

SHOWCASE: Boys Routines

Boys Beginner Routine

H-bar: Use the boys competitive bar, the low bar, and the strap bar.

1. Two half turns on the high bar
2. Chin-up hold, pull-over 2 casts, drop stick, (spotted) on one side of the strap bar
3. Tuck or L- hold on the other side of the strap bar
4. Glide swing on one side of the low bar
5. Three casts to forward roll on bar on the other side of the low bar

Rings: Use the competitive rings and the two low ring sets.

1. Tuck hold, swings to inverted pike, lower down to skin the cat, drop to stick. Spot if needed
2. Chin-up hold or pull up on low rings
3. Tuck hold on PP devices

Floor: Set up floor stations for each drill

1. Forward roll
2. Donkey kick or handstand on panel mat
3. Cartwheel on the floor
4. Jump half or full turn
5. Headstand and against large spotting block
6. Backward roll down cheese or on the floor
7. Dive roll down cheese mat

P-bar: Use the middle set of p-bars and the set of bars that will be closest to the parents

1. Straddle travels the middle of the p-bars then do 5 swings on the middle set of bars spot if needed
2. Bear crawls on the large metal parallel bars
3. Straddle hold on parallel bars
4. 5 push ups on parallel bars
5. Tuck hold
6. Monkey walks down the parallel bars

Boys Intermediate Routines Competition Style

Floor:

1. Kick to lunge, handstand forward roll* 2. Cartwheel to star, cartwheel step-in (connected) 3. Backward roll to pushup** position, lower to seal stretch 3. Jump to straddle stand, press handstand forward roll 4. Jump full twist 5. Round off

Bonuses:

*Holds handstand for three seconds or more **Straight arm backward roll

Rings:

1. Pull up hold for three seconds 2. Tuck hold, hold for three seconds* 3. Kick out to three swings 4. Swing to inverted hang, lower to inverted pike 5. Lower to skin the cat** 6. Drop

Bonuses:

*Replace tuck hold with L hold **From skin the cat pull back through to inverted pike then lower down to skin the cat

The * symbols means that there is a skill that can be added or replaced by another skill to increase the difficulty and add points. Bonuses are listed at the bottom of each event

Vault:

1. Front tuck

Boys Intermediate Routines Competition Style

P-bars:

1. Three upper arm swings to straddle up 2. Lift to straddle hold for 3 sec* 3. Bring feet together and push out to three swings 4. Dismount over the side of the bar to a stick position**

Bonuses:

*Replace straddle hold with straddle-V ** Swing to above 45 degrees in on the dismount

H-bar:

1. From hang, half turn 2. Pull-up pull-over (spotted)* 3. Three casts 4. Roll forward to hang 5. Drop stick

Bonuses:

* Pull-over unspotted ** Replace #3 with one cast to back hip circle

Boys Advanced Routines Competition Style

P-bars:

1. Jump to three underbar swings 2. Back uprise to 3. Upper arm swings 4. Straddle up to support* 5. Bring feet together one swing to L-hold** 6. From L- hold push to 3 swings dismount***

Bonuses:

*Replace straddle up with front or back uprise **Replace L-hold with V-sit ***Add swing handstand to dismount

H-bar:

1. Pull-up pull-over 2. Cast back hip circle to undershoot 3. One swing to swing half turn in mixed grip swing to switch grip 4. Glide swing to spotted kip* 5. Cast undershoot** 6. Three swings to dismount in the back***

Bonuses:

* Kip unspotted ** Baby giant *** Three swings to flyaway dismount

Boys Advanced Routines Competition Style

Floor:

1. Run, hurdle front tuck 2. Cartwheel step in 3. Backwards roll through handstand 4. Lower to prone, jump to straddle stand, small jump press handstand* 5. Front handspring 6. Handstand forward roll** sissone to corner 7. Round-off backhandspring***

Bonuses:

*press handstand with no jump **Handstand full pirouette ***Round off to two back handsprings

Rings:

1. Muscle up (spotted)* 2. Support hold** 3. Roll to inverted pick*** 4. Skin the cat hold, pull back to inverted pike 5. Cast to 3 swings 6. Back to dismount to stick

Bonuses:

*Muscle up unspotted **Add L hold after support ***Add back lever after inverted pike

Vault:

1. Front tuck or Pike to stick

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