

# LEVEL 1 BOYS ROUTINES

<p><b>Level 1 Floor</b></p> <p>Start: <b>PRESENT</b> to judges</p> <ul style="list-style-type: none"> <li>• <b>TWO STEP KICKS</b></li> <li>• <b>ROCKET</b></li> <li>• <b>STRAIGHT JUMP</b> and finish <b>MOTORBIKE</b> held for 3sec.</li> <li>• <b>TWO STEP/PASSÉ HOPS</b></li> <li>• <b>ROCKET</b></li> <li>• <b>SCORPION</b> finish in lunge landing.</li> <li>• <b>STAR</b></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 Pommel</b></p> <p>Start: <b>PRESENT</b> to judges</p> <ul style="list-style-type: none"> <li>• From standing, squat down and jump legs out to <b>FRONT SUPPORT</b>, HOLD 3 secs.</li> <li>• <b>PUSH UPS X 2</b> Try to get nose to floor.</li> <li>• From front support shape after last push up, turn over to <b>BACK SUPPORT</b> HOLD 3 secs. Fingers facing forward.</li> <li>• Turn back over into <b>FRONT SUPPORT</b>, HOLD 3 secs.</li> <li>• Jump feet into squat position then stand.</li> </ul> <p>Finish: Face Judge and <b>PRESENT</b></p>
<p><b>Level 1 Bars</b></p> <p>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.</li> <li>• 3 x <b>BENT KNEE SWINGS</b> (Knees bent and hips open)</li> <li>• must <b>RE-GRIP</b>. Land at back of swing in <b>MOTORBIKE</b>.</li> <li>• <b>TUCK HANG</b> (drop through shoulders) held for 3 secs.</li> </ul> <p>Finish: Face Judge and <b>PRESENT</b></p>	<p><b>Level 1 Vault</b></p> <p>Start: <b>PRESENT</b> to judges</p> <ul style="list-style-type: none"> <li>• Stretched <b>STRAIGHT JUMP</b> off 60cm box with <b>MOTORBIKE</b> held for 3sec.</li> <li>• <b>REBOUND</b> on board x 3 (Continuous Straight Jumps, arms in rocket)</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></p> <p>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.</li> </ul> <p>Finish: Face Judge and <b>PRESENT</b></p>	<p><b>Level 1 Rings</b></p> <p>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></li> </ul> <p>Finish: Face Judge and <b>PRESENT</b></p>