



**2006 – 2010
GIRLS REGIONAL
STREAM
ROUTINES**

**BEGINNER AND
INTERMEDIATE**

Beginner Routines

VAULT

Squat on jump off stick the landing

- Vault marked with tape for hand placement (Approximately 30 cm from front of table, and 20 cm from the back of table.)

BARS

1. Pullover
2. Small Cast
3. Back hip circle
4. Cast, return to hip rest
5. Cast to horizontal push away to land

BEAM

1. Mount: Jump to front support, swing one leg over $\frac{1}{4}$ turn to straddle sit.
2. Swing legs back, hook toes on beam and up to **KNEE SCALE**.
3. Swing back leg in front, place foot on beam, arms lateral.
4. Stand, raise onto toes, arms overhead.
5. Walk 3 – 4 steps lowering arms to lateral oblique as you are stepping.
6. Heels down, slight pause as arms prepare for jump.
7. **STRAIGHT JUMP** (arms up and open to land).
8. Down to **SQUAT $\frac{1}{2}$ TURN**.
9. Stand on toes, 3 steps backwards, arms up oblique.
10. Bend at waist, arms continue down to brush sides of beam, reach forward with arms as you return to stand, arms open to up oblique.
11. Stork stand knee out straighten free leg to **ARABESQUE**.
12. Place held foot in front, **PIVOT ($\frac{1}{2}$) – PIVOT ($\frac{1}{2}$)**.
13. Side lunge (either leg), close feet.
14. Jump off side to land.

FLOOR

1. Hop to side lunge left, hop to side lunge right, bringing feet together in between and at end. Run with hurdle step to fast **CARTWHEEL**.
2. Feet together, step, kick to momentary **HANDSTAND STEP DOWN**, (arms start by ears proceed through a lunge to the handstand, returning through lunge to finish). Cartwheel, $\frac{1}{2}$ pivot, **1-ARM CARTWHEEL**, finish in lunge. Bring feet together to backward roll from pike to tuck, **BACKWARD ROLL TO STRADDLE STAND**, jump feet together.

3. Forward roll to back lying, arms over head. Roll over to prone, push to front support, hop to squat. Stand, **DOWN TO BACKBEND**. In backbend, lift one leg to stag position, then return it to the floor, keeping shoulders over hands in backbend. Slide to lying, arms overhead. Stand up. Straight jump, tuck jump (connected), hop to one knee on floor (arms optional). Stand and present.

INTERMEDIATE ROUTINES

VAULT

Handspring with mini-tramp on to table with stack of mats at height of table behind.

BARS

1. Pullover from 2 feet
2. Cast
3. Back hip circle
4. Squat on, jump off to land

BEAM

1. **MOUNT:** Squat on $\frac{1}{4}$ turn to face long end of beam.
2. Stand, bend one leg (knees touching), arms lowering down lateral oblique, lift chin at same time.
3. 2 – 3 steps **STRIDE LEAP** step **CAT LEAP** (connected).
4. $\frac{1}{4}$ turn to side lunge, $\frac{1}{4}$ turn to face long end of beam (arms in L then raise to overhead).
5. Straight jump with slight arch, land and lower to squat, arms moving from above head to lateral.
6. Place hands on beam lower to momentary straddle support (bum off beam, heels at beam height or higher, held for 2 sec.).
7. Sit, swing legs back, show prone lie.
8. Push back on hands to kneel on one leg, seat on heel, arms upward oblique and continue to stand.
9. Feet together, **TUCK JUMP**
10. Momentary lunge to **MINI HANDSTAND**.
11. **1 FOOT PIVOT $\frac{1}{2}$ TURN**, place free leg down in front.
12. $\frac{1}{4}$ turn to side.
13. Jump $\frac{1}{2}$ turn land.

FLOOR

1. Start: Feet in 3rd position, arms down and relaxed curve in front, head down. When music starts, arms up to curved overhead and head up (Start in corner A facing corner C). **$\frac{1}{2}$ TURN ON 1 FOOT, PLACE FREE LEG IN FRONT, CONTINUE TO IMMEDIATE 2 FOOT PIVOT $\frac{1}{2}$ TURN**, arms lower to sides.

2. **RUN TO ROUNDOFF** (towards corner C), bounce to lunge. Close feet backward pike roll. 1 arm arches overhead, the other on hip, look to one side. Bum out, slide back with $\frac{1}{4}$ turn (to face corner B).
3. $\frac{1}{4}$ turn, slide facing in, $\frac{1}{2}$ turn slide facing out. **DOWN TO BACKBEND KICKOVER** (facing side 1). Bring feet together. $\frac{1}{2}$ turn to prone fall (facing side 3). Straighten arms, arch back, alternate leg kicks, slide to prone (face down on floor), roll over onto back, up to shoulder stand, return to stand (with or without hand support) with immediate jump $\frac{1}{4}$ turn (to face corner D).
4. 2 or 3 steps, hurdle to **DIVE CARTWHEEL** (arms start up, circle backwards and reach forwards). Close feet, grapevine steps, one behind, one in front with $\frac{1}{4}$ turn on the last step (towards corner C).
5. Step kick to **HANDSTAND FORWARD ROLL (straight arms)**, to stand. Side lunge (towards corner C) $\frac{1}{4}$ turn bring feet together (facing corner A).
6. **STRIDE LEAP, STEP STRIDE LEAP, STEP CAT LEAP**, one or two steps, slide down to splits. $\frac{1}{4}$ turn to straddle sit (hand use optional). Reach arms from one side to the other, place one arm behind, lean on back arm, push hips forward, reach other arm back to slight arched position. **END**

