

## iFLIP Gymnastics for All Rules 2025

Level 2 - 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	A- Bars <i>Girls</i>	High Bar <i>Boys</i>	Beam	Trampette	Floor
Apparatus	60cm block and mats behind Standard springboard	High Bar of FIG A-bar or Single Bar set to FIG High Bar Height	Single Wooden Bar or A-Bars with low bar taken out. Set to FIG height .	FIG Beam at 125cm with additional 20cm safety mat underneath <b>Max Routine- 1.5 lengths of the beam</b>	Trampette with ground level run up	12m single floor strip No music required
Requirements	To perform 1 of 2 options:  1.Run and hurdle step onto a springboard, immediate stretch jump onto a block mat,step forward and handstand flat back  2. Run and hurdle step onto a springboard, immediate stretch jump onto a block mat,step forward and half on to finish on stomach onto a crash mat.	Set routine split into two parts; both must be completed.  Low bar <ul style="list-style-type: none"> <li>Circle Up</li> <li>Cast to 135°(this is half way to horizontal)</li> <li>Cast dismount(horizontal)</li> </ul> High Bar <ul style="list-style-type: none"> <li>Trolley swing into</li> <li>3 additional swings</li> <li>Dismount backwards on 3<sup>rd</sup> swing</li> </ul>	<ul style="list-style-type: none"> <li>Coach assist jump to height bar into immediate</li> <li>Upward circle,</li> <li>Cast to 135°, this is half way to horizontal,</li> <li>Forward circle down,</li> <li>Trolley swing into 3 additional swings,</li> <li>Dismount at back of 3<sup>rd</sup> swing.</li> </ul>	Routine to be created using the skills stated below( optional elements are provided) <ul style="list-style-type: none"> <li>Jump to front support mount</li> <li>2 x leaps or jumps (not linked),</li> <li>Single leg balance,</li> <li>½ turn on toes,</li> <li>Dismount – Stretch, Tuck or Star jump</li> </ul>	Must perform both:  1. Run and Pike jump  2.Run and 1/2 turn stretch jump	<ul style="list-style-type: none"> <li>Forward roll + star jump,</li> <li>Chasse step + cat leap,</li> <li>Arabesque ( hold 3 secs)</li> <li>*</li> <li>Stretch jump ½ turn,</li> <li>Handstand,</li> <li>Front to back cartwheel,</li> <li>Squat down &amp; lie flat on back,</li> <li>Dish shape, arms by ears or on thighs (hold 3 secs),</li> <li>Roll to lie on front,</li> <li>Arch shape with arms by ears (hold 3 secs)</li> <li>Push to front support, press up</li> <li>Jump feet to hands,</li> <li>Stretch jump from the squat position, immediately jump with full turn</li> </ul>
Permitted Elements	No other vault permitted	No other skills permitted	No other skills permitted	Cat leap Stretched jump Tuck jump Arabesque, Y- Balance, h- Balance, Star balance	No other jumps permitted	No other skills permitted
Notes	To perform 1 of 2 options	Coach to lift gymnast to bar to begin routine	Coach to lift gymnast to bar to begin routine	6 elements to perform No other skills permitted	Execution deductions will be totalled after all 2 jumps(not averaged)	
Bonus Awarded if Skill Complete(with or without fall)	Half on to finish on stomach onto a crash mat=Bonus 0.5	N/A	N/A	N/A	N/A	* Bridge from standing kick over = 0.5 Bonus