

iFLIP Gymnastics for All Rules 2025

Level 1 - 8+ years old - Girls & Boys					
Set Routines Start Value 10.00	Max Training Hours - 2 per week				
	On Bars, Beam & Floor there is a 1.00 deduction for each missing element.				
	Vault	Bars Girls/Boys	Beam	Trampette	Floor
Apparatus	1m block mat 20cm landing mat Standard springboard	Single wooden bar Lowest height so that gymnast's feet are not touching the floor	FIG Beam at 110cm with additional 20cm safety mat underneath Routine is one length of the beam	Trampette with ground level run up	12m single floor strip No music required
Requirements	To perform one of 3 options: 1. Run and Squat on onto a Block mat (1m) and Stretch Jump onto a Safety Mat. 2. Run and Straddle on onto Block mat (1m) and Star Jump off. 3. Run and Squat through/Straddle over a Block mat (1m) and show Landing position onto a Safety Mat =Bonus 0.5	<ul style="list-style-type: none"> • Routine begins when chin is above the bar • Coach assistance onto bar into immediate chin up, hold(2 secs), lower to straight hang with control, • Leg lift to 45° from the bar, lower to straight hang, • Pike hold (2 secs), lower to straight hang, • Dish hold (2 secs) • Arch hold (2 secs) • 3 x fish swings, release to safe landing at either back or front of swing. 	<ul style="list-style-type: none"> • Squat or straddle on from the side • Walk 4 steps on toes • Tree balance (1 leg, foot to knee) • 2 dips steps • Stretch jump • ½ turn on toes • Turn to the side • 2 steps sideways (not on toes), arms optional • Turn to face dismount end • Steps on toes to end of beam • Stretch or star jump dismount 	<p>Must perform both:</p> <p>1. Run and Stretch jump 2. Run and Tuck jump</p>	<ul style="list-style-type: none"> • Chasse step cat leap • Arabesque (leg to horizontal) • Forwards roll to sit in straddle • Teddy bear roll • Hold straddle (3 secs) • Hold pike (3 secs), lie back to flat, push to bridge • Hold dish (3 secs) and lower • Roll to lie flat on belly • Hold arch (3 secs), lower to flat • Push up to front support (3 secs), press up • Jump feet in to stand • Kick to handstand to finish in lunge * • Side to side cartwheel • Stretch jump, Star jump to land
Permitted Elements	No other vault permitted	No other skills permitted	No other skills permitted	No other jumps permitted	No other skills permitted
Notes	To perform 1 of 3 options.	Coach may lift gymnast to bar to begin routine	5 elements to perform	Execution deductions will be totalled after all 2 jumps(not averaged)	
Bonus Awarded if Skill Complete(with or without fall)	Run and Squat through/Straddle over a Block mat (1m) and show Landing position onto a Safety Mat =Bonus 0.5	N/A	N/A	N/A	*Handstand forward roll = 0.5 Bonus