

Falcons Halloween Recreational Floor and Vault 2025

	VAULT 2 x vaults, best to count (must be the same vault set up)	FLOOR: Base routine (6 skills), missing skills incur a 0.5 deduction on each occasion. Two additional skills may be included, each worth 0.5 and will be added to the base routine start value. Additional skills are not compulsory. No bonuses at this competition so explain to gymnast to perform their best skill not their most difficult skill.
2020 & 2019	Run, stretch jump from springboard to a 30cm landing mat (9.00) Run, star jump from springboard to a 30cm landing mat (9.00) Run, squat on to red block, immediate stretch jump off (10.00) Run, squat on to red block, immediate star jump off (10.00)	Balance on one leg (3 seconds), Forward Roll (straight arms preferred) to Straddle sit (3 seconds), Move from Dish to Arch (3 seconds), Show Front Support, Jump to crouch and stand, Straight Jump, Bunny Hop, Choose any 2 extra moves not in routine they can move in the same direction or different directions. Please see examples below or choose a move not on the list - if unsure if it is a move ask Natasha/Kate/Kelly/Neill * forwards for example: Skips x2 Chasse steps x2 Forward roll to stand Handstand * sideways for example: Side steps x2 Cartwheel * backwards for example: Backward Rolls optional exits Bridge kick over
2018 & 2017	Run, squat on to red block, immediate stretch jump off (8.50) Run, squat on to red block, immediate jump 1/2 turn off (9.00) Run, squat on to red block, handstand flat back onto pile of safety mats the same height as block (10.00)	Balance on one leg (3 seconds), Forward Roll to Straddle sit with straight arms (3 seconds), Teddy bear roll (full circle), Move from Dish to Arch (3 seconds), Front Support, Jump to crouch and Jump stand, Straight Jump half turn or half spin, Choose any 2 extra moves not in routine they can move in the same direction or different directions. Please see examples below or choose a move not on the list - if unsure if it is a move ask Natasha/Kate/Kelly/Neill *forwards for example: Skips x2 Chasse steps x2 Forward roll to stand Handstand Handstand Forward Rolls Walkovers *sideways for example: Side steps x2 Cartwheel Round Off *backwards for example: Backward Rolls optional exits Bridge kick over Walkover

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2016 & 2015	Run, squat on to vault, immediate tuck jump off (8.50) Run, squat on to vault, immediate jump 1/2 turn off (9.00) Squat through/straddle over (9.50) Headspring (9.80) Handspring (10.00)	Arabesque or Y-Balance (3 seconds), Forward Roll with straight arms preferred to stand, Shoulder stand (3 seconds), Bridge choice of exit or pike/straddle lever, Teddy bear roll then rock to stand(full circle), Straight Jump full turn or full spin, Choose any 2 extra moves not in routine they can move in the same direction or different directions. Please see examples below or choose a move not on the list - if unsure if it is a move ask Natasha/Katie/Kelly/Neill *forwards for example: Skips x2 Chasse steps x2 Forward roll to stand Handstand Handstand forward rolls Walkovers *sideways for example: Side steps x2 Cartwheel Round Off *backwards for example: Backward Rolls optional exits Bridge kick over Walkover
2014 & Before	Run, squat on to vault, immediate jump full turn off (8.50) Run, squat on to vault, Handspring/Round off off (8.50) Squat through/straddle over (9.00) Headspring (9.50) Handspring or 1/2 on (10.00)	Arabesque or Y-Balance (3 seconds), Forward Roll with straight arms to any exit, Shoulder stand (3 seconds), Bridge choice of exit or pike/straddle lever, Straight Jump full turn or full spin, Cartwheel, Choose any 2 extra moves not in routine they can move in the same direction or different directions. Please see examples below or choose a move not on the list - if unsure if it is a move ask Natasha/Katie/Kelly/Neill: *forwards for example: Handstand Handstand forward rolls Walkover Handspring Front Somersault Tick Tock *sideways for example: Cartwheel 1/4 turn in Free Cartwheel Round Off *backwards for example: Backward Rolls optional exits Bridge kick over Walkover Flic *Can connect the two moves e.g. Round off Flic