

# The Tea Rose

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## Level

Gymnasts that are doing 1 to 3 hours a Week or so, Recreational Gymnasts.

\*\*\*\* GYMNASTS WHO HAVE COMPETED COUNTY LEVEL AND ABOVE INCLUDING PAST RETIRED GYMNASTS, ARE STRICTLY NOT PERMITTED TO ENTER.\*\*\*\*

## Age

 Catagorys on competition day

• 5-6yrs • 7yrs • 8yrs • 9-10yrs

## Apparatus

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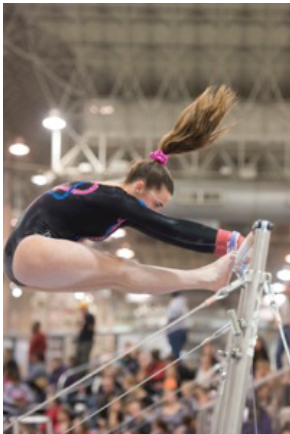
### • Vault

Red block: Gymnasts aged 5, 6 and 7 years old, to run and squat onto red block Older children May stretch jump onto the block, if they prefer. Walk on their toes to the end and show a stretch jump off to land.



### • Trampoline

Same Level as run up. The gymnast has two runs and performs one stretch jump to land and one tuck jump to land.



### • Bars

Pull up over the bar to front support. Show good front support, Try to show a beat ( we know its going to be hard so judges will be very fair) Forward roll dismount and try to show a pike shape at the end.



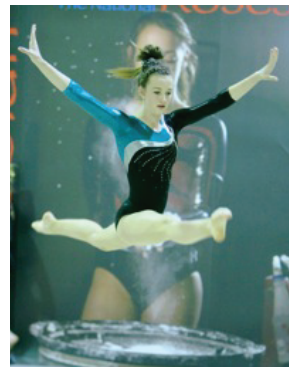
### • Tumble

Handstand forward roll, cartwheel, jump half turn, round off to stand



### • Beam

Balance beam as low as it goes get on one end dismount the other just one length. Coaches to make up any routine with, Mount of leg over to sit in star shape, legs behind and stand up, 2 dip steps, cat leap, stretch jump, balance, body wave, dismount of stretch jump with solid landing. Coaches may spot little ones. If taller gymnasts feet touch the floor when in star there will be NO penalty.



### • Roses Challenge

Forward roll into straddle, Teddy bear roll, SHOW BRIDGE, drop down into tuck, roll once roll twice to stand up, finish with star jump.