

Spring Festival Girls

Beginner Girls, Pink, Felines

Vault: Jump on low block – straddle jump off freeze

Bars: Pullover or jump to front support walkover to middle, cast 3x, and cast off

Beam: start in squat green leg in front stand up, scale, 3-5 releve walks forward (# is not important) ½ pivot turn , straight jump turn sideways straddle jump off side.

Floor: Level 1 routine

Red, Purple, Mini-Jets

Vault: jump to block – kick handstand fall flat back on porta pit

Bars: Pullover, 3 cast back hip circle, cast off freeze

Beam: start in squat green leg in front stand up, scale, 3 running steps forward ½ pivot turn , straight jump turn sideways straddle jump off side.

Floor: Level 2 routine

Blue, Jets, Select

Vault: jump to handstand on porta pit (low) try to fall flat back and tight

Bars: Pullover, 3 cast back hip circle , cast stoop circle dismount

Beam: level 3 routine for English handstand do touch the beam lever stand up

Floor: Level 3 routine

Bronze, Advanced Jets, Silver, Adv. Select

Level 3 routines – vault can be flat back instead

Gold, Diamond

Level 4 routines