

ASPIRE GYMNASTICS 1ST ANNUAL SUMMER IN-HOUSE COMPETITION



Boys Gymnastics Routines

FLOOR

1. Forward roll to straddle stand
2. Forward roll to tuck stand
3. Handstand
4. Cartwheel
5. Jump full turn
6. Feet together, prone fall
7. Seal position
8. Headstand
9. Round off

RINGS

1. 3 chin ups
 2. Inverted hang to pike or straight body (bonus)
 3. 3 swings
- Dismount

HIGH BAR

1. Chin up pullover
2. 3 casts
3. Back hip circle
4. Front circle
5. 3 beat swings, to 3 long swings
6. Dismount

In House Competition: **Sunday June 23rd**. Registration deadline: **May 25th**.
Competition times will be given out closer to the date!