bar*
5. **squat on**, *jump down* OR **Squat on**, *catch high bar, x2 swings, dismount* (**bonus**)

Level 3 (*Height suitable to gymnasts needs*)

1. **Float swing**, *return to start position*
2. **Up hip circle**
3. **Back hip circle**
4. **Cast** *return to bar*
5. **Squat on**, *catch high bar, x2 swings, dismount*

Level 4 (*Height suitable to gymnasts needs*)

1. **Up hip circle** *or upstart*
2. **Back hip circle**
3. **Squat on**, *catch high bar*
4. **Baby giant**
5. **Straddle undershoot** *dismount*

Beam

Level 1 (*High beam in Sharpington hall – matted to the gymnasts needs*)

1. **Jump to front support, swing leg over to stand**
2. **Arabesque** (*hold 3sec*)
3. **Cat leap**
4. **Kick into handstand OR cartwheel** (*add releve turn*) **(bonus)**
5. **½ spin into ½ releve turn**
6. **Tuck jump**
7. **Round off dismount OR Handspring dismount** **(bonus)**

Level 2 (*High beam in Sharpington hall – x1 mat underneath*)

1. **Squat on OR Straddle on**
2. **Cat leap**
3. **Cartwheel**
4. **½ spin, ½ releve turn OR full spin** (*add releve turn*) **(bonus)**
5. **Tuck jump**
6. **Handspring dismount**

Level 3 (*High beam in Sharpington hall – x1 mat underneath*)

1. **Squat on**
2. **Cat leap**
1. **Cartwheel OR backward walkover** **(bonus)**
3. **½ spin, ½ releve turn OR full spin** (*add releve turn*) **(bonus)**
4. **W jump OR split jump**
5. **Handspring dismount OR cartwheel straight jump dismount** **(bonus)**

Level 4 (*High beam in Sharpington hall – No mats underneath*)

2. **Jump back into pike lever** (*hold 3 sec*)
3. **Split leap**
4. **Cartwheel OR backward walkover** **(bonus)**
5. **½ spin, ½ releve turn OR full spin** (*add releve turn*) **(bonus)**
6. **W jump**
7. **Handspring dismount OR fwd/bckwd salto dismount** **(bonus)**

Floor (Working along a line)

Level 1

1. **Round off with rebound jump OR Handspring** (add releve turn) **(bonus)**
2. **Half spin**
3. **Handstand forward roll**
4. **Cartwheel**
5. **Straight jump, tuck jump** (connected)
6. **Chasse cat leap**
7. **Backward walkover OR Forward walkover**

Level 2 (Working along a line)

1. **Handspring**
2. **Handstand forward roll into ½ jump**
3. **Tuck jump, W jump** (connected)
4. **Chasse cat leap**
5. **Backward walkover**
6. **Full spin**
7. **Cartwheel, turn back down the line**
8. **Round off with rebound jump OR round off flic** **(bonus)**

Level 3 (Working along a line)

1. **Handspring OR front somersault to white mat/floor** **(bonus)**
1. **Handstand forward roll into ½ jump**
2. **Tuck jump, W jump** (connected)
3. **Chasse cat leap**
4. **Backward walkover**
5. **Full spin**
6. **Cartwheel, turn back down the line**
7. **Round off flic OR round off flic x2 flic** **(bonus)**

Level 4 (Working along a line)

2. **Front somersault to white mat OR to floor** **(bonus)**
3. **Handstand forward roll into ½ jump**
4. **Tuck jump, W jump** (connected)
5. **Chasse/run split leap**
6. **Backward walkover**
7. **Full spin**
8. **Cartwheel, turn back down the line**
9. **Round off x2 flic OR round off flic tuck back/round off tuck back** **(bonus)**