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EVENT DETAILS

We are proud to announce the Liv. Dubai Schools Games **Gymnastics Championships** with the technical support of Absolute Gymnastics. See below for event information:

EVENT DATES:	25TH JUNE 2023
VENUE:	GEMS WELLINGTON ACADEMY, AL KHAIL
TIME:	2 PM - 7 PM
AGE CATEGORIES:	7 TO 13 YEARS OLD (Born between 2010 to 2016)
GENDER:	GIRLS & BOYS



EVENT DETAILS

We are proud to announce the Liv. Dubai Schools Games **Gymnastics Championships** with the technical support of Absolute Gymnastics. See below for event information:

FORMAT: **GENERAL - FLOOR & VAULT (LEVELS 1 TO 5)**

- All participants must compete for both apparatuses - floor & vault.
- Only girl participants would be able to submit their music tracks for the floor performance.

MAXIMUM PARTICIPANTS: **60**

REGISTRATIONS CLOSE: **FRIDAY 16TH JUNE 2023**



LEVEL 1

FLOOR ROUTINE

Floor routine with the music of your choice. The routine must be no longer than 1 minute. Must include:

- 1 balance for 3 seconds (passé or arabesque)
- 1 jump (stretch, tuck or star)
- 1 roll (forward or backwards)
- 1 handstand (L-shape or full)
- 1 leap (90° split leap, cat leap or scissor leap)
- 1 tumble dismount (dive forward roll or round off)

VAULT REQUIREMENTS

Any jump from springboard to crash mat from options

* Stretch, tuck, star, straddle, pike

LEVEL 2

FLOOR ROUTINE

Floor routine with music of your choice. Routine must be no longer than 1 minute. Must include:

- 1st balance for 3 seconds (passé or arabesque)
- 2nd balance for 3 seconds (tucked headstand or frog balance)
- 1 jump (stretch, tuck or star)
- 1 roll to straddle stand (forward or backward)
- 1 acrobatic skill (handstand or cartwheel)
- 2 leaps connected (90° split leap, cat leap or cat leap full turn)
- 1 tumble dismount (dive forward roll or round off)

VAULT REQUIREMENTS

Squat on to box vault, stretch jump dismount to crash mat

LEVEL 3

FLOOR ROUTINE

Floor routine with the music of your choice. The routine must be no longer than 1 minute. Must include:

- 1 lever hold (options; straddle or pike)
- 1 balance for 3 seconds (full headstand or arabesque)
- 1 flexibility hold for 3 seconds (split or bridge)
- 1 jump (tuck, straddle or wolf)
- 1 handstand roll (forward or backward)
- 1 acrobatic skill (handstand or 1 handed cartwheel)
- 2 leaps connected (135° split leap, cat leap or cat leap full turn)
- 1 tumble dismount connection (round off with stretch jump backward roll or half turn jump cartwheel)

VAULT REQUIREMENTS

Any jump from springboard to crash mat from options

* Stretch, tuck, star, straddle, pike

LEVEL 4

FLOOR ROUTINE

Floor routine with the music of your choice. The routine must be no longer than 1 minute 30 seconds. Must include:

- 1 lever hold (options; straddle or pike)
- 1 balance or flexibility for 3 seconds (full headstand, split or bridge)
- 1 jump (pike, straddle or wolf)
- 1 handstand roll (forward or backwards)
- 1 walkover (forward or backwards)
- 2 leaps connected (180° split leap, split change or cat leap full turn)
- 1 forward tumble (aerial or front handspring)
- 1 backward tumble dismount connection (round off, back handspring)

VAULT REQUIREMENTS

Handspring box vault

LEVEL 5

FLOOR ROUTINE

Floor routine with the music of your choice. The routine must be no longer than 1 minute 30 seconds. Must include:

- 1 lever hold (options; straddle or pike)
- 1 split hold for 3 seconds (front or middle)
- 1 jump (pike or straddle)
- 1 backward roll to a full handstand
- 1 walkover (forward or backwards)
- 2 leaps connected (180° split leap, split change or cat leap full turn)
- 1 forward tumble connection (aerial followed by acrobatic skill or front handspring followed by handspring or forward roll)
- 1 backward tumble dismount connection (round off, back handspring x2)

VAULT REQUIREMENTS

Option 1 - Handspring table vault

Option 2 - Half on table vault

TECHNICAL PARTNER

Do not hesitate to reach out to Absolute Gymnastics, if you would like to train, learn new skills or develop your skills further.

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THANK YOU

If you may have any further queries, comments or suggestions
feel free to contact us.

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