

WILD

wacky

CHALLENGE

Come Join Us Floor, Vault and Tumbling Recreational Competition

Hosted by
Mourne Gymnastics
at
Banbridge Leisure Centre

Information

This is a friendly recreational competition with a huge emphasis on having FUN!!!

There will be 1st, 2nd & 3rd place medals for each piece of apparatus.

Floor will be performed on a non-sprung strip.

Gymnasts will be encouraged to come in their wackiest gear, hair, clothes as long as it is safe to perform in.

Prizes will be awarded for the wackiest outfits.



Challenge 1 - Beginner

Floor Routine

V-Sit HOLD (bonus without hands)

Back Support

Dish

Roll to arch

Front support jump to crouch.

Stretch Jump and LAND

Tumbling

Forward roll
Stretch Jump
Forward Roll
Tuck Jump
Forward Roll
Jump ½ turn

Vault

Squat On 40cm
Straight Jump off



Challenge 2 – Advanced Beginner

Floor Routine
V-Sit HOLD (bonus without hands).

Back Support

Dish

Roll to arch

Front support jump to crouch

Stretch Jump and LAND

Jump ½ turn

Chasse Chasse

One leg balance HOLD

Bunny Hop

Forward roll to straddle sit HOLD

Pike HOLD

Tucked rock backwards and
forwards to stand

Tumbling

Forward roll
Stretch Jump
Forward Roll
Tuck Jump
Forward Roll
Jump full turn

Vault

Squat On 60cm
Jump half turn
off



Challenge 3 - Intermediate

Floor Routine

Tuck Jump, Star Jump

Forward Roll

Jump ½ turn

Roll Back to shoulder stand

Lower to straddle sit

Teddy Bear roll

Pike fold

Rock and roll to stand.

Tumbling

Forward roll

Jump ½ turn

Backwards roll

Jump ½ turn

Straight Jump

Star Jump

Vault

Squat On

Full turn off



Challenge 4 – Advanced Intermediate

Floor Routine

Tuck Jump, Star Jump
Forward Roll

Jump ½ turn

Roll Back to shoulder stand

Lower to straddle sit

Teddy Bear roll

Pike fold

Rock and roll to stand

Chasse Cat-leap straight jump

Lunge to an L shape handstand

Jump ½ turn

Arabesque

Tumbling

Forward roll
Jump ½ turn
Backwards roll
Jump ½ turn
Straight Jump
Tuck Jump

Vault

Straddle On
Star Jump Off



Challenge 5 - Advanced

Floor Routine

Cartwheel ¼ turn

Tuck jump

Full turn jump

Backwards roll to straddle hold
into

Forward roll to pike sit

Pike fold

Bridge

Lower, rock and roll to stand

Tumbling

Cartwheel
Cartwheel ¼ turn
step feet
together
Backwards roll
Jump ½ turn
Forwards roll
Jump ½ turn

Vault

Squat Through
Vault



Challenge 6 – Advanced +

Floor Routine

Cartwheel ¼ turn

Tuck jump

Full turn jump

Backwards roll to straddle hold
into

Forward roll to pike sit

Pike fold

Bridge

Lower, rock and roll to stand

Lunge to handstand

Forward roll to crouch

High Bunny Hop

Tuck jump

Chasse cat- leap, chasse cat leap
½ turn.

Tumbling

Cartwheel
Cartwheel ¼ turn
step feet
together
Backwards roll
Jump ½ turn
Forwards roll
Jump full turn

Vault

Straddle
Through



Challenge 7 – Wild

Floor Routine

One handed cartwheel
Handstand forward roll
Full spin
Chasse split leap
Jump ½ turn
Round off straight jump
Bend back to bridge
Bridge HOLD, then kick over.

Tumbling

Round Off from
hurdle
Jump ½ turn
walkout into
Cartwheel
Round off
Rebound Jump

Vault

Straight jump on
Kick to
Handstand
Flatback



Challenge 8 – Mega Wild

Floor Routine

One handed cartwheel

Handstand forward roll

Full spin

Chasse split leap

Jump $\frac{1}{2}$ turn

Round off straight jump

Bend back to bridge

Bridge HOLD, then kick over

Splits

Pike fold HOLD

Shoulder stand, walk out to
immediate cartwheel $\frac{1}{4}$ turn

Backwards roll to front support –
straight arms

Tumbling

Cartwheel
Round off
 $\frac{1}{2}$ turn walkout
into
Cartwheel
Round off
Jump $\frac{1}{2}$ turn

Vault

Handspring vault



Challenge 9 – Wacky

Floor Routine

Backwards walkover

Full Spin

Round Off Flick

W Jump

Splits

Pike Fold

Japana fold, join legs together, turn to front support, jump to crouch, stretch jump LAND (0.2 Bonus for straddle swim through, front support instead)

Chasse split leap, cat leap

Backwards roll towards Handstand

Jump ½ turn

Forwards walk over.

Tumbling

Round Off from
Hurdle

Flick

Jump ½ turn

walkout into

Round off

Jump half turn

Vault

Handspring x1

Any Through

Vault x 1



Challenge 10 – Mega Wacky

Floor Routine

Forward walkover

Chasse split leap chasse cat leap

Backwards roll to handstand

W ½ turn jump

Round off flick

Splits

Pike, small rock back and stand
(feet together)

Straddle Jump

Run front somersault or free
cartwheel

Full spin

Backwards walkover

Releve half turn

Run Handspring and finish

Tumbling

Round off from
hurdle flick

Jump ½ turn

walkout into

Round off

Flick

Rebound Jump

Vault

Handspring x2



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