

# LEVEL 1 ROUTINES 2023

<p><b>Level 1 Floor</b> - Start: <b>PRESENT</b> to judges</p> <ul style="list-style-type: none"> <li>• ROCKET</li> <li>• <b>STRAIGHT JUMP</b> and finish <b>MOTORBIKE</b> held for 3sec.</li> <li>• ROCKET</li> <li>• <b>SCORPION</b> finish in lunge landing.</li> <li>• <b>TWO STEP KICKS</b></li> <li>• <b>TWO STEP/PASSÉ HOPS</b> arms optional.</li> <li>• STAR arms squeezing ears</li> <li>• <b>FORWARD ROLL</b> to <b>TUCK SIT</b> – held 3 sec</li> <li>• <b>STRADDLE SIT</b> - held 3 sec</li> <li>• <b>L-SIT</b> - held 3 sec</li> <li>• <b>PIKE SIT</b> - must be held 3 sec</li> </ul> <p>Finish: Face Judge and <b>PRESENT</b></p>	<p><b>Level 1 Beam</b> - Start: <b>PRESENT</b> to judges</p> <ul style="list-style-type: none"> <li>• Optional Mount (not judged)</li> <li>• <b>4 x WALK FORWARD ON TOES</b>, hold in relevé for 1 sec then come down.</li> <li>• Turn sideways and <b>4 x SIDE STEPS</b> on flat feet.</li> <li>• Turn to face the front. Step onto one foot and <b>HOLD PASSÉ</b> for 3secs</li> <li>• Lift arms to present position and point front toe, <b>4 x STEP KICKS</b> with straight legs.</li> <li>• Step to end of beam</li> <li>• <b>STRAIGHT JUMP OFF</b> to hold <b>MOTORBIKE</b> landing 3 secs.</li> </ul> <p>Finish: Face Judge and <b>PRESENT</b></p>
<p><b>Level 1 Bars</b> - Start: <b>PRESENT</b> to judges</p> <ul style="list-style-type: none"> <li>• Jump to <b>FRONT SUPPORT</b> held for 3 secs with straight arms and rounded shoulders. Dish Shape. Land in Motorbike and hold for 3 secs.</li> <li>• 3 x <b>BENT KNEE SWINGS</b> (Knees bent and hips open). Must <b>RE-GRIP</b>. Land at back of swing in <b>MOTORBIKE</b>.</li> <li>• <b>TUCK HANG</b> (drop through shoulders, knees to chest, straight back) held for 3 secs.</li> </ul> <p>Finish: Face Judge and <b>PRESENT</b></p>	<p><b>Level 1 Vault</b> - Start: <b>PRESENT</b> to judges</p> <ul style="list-style-type: none"> <li>• <b>REBOUND</b> on board x 3 (Continuous Straight Jumps, arms in rocket). Straight jump off board and land in <b>MOTORBIKE</b> held for 3sec.</li> <li>• <b>HANDSTAND</b> against wall held for 3secs. <b>Toes only touch the wall</b>, chest in and straight arms, straight line from hands to feet.</li> </ul> <p>Finish: Face Judge and <b>PRESENT</b></p>
<p><b>Level 1 P-Bars</b> - Start: <b>PRESENT</b> to judges</p> <ul style="list-style-type: none"> <li>• <b>CROSS SUPPORT/ SOLDIER</b> hold for 3 secs with STRAIGHT ARMS. Lift feet up at back and hook toes on, straighten legs.</li> <li>• <b>BEAR WALK</b> x 4 steps.</li> <li>• <b>SWING</b> feet through to crab. Arms straight, open hips.</li> <li>• <b>CRAB WALK</b> x 4 steps.</li> <li>• <b>CROSS SUPPORT/SOLDIER</b> hold 3 secs with Straight arms. Land in <b>MOTORBIKE</b> held for 3secs.</li> </ul> <p>Finish: Face Judge and <b>PRESENT</b></p>	<p><b>Level 1 Rings</b> - Start: <b>PRESENT</b> to judges</p> <ul style="list-style-type: none"> <li>• <b>LONG HANG</b> held for 3sec. Straight Body.</li> <li>• <b>TUCK HANG</b> 3sec. From here use the tuck shape to kick through L Shape into small swings for momentum.</li> <li>• <b>2 x SMALL SWINGS</b> With straight legs and pointed toes, then land at back of swing in <b>MOTORBIKE</b> held for 3secs.</li> </ul> <p>Finish: Face Judge and <b>PRESENT</b></p>