

# Boys Spring Festival Routines

## Tomcats & Level 1

**Floor: Use music on iPod:** Head, jump ½ turn, cartwheel, cartwheel, swipe to muscles, taco, bridge (or table), lay down, roll over to push up, jump ½ turn, forward roll, handstand, tuck jump, tuck jump, muscle.

**Pommel Horse: On a floor mushroom:** Start in a push-up position. Walk feet around the mushroom as if doing a circle. Raising hands and lowering hands as you would if doing a circle. Do 2 complete circles. Show good control of body and try to keep legs as tight as possible.

**On Horse:** Tuck in, Tuck out, Tuck in and jump off in front, stick.

**Rings:** Chin up w/spot 1 sec hold, tuck hold 3 sec, 3 swings, stop and let go stick.

**Vault:** Squat on block with hands, straight jump off stick.

**Parallel Bars:** On floor mini Parallel Bars (Tot Bars)(Can be done on real bars with mats underneath if they are too tall). Jump to tuck hold, straddle legs on bars, put hands in front of legs, pull legs off bars and do one tucked swing to a stand in the back.

**High Bar:** Chin hold (3 seconds), stand on floor and do pull over using stairs or block, 4 x tic toc swings (count each leg once), 3 x cast off dismount stick.

## Mini Jets & Level 2

**Floor: Use music on iPod:** Head, jump ½ turn, cartwheel, cartwheel, swipe to muscles, taco, bridge (or table), lay down, roll over to push up, jump ½ turn, forward roll, handstand, tuck jump, tuck jump, muscle.

**Pommel Horse: On a floor mushroom:** Start in a push-up position. Jump to ¼ circle (finish in side support with hand in front of body), walk feet around the mushroom as if doing a circle. Raising hands and lowering hands as you would if doing a circle.

**On Horse:** 3 tic toc swings, tuck in, tuck out, tuck in and jump off in front, stick.

**Rings:** From hang, tuck hold 3 sec, 3 swings to tucked inverted hang, skin the cat jump off stick.

**Vault:** Squat on block w/o hands, Kick to handstand flat back.

**Parallel Bars:** Jump to straddle travel, legs together in back, tuck hold 3 sec., 3 swings to jump off in between bars in back stick.

**High Bar:** On low bar - Chin hold (3 seconds), Pullover without a spot, 3 casts back hip circle (with or without spot), 3 casts to cast off dismount stick.

### Jets & Level 3

Floor: **Use music on iPod:** Forward roll, football run, jump together, arms down – side – up (on the beats), handstand, hurdle round off rebound, swipe to jump ½ turn, backward roll to push-up, push-up, turn over to reverse plank, bridge, back to push-up, jump up, jumping jacks, cartwheel, jump pose.

Pommel Horse: **On a floor mushroom:** Starting from a push-up position, jump to ¼ circle (hold position 2 seconds). Return to starting position. Jump to ½ circle (hold position 2 seconds). Jump to ¾ circle (hold position 2 seconds). Can add 1 full circle if they can do it.

On Horse: 3 pendulum swings, leg cut, leg cut, stop in support, jump off in front, stick.

Rings: Chin up w/momentary hold, lower to hang, “L” hold 1 sec, drop legs into 3 swings to straight inverted hang, basket, skin the cat jump off stick.

Vault: Using 2 or 3, 8” mats and from a run of 3 steps (Counting only the starting foot that should be opposite of their cartwheel foot), Straight Jump, Stick. Kick to Handstand flat back. Emphasis on run, hurdle & body position.

P-bars: Jump to support, 2 swings, straddle travel, legs together in back, “L” hold 3 sec, 3 swings to jump off in between bars in back stick.

High bar: On low bar - Pullover without spot, 3 casts back hip circle, 3 casts to cast off dismount stick.

### Advanced Jets / Advanced Gym

Floor: **Advanced Jets - Use music on iPod:** Forward roll, football run, jump together, arms down – side – up (on the beats), handstand, hurdle round off rebound, swipe to jump ½ turn, backward roll to push-up, push-up, turn over to reverse plank, bridge, back to push-up, jump up, jumping jacks, cartwheel, jump pose.

**Advanced Gym – No Music (Xcel does their own routine):** From stand at point A facing point B (corners or lines), kick to lunge - Handstand forward roll, jump hurdle cartwheel, cartwheel ¼ turn(finish w/feet together facing point A), back extension roll to prone, jump to straddle stand, head stand 3 sec hold, forward roll tuck jump, run hurdle round off rebound stick.

Pommel Horse: **On a mushroom:** 1 circle to ½ circle flank dismount (1 ½ circles).

On Horse: 3 pendulum swings, leg cut, leg cut dismount without stopping on horse, stick.

Rings: Chin up w/momentary hold, lower to hang, “L” hold 3 sec, drop legs into 3 swings to inverted hang, basket, skin the cat jump off stick.

Vault: 2 Vaults! Using 2 or 3, 8” mats and from a run of 3 steps (Counting only the starting foot that should be opposite of their cartwheel foot), Vault 1. Straight Jump, Stick. Vault 2. Handstand flat back onto the same 2 or 3, 8” mats. Emphasis on run, hurdle & body position.

P-bars: From stand, jump to support swing forward, swing backward, swing forward and straddle legs onto bars, forward straddle “L” hold 1 sec, bring legs together to 3 swings, side flank dismount in back stick.

High Bar: From a stand on “low” bar, Chin up pullover (with spot is allowed), 1 cast back hip circle, 1 cast to undershoot dismount.

## Pre Team

Floor: From stand at point A facing point B (corners or lines), kick to lunge - Handstand forward roll, jump hurdle cartwheel, cartwheel  $\frac{1}{4}$  turn (finish w/feet together facing point A), back extension roll to prone (with straight arms), Seal stretch, press to straddle stand, press head stand 2 sec hold (or handstand with 1 sec hold), forward roll tuck jump, run hurdle round off rebound (or back handspring rebound) stick.

Pommel Horse: **On a mushroom**: 1 circle to  $\frac{1}{2}$  circle flank dismount (1  $\frac{1}{2}$  circles = 9.0 start value) – **or** – 3 circles to  $\frac{1}{2}$  circle flank dismount (3  $\frac{1}{2}$  circles = 9.5 s.v.) – **or** – 5 circles to  $\frac{1}{2}$  circle flank dismount (5  $\frac{1}{2}$  circles = 10.0 s.v.).

**On Horse**: 3 pendulum swings, leg cut, leg cut dismount without stopping on horse, stick.

Rings: Chin up hold w/1 sec hold, lower to hang, “L” hold 3 sec, immediate 3 swings to inverted hang, basket, (Bonus - back lever 1 sec hold), lower to skin the cat 3 second hold, drop to stick.

Vault: 2 Vaults! Using 2 or 3, 8” mats and from a run of 3 steps (Counting only the starting foot that should be opposite of their cartwheel foot), Vault 1. Straight Jump, Stick. Vault 2. Handstand flat back onto the same 2 or 3, 8” mats. Emphasis on run, hurdle & body position.

Parallel Bars: From stand, jump to support swing forward, swing backward, swing forward and straddle legs onto bars, forward straddle “L” hold 3 sec, bring legs together to 3 swings (3<sup>rd</sup> swing should be at or above horizontal), side flank dismount in back stick.

High Bar: From a still hang,  $\frac{1}{2}$  turn to mixed grip with hollow body, switch second hand to over grip, chin up pullover, 1 cast back hip circle, immediate undershoot to 3 swings, uprise dismount in back stick.