



Ignite Gymnastics

Spring 2024 Club Competition
Info Pack

www.ignitegymnastics.co.uk/club-competition

6th April
Colehill Village Hall

Venue information:

Colehill Village Hall
Cannon Hill Road
Wimborne
BH21 2LR

- Parking on site
- Disabled access
- W/C
- Chairs will be provided for spectators



What to bring on the day:

- Comfortable sportswear (t-shirt & shorts or leggings), no socks, leotards optional
- Please bring a non-fizzy drink

Arrival times to be confirmed once entries close on 15th March 2024

Competition Routines & Skills

This is a floor and vault competition. After a general warm up, each group will have the opportunity to practise and warm up their routines and skills before competing in front of a judge. Coaches will be guiding gymnasts at all times. For floor, one turn will be judged, and for vault, each competitor will have two turns to be judged.

Your child will be assigned a level according to their age and ability after the February school half-term

Embers

Floor Routine:

- Balance on 1 leg (3 seconds), bunny hop, forward roll to L-Shape, back support, rock & roll to stand, straight jump

Vault Skill:

Turn 1 – Straight jump off springboard

Turn 2 – Star jump off springboard

Sparks

Floor Routine:

- Straight jump, tuck jump, forward roll to L-sit, pike fold, shoulder stand to stand, handstand, arabesque (3 seconds)

Vault Skill:

- Squat on, walk to the end of the block, straight jump off to land (Two turns)

Flames

Floor Routine:

- Arabesque (3 seconds), forward roll straight jump (linked), half-twist jump, cartwheel, backward roll (optional, 0.5 bonus), chassé cat leap (linked)

Vault Skill:

- Straddle on, jump off to land (Two turns)

Infernos

Floor Routine:

- Forward roll to L-sit, dish, bridge (3 seconds), rock & roll to stand*, handstand, tuck jump, half-twist jump, cartwheel, cartwheel

**A 0.5 bonus will be added if participant replaces rock & roll to stand with a kickover.*

Vault Skill:

- Handstand to back lie (With or without support, two turns)

Your child will be taught their routine during their weekly gymnastics lesson at Ignite, and will be given time to practise alongside their usual learning and activities.