

# V I R T U E C O M P E T I T I O N

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*20/21 OCTOBER 2018*



*WWW.VIRTUEGYMNASTICS.CO.UK*

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# SCHEDULE

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*20 OCTOBER 2018*

## **VIRTUE RECREATIONAL**

The virtue recreational competition is open to all Virtue Recreational Gymnasts who train up to 1 hour per week


*21 OCTOBER 2018*

## **SQUAD INVITATIONAL**

The squad invitational competition is open to advanced rec squad gymnasts from all clubs who train up to 5 hours per week

## **DETAILS**

Venue: Denefield School, RG31 6XY  
Entry: £10 per gymnast  
Closing date: 20th September 2018  
No late entries can be considered






# V I R T U E   R E C R E A T I O N A L

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*20 OCTOBER 2018*



The Virtue recreational competition is open to all Virtue Recreational Gymnasts who train up to 1 hours per week.

All gymnasts will receive a certificate and a Virtue gift. We will be awarding medals in each category for the top 3 gymnasts on each piece along with ribbons for the runners up. A trophy will also be given out to the overall age champion in each category.

These gymnasts will be judged in line with the attached documents titled "REC SET ROUTINES" which will outline start values and routines required.

There will be separate male/female categories.

Should there be less than 3 competitors in any category this will be merged with the next appropriate class or gender group.

Gymnasts are categorised by their current rec class.

Competition categories are as follows:

REC 0  
REC 1  
REC 2  
REC 3  
REC 4

Display team gymnasts will compete in the squad invitational blue category.

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# RECS ROUTINES

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*REC 0*

## **RECREATIONAL GYMNASTS**

The club recreational competition is open to all Virtue Recreational Gymnasts who train up to 1 hour per week

*SV 10*

### **FLOOR ROUTINE**

Forward roll to straddle sit  
Japana  
Back support  
Turn to front support  
Squat in and Straight jump up

*SV 10*

### **VAULT - ONE BOX TOP HIGH LONGWAYS**

From standing on floor Squat on - no spring board  
Walk along  
Straight jump off

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# RE C S E T

# R O U T I N E S

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*REC 1*

## **RECREATIONAL GYMNASTS**

The club recreational competition is open to all Virtue Recreational Gymnasts who train up to 1 hour per week

*SV 10*

### **FLOOR ROUTINE**

Forward roll to straddle sit  
Japana  
Back support  
Turn to front support  
Squat in and Straight jump up

*SV 10*

### **VAULT - TWO BOX TOP LONGWAYS**

Run jump onto spring board and  
Squat on  
Walk along  
Straight jump off

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# REC SET ROUTINES

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*REC 2*

## **RECREATIONAL GYMNASTS**

The club recreational competition is open to all Virtue Recreational Gymnasts who train up to 1 hour per week

*SV 10*

### **FLOOR ROUTINE**

Forward roll  
Straight jump  
Bridge  
Pike fold  
Back support to front support  
One leg balance

*SV 10*

### **VAULT - THREE BOX TOP**

Squat on  
Straight jump off

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# REC SET ROUTINES

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*REC 3*

## **RECREATIONAL GYMNASTS**

The club recreational competition is open to all Virtue Recreational Gymnasts who train up to 1 hour per week

*SV 10*

### **FLOOR ROUTINE**

Forward roll immediate straight jump  
Bridge (0.5 bonus for a kick over or walk over)  
Dish roll to arch  
Cartwheel  
Tuck jump  
Arabesque

*A: SV 9 B: SV 10*

### **VAULT - FOUR BOX TOP**

A:  
Squat on  
Straight jump off

B:  
Squat through  
Straddle over

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# REC SET ROUTINES

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*REC 4*

## **RECREATIONAL GYMNASTS**

The club recreational competition is open to all Virtue Recreational Gymnasts who train up to 1 hour per week

*SV 10*

### **FLOOR ROUTINE**

Forward roll immediate star jump  
Bridge (0.5 bonus for a kick over or walk over)  
Dish roll to arch  
Roundoff immediate tuck jump  
Backwards roll  
Arabesque

*A: SV 9 B: SV 10*

### **VAULT - FOUR BOX TOP**

A:  
Squat on  
Straight jump off

B:  
Squat through  
Straddle over