



An endless world of gymnastics opportunities

2025 GymInfinity Program Manual


Trade Mark GymInfinity™ 2024. GymInfinity™ is Soley owned and operated by Gymnastics New South Wales. All images and other materials contained in this resource are owned by Gymnastics NSW, unless otherwise stated, and may not be reproduced in any form (whether in whole or in part) other than under agreement with Gymnastics NSW.

The GymInfinity Program Manual has been compiled as a reference guide for clubs and coaches. Whilst care has been taken in the preparation of this manual, GNSW does not accept any of the liability arising from the use of this resource including without limitation, from any of the activities and skills described.

This manual is not to replace suitable coaching training and courses, all coaches should obtain the correct level of accreditation prior to commencing coaching activities.

Contents

GymInfinity	4
Structure of Program.....	4
Values of the Program.....	4
The GymInfinity Journey	4
The Program Levels	5
Division 1: Bright Stars	6
Division 2: Star League	6
Division 3: Galaxy League	7
General Event Guidelines.....	8
Participation	8
Entry Forms	8
Ages	8
Uniform	8
Coaches	8
Evaluators.....	9
Working With Children Checks.....	9
Session times	9
Work Order.....	9
Host Club	9
Event Manager	9
Officials.....	9
Music	10



Bright Stars.....	12
Overview	12
Awards and Recognition	12
Evaluation.....	12
Star League.....	17
Overview	17
Awards and Recognition	17
Evaluation.....	17
Galaxy League	30
Overview	30
Awards and Recognition	30
Evaluation.....	30

Version Control	
1.0	Draft Copy
1.1	Approved document
1.2	RG content edited
1.3	Table 1.0 amended to ticks from blocks





GymInfinity

An endless world of gymnastics opportunities

Welcome to GymInfinity, a groundbreaking gymnastics program designed to cater to individuals of all ages and abilities! We are thrilled to introduce this innovative initiative aimed at fostering a love for gymnastics while embracing diversity and inclusivity.

GymInfinity is here to provide a supportive environment where everyone can thrive and achieve their fitness goals. Join us as we embark on this exciting journey together, where passion meets possibility, and every participant is celebrated for their unique strengths. Get ready to experience gymnastics like never before with GymInfinity!

GymInfinity is a three level multi gymsport program that begins with individual foundation skills and builds towards showcasing routines. The program has been developed to provide opportunities for participants who wish to progress their fundamental skill development individually for fun and fitness whilst allowing flexibility to participate as a team.

GymInfinity is targeting recreational gymnasts of all ages and abilities who are training limited hours and **not participating in Gymnastics Australia WAG, MAG, RG or TRP Australian Levels Programs (ALP).**

Structure of Program

Bright Stars – designed for gymnasts training 1 hour per week

Star League – designed for gymnasts training 1.5 hours per week

Galaxy League – designed for gymnasts training 2+ hours per week

Values of the Program

Gymnastics NSW uphold the values of fun, fitness, and friendship while ensuring the safety of our athletes and embracing inclusivity for all. We create engaging activities that promote physical wellbeing and joy, with a strong commitment to safety. Everyone, regardless of background or ability, is valued and respected in our community. Together, we support each other in achieving personal fitness goals and fostering a positive environment where everyone can thrive.

The GymInfinity Journey

Athletes will start at the level that is suited to their ability in any of the three divisions.

Athletes can move through any of the gymsport skills and/or routines offered in the Star and Galaxy divisions, and do not have to work through a gymsport in sequential order providing an endless world of gymnastic opportunities.



Example 1

Natalie is starting in **Bright Stars** as a 10+ Green. At the next event Natalie enters the **Star League WAG Blue** and by the third event is entering **Galaxy League WAG Bronze**.




Example 2

Rebecca has been training recreation RG skills during class. At her first event she enters **Star League RG Blue**, her second event enters **Galaxy League RG Bronze** and her third enters **Galaxy League RG Gold**.

Example 3

Kait enters her first event in **Star League MAG Violet**, her second event in **Star League Tramp Blue** and her third event in **Galaxy League WAG Silver**.

Table 1.0: Divisions, Categories and target age groups

Division	Category	Age 5	Age 6-7	Age 8-9	Age 10-13	Age 14-17	Age 18-30	Age 35-49	Age 50+
 Bright Stars Individual participation skills	1	✓	✓	✓	✓	✓	✓	✓	✓
	2	✓	✓	✓	✓	✓	✓	✓	✓
	3	✓	✓	✓	✓	✓	✓	✓	✓
 Star League Individual participation - skill	4			✓	✓	✓	✓	✓	✓
	5			✓	✓	✓	✓	✓	✓
	6			✓	✓	✓	✓	✓	✓
 Galaxy League routines, team and individual Scores	7				✓	✓	✓	✓	
	8				✓	✓	✓	✓	
	9				✓	✓	✓	✓	

Key: ✓ Target Age Group ✓ Secondary target Age Group

Note - this program is not available for athletes on the ALP Pathway

The Program Levels

The GymInfinity program is a GNSW initiative for clubs who wish to conduct an assessment program for their athletes. Based on the GymMix National Levels scheme and supplementary Gymsports ALP Level 1-3 manuals.

Athletes can start at any division based on their level of skill and can move between gymsports, divisions and categories at any time. There are no pass marks to move to the next level up nor do you need to complete a gymsport division before moving to a new gymsport or division. The choice is up to you as the coach and the participant.

The program is divided into three (3) divisions with nine (9) categories:



Division 1: Bright Stars

10 basic skills which will be judged as competent or in development with participation recognition.

Bright Stars consist of three (3) categories of ten (10) basic skills that are demonstrated throughout a circuit. Gymnasts participate as individuals in their age group. Age groups are allocated for each category.

The skills are evaluated by a Fundamental Coach or Beginner Judge to be deemed Competent (C) or in Development (ID).

Each athlete will receive a participation medal with a coloured lanyard of the category and division they were in as well as a participation certificate with their results.

This division is highly recommended for all GymInfinity events and is open to all ages.



Division 2: Star League

Connect skills to form a sequence on gymsport apparatus with banded results.

Star League consists of three (3) categories of four (4) gymsport streams. Star League is where athletes have mastered individual foundation skills and can start linking skills together to create a sequence.

These skills are evaluated by an experienced Fundamental Coach, Intermediate Coach or Beginner Judge or above, with one (1) point given for each skill that is demonstrated.

Athletes build their scores to achieve a final banding score. Each gymsport banding score will be different in number, however each gymsports banding range will be Gold: 90-100%, Silver: 80- 89% and Bronze 79% and under. Athletes will receive a banding medal in the colour range with a lanyard in the category and division they participated in, as well as their participation certificate with results.

There are no age groups allocated to this division. Gymsports are non-gender specific, however participants must stay in the category of that gymsport e.g. no mixing of WAG and MAG.



Division 3: Galaxy League

Continuous routines on gymnsport apparatus with individuals and team awards.

Galaxy League consists of three (3) categories of four (4) Gymsport streams. Galaxy League is for participants who have mastered Star League and want to add a competitive element to their experience. The skills are now demonstrated as routines and music is added to support WAG floor and RG apparatus.

Routines are evaluated by gymsport specific accredited judges, and points are built for the skills demonstrated. The range of points is from 1 to 5. Placings will be given to the top three (3) scores and athletes awarded first, second and third Place overall with ribbons being awarded for subsequent placings.

Teams of four (4) can be added to the division with the top three (3) scores contributing to the overall score. Teams will be awarded a trophy of First, Second and Third place. Apparatus awards for individuals and teams will not be given. All participants will receive a certificate with their results.

There are no age groups allocated to this division. Gymsports are non-gender specific however participants must stay in the category of that gymsport e.g. no mixing of WAG and MAG.



General Event Guidelines

Participation

Eligibility to participate in GymInfinity events is open to GA/GNSW affiliated clubs, registered athlete members and officials.

To be eligible to participate in GymInfinity events, athletes must be registered on the national data base using the GFAO Code.

Entry Forms

To enter the event please complete the entry form which will be posted on the GNSW website and submit through the JotForm. To account for event preparation, entries will close on a Friday four (4) weeks prior to the event date. Entries are non-refundable, no exceptions.

Ages

Ages are only applicable to those athletes participating in Bright Stars and will be the age of the participant on the day of the event.

Uniform

In line with the [GNSW uniform policy](#), clubs should provide a uniform range that is inclusive and diverse for athletes to participate in the event. Uniform can be any of the following individual or combinations:

- Club leotard of various sleeve length or a unitard in any variation
- Tops: Club or plain coloured t-shirt or long sleeve shirt or crop top
- Bottoms: shorts or bike pants or leggings or longs
- Feet: Gym shoes to cover the feet
- Head Covering: Nike Pro Hijab
- Hair clips must be close fitting to head

Items not acceptable due to safety concerns:

- Street clothing including commercial branding
- Baggy or loose-fitting clothing

Coaches

Coaches must be current technical members of GNSW and have the appropriate accreditation for the divisions they are coaching. There must be one (1) coach for each division group entered.

- Bright Stars – 1 Coach per 5-10 athletes
- Star League – 1 per 10 athletes
- Galaxy League – 1 Coach per 8 athletes in category entered





Evaluators

Evaluators must be current registered technical members with GNSW and have the appropriate accreditation for the divisions they are evaluating.

Division 1: Fundamental / Beginner Coach or Beginner Judge

Division 2: Fundamental Coach or Above or Beginner Judge

Division 3: Minimum Judge requirement for MAG, TRP and RG is Beginner with Intermediate for WAG.

Working With Children Checks

All coaches, judges and volunteers must have a current Working With Children Check to be on the event floor. All details are to be included on the club's entry form. Entries will not be accepted if details are missing.

Session times

Each session is designed to be run from general stretch to presentation within 2 hours or less.

Work Order

Work orders will be sent to participating clubs from GNSW two (2) weeks prior to the event.

Host Club

The host club is the venue where the event will be held. Host clubs will be responsible for the amenities, canteen, BBQ, and club fundraising on the day. Host clubs will also supply a staff contact person to look after any venue issues or accident/incidents that may occur. Host clubs will receive a host fee of \$10.00 per participant registration in the event (this is covered in the entry fee).

Event Manager

GNSW will be responsible for providing an event manager for the day to oversee the general running of the event including decorations, scoring and judging resources, awards and music.

Officials

GNSW will collaborate with clubs to form an evaluators pool and allocate evaluators to events for the calendar year. Event training will be provided to the evaluators by GNSW with a focus on a "Can Do" attitude to provide a positive event experience for participants, coaches and officials.

GNSW will be responsible for the evaluation subsidy as well as providing refreshments (lunch and drinks) for the officials throughout the day. Evaluators cannot claim payment from their club for this event only through GNSW.



Music

Music to accompany WAG floor and RG apparatus routines is encouraged for Galaxy League only. Music must be spectator friendly with no swearing, drug or sexual references. Music can be instrumental or have words. Music length is a maximum of 1 minute 15 seconds. Step outside the box and have some fun here.





GYMINFINITY





Bright Stars

Skill Set	10 Fundamental skills with increasing difficulty in each stage.
Target Group	Recreational/beginner gymnasts 5-10 years old, however can cater to all ages. Skills based on National GFA ALP GymMix.
Focus	Fundamental skills evaluated as Competent/ In Development
Recognition	Individual Athlete Results – Medal and Certificate

Overview

The Bright Stars skills can be found in the Gymnastics Australia's GymMix National Levels scheme.

There are 10 single skill assessments with 3 levels of difficulty:

1. Red – Entry level
 2. Orange – Intermediate level
 3. Green – Advanced level
- The circuit will consist of 10 activity stations based on Dominant Movement Patterns
 - The circuit can be set up in any order but must be numbered from 1-10 to manage movement from one activity to the next
 - The order of progression is Red, Orange, Green, however participants can participate in the age and colour appropriate to their skill level

Awards and Recognition

- Each participant will receive a certificate of recognition at completion of circuit
- Participants receive a medal in the appropriate colour level.

Evaluation

- One evaluator per activity station
- Participants will be evaluated with a "C" if skill is performed correctly and deemed competent or "ID" if an incomplete skill, deemed In Development
- No judge accreditation is required; however, accredited Beginner/Fundamental coaches and judges can be used to assess the participants



Bright Stars – RED SKILLS

SINGLE BAR

- 5 Tuck hang 5 seconds with bean bag between knees
- 6 / 7 Swing and kick ball off cone
- 8 / 9 Swing and throw b/bag with feet through hoop
- 10+ Front support or f/support roll over bar

CYLINDER

- 5 Front support hold 5 seconds
- 6 / 7 Roll out to F Support hold 5 seconds, roll back in
- 8 / 9 Roll out to f/support, march on hands 3 times, roll back in
- 10+ Rear support hold

WEDGE

- 5 Log roll, b/bag in hands and feet
- 6 / 7 Egg roll, b/bag under chin
- 8 / 9 Forward roll, b/bag between knees
- 10+ F roll with b/bag between feet and under chin

PARALLEL BARS

- 5 Straight hold 5 seconds, b/bag between feet
- 6 / 7 As above add: 3 swings
- 8 / 9 3 swings to tuck hold 3 seconds – no b/bag
- 10+ Straight, 3 swings, tuck hold 3 seconds with b/bag

BEAM *Low*

- 5 5 bunny hops over beam
- 6 / 7 Stepping over cones with b/bag on head

High

- 8 / 9 Grapevine, straight jump off
- 10+ Step passe (triangle) L & R feet, star jump off

MINI TRAMPOLINE

- 5 Stand on tramp, straight jump off, motorbike landing
- 6 / 7 Box, tramp, star jump off
- 8 / 9 Box, tramp, tuck jump off
- 10+ Box, tramp, ½ turn off

CARTWHEEL SKILL

- 5 Bunny hop over small box or cartwheel on floor
- 6 / 7 Bunny hop over small box or cartwheel on floor
- 8 / 9 Cartwheel around hoop or cartwheel on floor
- 10+ Cartwheel and pick up hoop

BEATBOARD & VAULT STACK

2 layers and 2 squares

- 5 Jump on using hands, straight jump off

3 layers and 2 squares

- 6 / 7 Small run, jump on using hands, tuck jump off
- 8 / 9 Small run, squat on, ½ turn off
- 10+ Small run, squat on, turn ½ around on box, straight jump backwards off and land

HANDSTAND

- 5 2 bunny hops, 1 in each hoop
- 6 / 7 Reverse handstand against the wedge
- 8 / 9 L handstand against wedge
- 10+ Full handstand against the wedge

SPRING

- 5 5 ropes, jump over like a kangaroo and land in motorbike in the last hoop
- 6 / 7 As above but hop
- 8 / 9 10 skips with rope, 2 feet
- 10+ As above

Bright Stars – ORANGE SKILLS

SINGLE BAR

- 5 Swing and kick ball off cone
- 6 / 7 Swing and throw b/bag with feet through hoop
- 8 / 9 Front support or f/support roll over bar
- 10+ Glide swing and kick ball off cone

CYLINDER

- 5 Roll out to F Support hold 5 seconds, roll back in
- 6 / 7 As above add target throw (hoop and b/bags)
- 8 / 9 Rear support hold
- 10+ Rear support, hold one leg in the air

WEDGE

- 5 Egg roll, b/bag under chin
- 6 / 7 Forward roll, b/bag between knees
- 8 / 9 F Roll with b/bag between feet and under chin
- 10+ Forward roll, no bean bags

PARALLEL BARS

- 5 In straight position, 3 swings with b/bag in between feet
- 6 / 7 3 swings to tuck hold 3 seconds – no b/bag
- 8 / 9 Straight position, 3 swings, tuck hold 3 seconds with b/bag
- 10+ Tuck hold 3 seconds, L hold 3seconds

BEAM Low

- 5 Stepping over cones with b/bag on head

High

- 6 / 7 Grapevine, straight jump off
- 8 / 9 Step passe (triangle) L & R feet, star jump off
- 10+ Step, kick, point to end of beam, tuck jump off

MINI TRAMPOLINE

- 5 Box, tramp, star jump off
- 6 / 7 Box, tramp, Tuck jump off
- 8 / 9 Box, tramp, ½ turn off
- 10+ Box, tramp, catch ball and land

CARTWHEEL SKILL

- 5 Bunny hop over small box or cartwheel on floor
- 6 / 7 Cartwheel around hoop or cartwheel on floor
- 8 / 9 Cartwheel and pick up hoop
- 10+ Cartwheel and land and balance on 1 foot for 3 seconds

BEATBOARD & VAULT STACK

3 layers and 2 squares

- 5 Small run, jump on using hands, tuck jump off
- 6 / 7 Small run, squat on, ½ turn off
- 8 / 9 Small run, squat on, ½ turn around on box, straight jump backwards off and land
- 10+ Small run, squat on, ½ turn around on box, tuck jump backwards off and land

HANDSTAND

- 5 Reverse handstand against wedge
- 6 / 7 L handstand against wedge
- 8 / 9 Full handstand against wedge
- 10+ L handstand on floor

SPRING

- 5 5 ropes, jump over ropes like a kangaroo and land in motorbike in the last hoop
- 6 / 7 10 skips with a rope, with 2 feet
- 8 / 9 10 skips with a rope, with 2 feet, 5 hop skips on left leg and then right leg
- 10+ 5 skips, 2 feet with a partner

Bright Stars – GREEN SKILLS

SINGLE BAR

- 7 Front support or front support roll over bar
- 8 / 9 Glide and kick ball off cone
- 10+ 2 casts

CYLINDER

- 7 Rear support hold
- 8/9 Rear support, hold one leg in the air
- 10+ Front support, rock fwd & bwd 3x (using pointed toes), keep angry cat back.

WEDGE

- 7 F / roll with b/bag between feet and under chin
- 8/9 F / roll, no b/bags
- 10+ F / roll, jump ½ turn

PARALLEL BARS

- 7 Swing in straight position x 3, tucks hold 3 seconds with b/bag
- 8/9 Tuck hold 3 seconds. L hold 3 seconds
- 10+ Swing in straight position 3x, straddle legs over, then back to straight again, 3 swings in Straight position.

BEAM

- 7 Step passe (triangle) L & R feet, star jump off
- 8/9 Step, kick, point to end of beam, tuck jump off
- 10+ Step, kick, passe (triangle), point to end of beam, ½ turn jump off

MINI TRAMPOLINE

- 7 Box, tramp, ½ turn off
- 8/9 Box, tramp, catch ball and land
- 10+ Box, Tramp, full turn off.

CARTWHEEL SKILL

- 7 Cartwheel and pick up hoop
- 8 / 9 Cartwheel to land balanced on 1 foot for 3 seconds
- 10+ 1 arm cartwheel

BEATBOARD & VAULT STACK

3 layers and 2 squares

- 7 Small run, squat on, ½ turn around on box, straight jump backwards off and land.
- 8/9 Small run, squat on, ½ turn around on box, tuck jump backwards off and land.
- 10+ Squat through

HANDSTAND

- 7 Full Handstand against wedge
- 8/9 L handstand on floor
- 10+ Full handstand on floor

SPRING

- 7 10 skips with 2 feet, 5 hop skips on left leg and then right leg
- 8/9 5 skips with 2 feet with a partner
- 10+ 1 double skip



GYMINFINITY





Star League

Skill Set	Gymsport specific using fundamental skills linked by a sequence.
Target Group	Recreational gymnasts who would like to extend their skills or gymnasts preparing to join the ALP.
Focus	Multi Sport – WAG / MAG / TRP / RG.
Event	Individual Athlete Results – Banded Medal and Certificate

Overview

The Star League skills can be found in several of Gymnastics Australia's National Levels programs from various cycles.

There are 3 levels of difficulty:

1. Blue – Entry level
 2. Violet – Intermediate level
 3. Navy – Advanced level
- Multiple gymsports can be run in the same session
 - Athletes can only participate in one gymsport
 - All gymsport divisions are gender diverse
 - No routine music

Awards and Recognition

Participant moves up the levels and receive a certificate that marks their competence 1 point per completed skill. Medals are awarded based on banding Bronze, Silver or Gold.

- 90%+ Gold
- 80-89% Silver
- 79% Bronze
- All participants receive a certificate with their results

Evaluation

- Clubs are required to assist with providing evaluators in relevant gymsport
- Evaluators can be from Beginner Judge upwards
- 1 evaluator per apparatus depending on experience



STAR LEAGUE - WAG

Blue	Violet	Navy
BEAM <ol style="list-style-type: none"> 1. Mount – jump to front support, lift leg over to straddle sit, swing to squat and stand 2. 4 x walks forward 3. Knee scale 4. Half turn (180°) using 2 feet 5. 2 x attitude steps L & R 6. 2 x step kick to knee height L & R 7. Dismount straight jump 	BEAM <ol style="list-style-type: none"> 1. Mount – jump to front support, lift leg over to straddle sit, immediately swing to squat, stand 2. 2 x step hops in attitude position 3. 2 step kicks to hip height 4. Half turn (180°) in squat position 5. Releve on 1 foot left and right in Passe. 6. Straight jump 7. Dismount –tuck jump off end of beam 	BEAM <ol style="list-style-type: none"> 1. Mount –squat on at end of beam with board 2. Arabesque – straight or bent supported leg 3. Body wave 4. Stride leap or Split Leap 5. Cat leap in attitude position 6. Half turn (180°) on 1 foot 7. L Handstand or Handstand 8. Dismount – optional straddle or pike Jump off
FLOOR <ol style="list-style-type: none"> 1. Step kick - L & R 2. Step hop L & R 3. Forward roll 4. Tuck Handstand 5. Squat, L sit, reach toes for 2 secs 6. Dish, superhero, Dish 7. Sit in tuck, roll to shoulder stand, roll down and stand 	FLOOR <ol style="list-style-type: none"> 1. Step kicks to hip height – L & R 2. Half turn (180°) on one foot 3. Stride leap 4. L Handstand 5. Cartwheel to land in Lunge 6. Squat, L sit, reach for toes 2 secs 7. Shoulder stand roll to stand 8. Straight jump 	FLOOR <ol style="list-style-type: none"> 1. Arabesque – straight or bent supported leg 2. Body wave 3. Backward roll in pike 4. Split left or right 5. Handstand roll or Handstand, forward roll 6. Full turn (360°) on 1 foot 7. Power start cartwheel 8. 2 x Stride Leaps or Split Leaps 9. Series - jump ½ Turn, tuck jump

STAR LEAGUE - WAG

VAULT – Air Board & Box <ol style="list-style-type: none"> 1. Run, straight jump onto box /Straight jump off box. 2. Run, straight jump onto box /Jump ½ Turn off box. 	VAULT – Air bord and Stacker vault- 3 layer with 2 squares on either side <ol style="list-style-type: none"> 1. Short run, squat onto vault /Straight jump off 2. Short run, squat onto vault / jump ½ Turn off 	VAULT - Air bord and Stacker vault – 3 layer <ol style="list-style-type: none"> 1. Short run, Squat Through (2 squares or either side) or Handstand Flat back from Board to 1 crash mat. 2. Short run, Bunny hop over vault (3 layers)
BARS <ol style="list-style-type: none"> 1. 3 x tuck swings 2. 2 x jumps to front support using an air board or Single Mini Tramp 3. Roll over bar and hang in tuck 2 secs 4. High Bar - long hang and show Star for 2 secs, Staddle for 2 secs, straight for 2 secs, drop to dismount. 	BARS <ol style="list-style-type: none"> 1. 2 tuck swings 2. 1 x glide swing 3. Pullover 4. 3 cast to 45°, cast off third cast 5. High bar - 3 x beat swings 	BARS <ol style="list-style-type: none"> 1. Pull over 2. Cast to 45° 3. Back hip circle 4. Straddle toe shoot or under swing 5. High Bar - 3 x long hang swing, dismount on the third back swing.

STAR LEAGUE - MAG

Blue	Violet	Navy
FLOOR <ol style="list-style-type: none"> 1. Forward roll to squat, place hands on floor 2. Jump legs backwards to front support (hold 2 secs) 3. Turn over to rear support (hold 2 secs) 4. Sit down, slow L-sit 5. Roll backwards to shoulder stand 6. Roll forward to stand 7. Immediate straight jump 	FLOOR <ol style="list-style-type: none"> 1. Forward roll to squat, place hands on floor and jump to tucked handstand position. Return to squat position. 2. Forward roll to L-Sit (hold 2 secs) 3. Reach forward to pike position (hold 2 secs) 4. Dish hold (hold 2 secs) 5. Roll backwards to shoulder stand 6. Roll forward to stand through tuck. 7. Immediate straight jump 	FLOOR <ol style="list-style-type: none"> 1. Handstand, return to stand. 2. Cartwheel to finish sideways, ¼ turn inwards feet together to stand 3. Tucked backward roll to squat position 4. Roll backwards to shoulder stand (keeping arms flat to floor) – hold 2 secs 5. Lower to backward lying position 6. Push up to bridge position (hold 2 secs), return to lying position 7. Lift to dish, roll 180 °to arch – ‘superhero’, push up to front support 8. Jump feet into squat, tucked forward roll, 9. Jump – choose: Tuck, Star, jump ½ Turn.
POMMEL- Floor only <ol style="list-style-type: none"> 1. From standing, squat down, place hands on floor, jump to front support position, execute two push ups 2. Turn over to rear support, hold 2 secs 3. Turn over (continuing in same direction) to front support 4. Execute 2 push ups 5. Jump to squat, stand 	POMMEL- Mushroom or low Pommel <ol style="list-style-type: none"> 1. Front support on pommel handles 2. Tuck left leg through to stride support 3. Tuck leg back to front support 4. Tuck right leg through to stride support 5. Swing left leg over left handle to 90° flank dismount 	POMMEL – low or high <ol style="list-style-type: none"> 1. Straddle swing in front support 2. Straddle swing to front support 3. Straddle swing to front support 4. Stride swing, left leg forward 5. Right leg over with 90° Turn 6. dismount

STAR LEAGUE - MAG

RINGS <ol style="list-style-type: none"> 1. Long hang – feet together 2. Front split Left or Right Leg 3. Long hang 4. Side splits 5. Long hang 6. Tuck hang 7. Long hang 8. Release rings and dismount 	RINGS <ol style="list-style-type: none"> 1. Long hang – hold 2 secs 2. tuck hang – hold 2 secs, 3. shoot Legs L then into a long hang 4. Swing (lift legs forward, swing legs backwards) 5. Swing forward and backwards 6. On second swing backwards, release and dismount to stand 	RINGS <ol style="list-style-type: none"> 1. Long hang – hold 2 secs 2. Tuck hang - hold 2 secs 3. Straighten legs to momentary L-hang 4. Swing backward, swing forward 5. Swing backward, swing forward 6. On third backward swing, release and dismount to stand
VAULT <ol style="list-style-type: none"> 1. Run, straight jump onto box (60cm), Straight jump off box 2. Run, straight jump onto box (60cm), Jump ½ Turn off box 	VAULT <ol style="list-style-type: none"> 1. Handstand on beat board, fall flat back onto crash mat 2. Handstand Pop, to flat back. 	VAULT <ol style="list-style-type: none"> 1. Handstand spring to flat back to crash mats 60 cm height. 2. Handspring from box to flat back 60 cm
PARALLEL BARS <ol style="list-style-type: none"> 1. Straight body support on the end of bars 2. Lift to tucked support position (knees to waist). Lower legs to straight body support. 3. Lift legs to L position, open hips, swing backwards 4. Swing forward and backwards 5. On second backwards swing, push backwards to landing position 	PARALLEL BARS <ol style="list-style-type: none"> 1. Jump to straight body support, lift legs forward and extend to swing backwards 2. Swing forward and backward 3. On the 2nd forwards swing separate legs for a straddle support on the bar 4. Bend legs to build power to hop legs off bar into swing 5. Backward swing dismount (onto box or mat) 	PARALLEL BARS <ol style="list-style-type: none"> 1. Jump to straight body support 2. Lift legs to L-sit (hold 2 secs) 3. Straddle legs to straddle support on bars, hands behind hips in straddle support 4. Raise legs off bars and swing backwards and forwards (feet at least bar height at peak swings) 5. Swing backward to at least horizontal and forward at least height of bar

STAR LEAGUE - MAG

		6. Swing backwards 45 degrees above horizontal and dismount over 1 bar to stand
HORIZONTAL BAR (chest height) <ol style="list-style-type: none"> 1. Hands in forward grip, lift body to tucked chin-up position (hold 3 seconds) return to stand 2. Jump to front support 3. Cast x 2 4. Roll forward to tuck hang -hold 3 secs 	HORIZONTAL BAR (chest height) <ol style="list-style-type: none"> 1. Hands in forward grip, lift body to tucked chin-up pullover to front support position 2. 2 x Casts 3. Roll Forward to L Hang -hold 3 secs 	HORIZONTAL BAR (chest height) <ol style="list-style-type: none"> 1. From straight body hang, lift legs to L hang 2. Tension swing backwards and forwards 3. Continue forward swing to under swing, swing backwards 45° 4. Swing forwards and backwards 45°x 2 5. And release to dismount on third backwards swing

STAR LEAGUE - RG

Blue	Violet	Navy
<p>ROPE</p> <ol style="list-style-type: none"> 1. Start with feet together, rope held in each hand, rope behind body 2. 4 x skips on spot with feet together 3. 4 x skips moving forward, 2 steps each skip 4. U swing on left, U swing on right (or vice versa if preferred) 5. Sail with 360 turn whilst walking on toes 6. Take rope in one hand, free hand on hip and rotate rope above head (inwards) with 4 x walks forward then catch 7. Rotate the rope in both hands whilst traveling forward with 4 x side step points 8. 2 foot tuck jump through rope 9. Balance on toes with "stir the pot" 10. Finish with rope pulled tight over hips 	<p>ROPE</p> <ol style="list-style-type: none"> 1. Start with feet together, rope held in one hand, rope outstretched on floor behind body 2. Step forward, pull through rope to catch other end in free hand 3. 4 x skips moving forward, 2 steps each skip 4. U swing left, U swing right (or vice versa if preferred) 5. Side chasse with vertical rotations x 4, catch behind knees 6. Sail with 360 turn whilst walking on toes 7. Overhead rotations (outwards) with walks x 4 8. Chaine turn with overhead rotations 9. Wrap around neck with passe balance 10. 2 foot tuck jump through rope 11. Finish with rope pulled tight behind head 	<p>ROPE</p> <ol style="list-style-type: none"> 1. Start with feet together, rope held in one hand, rope outstretched on floor behind body 2. Step forward, pull through, ½ turn of rope to catch opposite end, turn body 180, pull through to catch other end 3. 2 x skips moving forward, 2 steps each skip 4. Trap rope on flexed foot in front of body 5. Side chasse with vertical rotations to the left x 2 into U swing. Repeat to the right 6. Pivot (passe, attitude or front horizontal) with overhead rotations 7. Wrap rope around neck and torso with walks x 4 8. 2 foot tuck jump through rope 9. Balance (attitude, front horizontal or held side split) with vertical rotations 10. 4 x walks with backward figure of 8's 11. 4 x skips backward on spot with feet together 12. Finish with rope pulled tight behind knees

STAR LEAGUE - RG

<p>HOOP</p> <ol style="list-style-type: none"> 1. Start with feet together, hoop held in preferred hand on preferred side of body 2. Push roll, run and catch 3. Hold hoop above head, 2 x skips moving forward, 2 steps each skip 4. Axis spin on floor with right hand 5. Swing hoop forward to swap hands, rising on toes 6. Axis spin on floor with left hand 7. Swing hoop forward and back to preferred hand if needed 8. Throw and catch with 1 hand 9. Pendulum swing to skip in, skip out then pass hoop overhead to catch and bringing down to waist 10. Balance on toes with rotations on waist 11. Finish with hoop pulled tight on back 	<p>HOOP</p> <ol style="list-style-type: none"> 1. Start with feet together, knees bent, hoop held with both hands ready for roll 2. Roll over shoulder and down back to catch with two hands 3. Retro roll hoop, turn, chasse cat leap, catch hoop 4. Hold hoop above head, 2 x skips moving forward, 2 steps each skip 5. Passe balance with 1/2 axis toss 6. Axis spin on floor, walk on toes in a circle 7. Pendulum skip in, skip out, skip in 8. Chaine turn with rotations on waist. Catch and skip out 9. Axis around head with 4 x walks 10. Throw, chaine turn, catch 11. Finish with hoop pulled tight behind head 	<p>HOOP</p> <ol style="list-style-type: none"> 1. Start with feet together, hoop held parallel to body, both hands either side of hoop 2. Roll across arms (in front or behind head) 3. Retro roll hoop, turn, chasse stag or split leap, catch hoop 4. Wrap around body with walks x 4 then skip out 5. Pivot (passe, attitude or front horizontal) with overhead rotations. Close pivot and pass behind back to preferred hand 6. Pendulum skip in, skip out, hoop passes over head, down body and skip out 7. 2 x taps on floor with step points 8. Balance (attitude, front horizontal or held side split) with vertical rotations 9. Throw double chaine turn, catch 10. Axis spin on open hand with pose 11. Finish with a flat toss, trap using both arms, pull hoop tight against body
--	--	--

STAR LEAGUE - RG

<p>BALL</p> <ol style="list-style-type: none"> 1. Start with feet together, ball held on lower body 2. Assisted roll up body and down both arms 3. Balance on toes rolling ball between palms 4. Walk on toes in a circle on the spot holding ball in one hand, arm straight 5. Bounce x 2 in right hand 6. Pass ball with rise on toes 7. Bounce x 2 in left hand 8. Throw from 1 hand, catch with two hands 9. Large arm circle to place ball on floor 10. Roll ball, small run, kneel to collect 11. Lunge rolling ball in between palms 12. Roll ball from fingers down both arms to catch at chest with elbows, forearms crossed. 13. Finish sitting, ball held in elbows, forearms crossed 	<p>BALL</p> <ol style="list-style-type: none"> 1. Start sitting on heels, one hand on ball on the floor, free arm stretched to ear 2. Roll ball side to side from preferred to non-preferred to preferred 3. Kneeling 1/2 circumduction (arm starts forward, place free hand on ankle, take ball back to ear with straight arm in arch and return to kneeling) 4. Stand up with assisted roll up body and down both arms 5. Chaine turn holding ball in one hand, arm straight 6. Small toss from right to left then left to right or vice versa 7. Chasse cat leap with large bounce 8. Side chasse with large bounce, repeat on other side 9. Passe balance rolling ball between palms 10. Throw from one hand, catch in 1 hand 11. Assisted roll down one arm, catch at chest 	<p>BALL</p> <ol style="list-style-type: none"> 1. Start in a lunge on preferred leg, one hand holding ball, arm stretched to the side 2. Roll ball side to side under legs in lunge 3. Kneeling full circumduction (arm starts forward, place free hand on ankle, full figure of 8 from the shoulder) 4. Stand up with small toss under free arm, catch in 1 hand. 5. Pivot (passe, attitude or front horizontal) ball in one hand, arm straight 6. Chasse leap (stag or split) with rolling ball between palms 7. 3 x bounces in right hand, small overhead toss with chasse, 3 x bounces in left hand, small overhead toss with chasse 8. Balance (attitude, front horizontal, side split) with large bounce 9. Vertical figure of 8 with walks backwards x 4, reach ball above head with two hands and turn 10. Throw from one hand, chaine catch with two hands. 11. Roll across both arms R to L OR L to R 12. Finish with ball stretched above head, one foot stretched behind
--	--	---

STAR LEAGUE - RG

RIBBON	RIBBON	RIBBON
<ol style="list-style-type: none"> 1. Start with feet together, holding tail in one hand and stick in the other hand, ribbon behind body 2. Walk on toes in a circle, holding tail, ribbon behind body 3. 2 x backwards figure 8's on spot 4. Chaine turn with overhead circle 5. Walk through vertical circles x 4 6. Overhead circle with ½ turn 7. Walk backwards x 4 with spirals 8. Turn in a circle on the sport with snakes 9. Chasse x 4 with overhead snakes 10. Balance on toes with spirals 11. Finish with weight on one foot, other leg stretched behind, ribbon arm at shoulder height, free arm to ear 	<ol style="list-style-type: none"> 1. Start with feet together, holding tail in one hand and silk above stick in the other hand. Ribbon in front of body 2. Boomerang throw – large throw from silk but still holding tail, pull tail back to catch stick 3. Large overhead circle to prepare 4. Passe pivot with overhead circle 5. Run through vertical circles x 4 6. Overhead circle with ½ turn 7. Walk backwards x 4 with spirals 8. Turn in a circle on the sport with snakes on the floor 9. Chasse cat leap with overhead snakes 10. Passe balance with spirals 11. Spirals in right hand, pass overhead to left hand, full vertical circle, spirals in left hand. Repeat 12. Finish with weight on one foot, other leg stretched behind, ribbon arm stretched in front, free arm stretched to ear 	<ol style="list-style-type: none"> 1. Start with feet together, holding the stick in one hand 2. Circle ribbon backwards to catch tail. 3. Boomerang throw with chaine turn - ½ toss of stick to catch silk, large throw during chaine turn, pull tail back to catch stick 4. Large overhead circle tor prepare 5. Pivot (attitude or front horizontal) with overhead circle 6. Move ribbon side to side in front of body and run over the ribbon x 4 7. Chasse leap (stag of split) with overhead snakes 8. Turn in a circle on the spot with snakes on the floor 9. Balance (attitude, front horizontal or held split) with spirals 10. Echappe from preferred hand (toss of stick, stick rotates 360, catch stick. Can be horizontal in front of body or vertical overhead) 11. Pass behind back to preferred hand if needed 12. Walk backwards x 4 with spirals

- | | | |
|--|--|--|
| | | <p>13. 1 backwards figure of 8 on the spot.</p> <p>14. Finish with weight on one foot, other leg stretched behind, free arm stretched in front</p> |
|--|--|--|

STAR LEAGUE – Tramp & Tumbling

Blue	Violet	Navy
SINGLE MINI TRAMP First Run 1. Straight Jump Second Run 1. Tuck Jump	SINGLE MINI TRAMP First Run 1. Straddle Jump Second Run 1. Pike Jump	SINGLE MINI TRAMP First Run 1. Half twist jump (180 degrees) Second Run 1. Full twist jump (360 degrees)
TRAMPOLINE COMBINATION (completing each combination with a controlled check finish) Combination 1 1. Seat Drop/Landing 2. to feet 3. Tuck Jump Combination 2 1. Tuck Jump 2. ½ Twist Jump 3. Straddle Jump	TRAMPOLINE COMBINATION (completing each combination with a controlled check finish) Combination 1 1. Straddle Jump 2. Seat Drop 3. ½ Twist to Feet 4. Tuck Jump Combination 2 1. ½ Twist to Seat Drop /Landing 2. to feet 3. Tuck jump 4. Full Turn	TRAMPOLINE COMBINATION (completing each combination with a controlled check finish) Combination 1 1. Straddle Jump 2. ½ Twist to Seat Drop 3. Swivel Hips 4. ½ Twist to feet 5. Tuck Jump Combination 2 1. ½ Twist to Seat Drop 2. ½ Twist to Feet 3. Tuck Jump 4. Full Twist 5. Straddle Jump
TUMBLING COMBINATION 1. Cartwheel, Cartwheel	TUMBLING COMBINATION 1. Cartwheel, Roundoff, Straight Jump	TUMBLING COMBINATION 1. Roundoff, Jump ½ Turn step out, Roundoff, Straight Jump.



GYMINFINITY





Galaxy League

Skill Set	Gymsport specific using fundamental skills linked by a sequence to demonstrate routines.
Target Group	Recreational gymnasts who would like to extend their skills.
Focus	Multi Sport – WAG / MAG / TRP / RG
Event	Individual Athlete Results – 1 st to 3 rd Placings Medals with Ribbons for further placings and a certificate Teams Event – Trophy
Music:	WAG floor and RG - Maximum 1 minute 15 seconds per routine.

Overview

The Galaxy League skills are the same sequences as demonstrated in Star League with music and a competition element added.

There are 3 levels of difficulty division:

1. Bronze – Entry level
 2. Silver – Intermediate level
 3. Gold – Advanced level
- Multiple gymsports can be run in the same session
 - Athletes can only participate in one gymsport
 - All gymsport divisions are gender diverse
 - Music included for WAG floor and RG apparatus

Awards and Recognition

- Individual Awards – 1st Place Gold medal, 2nd Place Silver medal, 3rd Place Bronze medal
- Team Award – 1st to 3rd Place Team Trophy
- All remaining participants receive a Ribbon
- All participants receive a certificate with their results

Evaluation

- Clubs are required to assist with providing judges in relevant gymsport
- Evaluators can be from Beginner Judges upwards except WAG must be Intermediate or above
- 1 judge per apparatus depending on experience



GALAXY LEAGUE – WAG

Bronze	Silver	Gold
BEAM <ol style="list-style-type: none"> 1. Mount – jump to front support, lift leg over to straddle sit, swing to squat and stand 2. 4 x walks forward 3. Knee scale 4. Half turn (180°) using 2 feet 5. 2 x step attitude L & R 6. 2 x step kick to knee height L & R 7. Dismount straight jump 	BEAM <ol style="list-style-type: none"> 1. Mount – jump to front support, lift leg over to straddle sit, immediately swing to squat, stand 2. 2 x step hops in attitude position 3. 2 x step kicks to hip height 4. Half turn (180°) in squat position 5. Releve on 1 foot left and right in Passe 6. Straight jump 7. Dismount –tuck jump off end of beam 	BEAM <ol style="list-style-type: none"> 1. Mount –squat on at end of beam with board 2. Arabesque – straight or bent supported leg 3. Body wave 4. Stride leap or Split Leap 5. Cat leap in attitude position 6. Half turn (180°) on 1 foot 7. L Handstand or Handstand 8. Dismount – optional straddle or pike Jump off
FLOOR <ol style="list-style-type: none"> 1. Step kicks - L & R 2. Step hop - L & R 3. Forward roll 4. Tuck handstand 5. Squat, L sit, reach toes for 2 secs 6. Dish, superhero, Dish 7. Sit in tuck, roll to shoulder stand, roll down and stand 	FLOOR <ol style="list-style-type: none"> 1. Step kicks to hip height – L & R 2. Half turn (180°) on one foot 3. Stride leap 4. L Handstand 5. Cartwheel to land in lunge 6. Squat, L sit, reach for toes 2 secs 7. Shoulder stand roll to stand 8. Straight jump 	FLOOR <ol style="list-style-type: none"> 1. Arabesque – straight or bent supported leg 2. Body wave 3. Backward roll in pike 4. Split left or right 5. Handstand roll or Handstand, Forward roll 6. Full turn (360°) on 1 foot 7. Power start cartwheel 8. 2 x Stride Leaps or Split Leaps 9. Series - jump ½ Turn, tuck jump

GALAXY LEAGUE – WAG

VAULT – Air Board & Box 1. Run, straight jump onto box /straight jump off box. 2. Run, straight jump onto box /jump ½ turn off box.	VAULT – Air bord and Stacker vault- 3 layer with 2 squares on either side 1. Short run, squat onto vault /straight jump off 2. Short run, squat onto vault / jump ½ Turn off	VAULT - Air bord and Stacker vault – 3 layer 1. Short run, squat through (2 squares or either side) or Handstand flat back from Board to 1 crash mat. 2. Short run, bunny hop over vault (3 layers)
BARS 1. 3 x tuck swings 2. 2 x jumps to front support using an air board or Single Mini Tramp 3. Roll over bar and hang in tuck 2 secs 4. High Bar - long hang and show star for 2 secs, staddle for 2 secs, straight for 2 secs, drop to dismount.	BARS 1. 2 tuck swings 2. 1 x glide swing 3. Pullover 4. 3 cast to 45°, cast off third cast 5. High bar - 3 x beat swings	BARS 1. Pull over 2. Cast to 45° 3. Back hip circle 4. Straddle toe shoot or under swing 5. High Bar - 3 x long hang swing, dismount on the third back swing.

GALAXY LEAGUE – MAG

Bronze	Silver	Gold
<p>FLOOR</p> <ol style="list-style-type: none"> 1. Forward roll to squat, place hands on floor 2. Jump legs backwards to front support (hold 2 secs) 3. Turn over to rear support (hold 2 secs) 4. Sit down, slow L-sit 5. Roll backwards to shoulder stand 6. Roll forward to stand 7. Immediate straight jump 	<p>FLOOR</p> <ol style="list-style-type: none"> 1. Forward roll to squat, place hands on floor and jump to tucked handstand position. Return to squat position. 2. Forward roll to L-Sit (hold 2 secs) 3. Reach forward to pike position (hold 2 secs) 4. Dish hold (hold 2 secs) 5. Roll backwards to shoulder stand 6. Roll forward to stand through tuck. 7. Immediate straight jump 	<p>FLOOR</p> <ol style="list-style-type: none"> 1. Handstand, return to stand. 2. Cartwheel to finish sideways, ¼ turn inwards feet together to stand 3. Tucked backward roll to squat position 4. Roll backwards to shoulder stand (keeping arms flat to floor) – hold 2 secs 5. Lower to backward lying position 6. Push up to bridge position (hold 2 secs), return to lying position 7. Lift to dish, roll 180 °to arch – ‘superhero’, push up to front support 8. Jump feet into squat, tucked forward roll, 9. Jump – choose: Tuck, Star, jump ½ Turn.
<p>POMMEL- Floor only</p> <ol style="list-style-type: none"> 1. From standing, squat down, place hands on floor, jump to front support position, execute two push ups 2. Turn over to rear support, hold 2 secs 3. Turn over (continuing in same direction) to front support 4. Execute 2 push ups 	<p>POMMEL- Mushroom or low Pommel</p> <ol style="list-style-type: none"> 1. Front support on pommel handles 2. Tuck left leg through to stride support 3. Tuck leg back to front support 4. Tuck right leg through to stride support 5. Swing left leg over left handle to 90° flank dismount 	<p>POMMEL – low or high</p> <ol style="list-style-type: none"> 1. Straddle swing in front support 2. Straddle swing to front support 3. Straddle swing to front support 4. Stride swing, left leg forward 5. Right leg over with 90° Turn 6. dismount


GALAXY LEAGUE – MAG

5. Jump to squat, stand		
RINGS <ol style="list-style-type: none"> 1. Long hang – feet together 2. Front split Left or Right Leg 3. Long hang 4. Side splits 5. Long hang 6. Tuck hang 7. Long hang 8. Release rings and dismount 	RINGS <ol style="list-style-type: none"> 1. Long hang – hold 2 secs 2. tuck hang – hold 2 secs, 3. shoot Legs L then into a long hang 4. Swing (lift legs forward, swing legs backwards) 5. Swing forward and backwards 6. On second swing backwards, release and dismount to stand 	RINGS <ol style="list-style-type: none"> 1. Long hang – hold 2 secs 2. Tuck hang - hold 2 secs 3. Straighten legs to momentary L-hang 4. Swing backward, swing forward 5. Swing backward, swing forward 6. On third backward swing, release and dismount to stand
VAULT <ol style="list-style-type: none"> 1. Run, straight jump onto box (60cm), Straight jump off box 2. Run, straight jump onto box (60cm), Jump ½ Turn off box 	VAULT <ol style="list-style-type: none"> 1. Handstand on beat board, fall flat back onto crash mat 2. Handstand Pop, to flat back. 	VAULT <ol style="list-style-type: none"> 1. Handstand spring to flat back to crash mats 60 cm height. 2. Handspring from box to flat back 60 cm
PARALLEL BARS <ol style="list-style-type: none"> 1. Straight body support on the end of bars 2. Lift to tucked support position (knees to waist). Lower legs to straight body support. 3. Lift legs to L position, open hips, swing backwards 4. Swing forward and backwards 	PARALLEL BARS <ol style="list-style-type: none"> 1. Jump to straight body support, lift legs forward and extend to swing backwards 2. Swing forward and backward 3. On the 2nd forwards swing separate legs for a straddle support on the bar 4. Bend legs to build power to hop legs off bar into swing 	PARALLEL BARS <ol style="list-style-type: none"> 1. Jump to straight body support 2. Lift legs to L-sit (hold 2 secs) 3. Straddle legs to straddle support on bars, hands behind hips in straddle support 4. Raise legs off bars and swing backwards and forwards (feet at least bar height at peak swings)

GALAXY LEAGUE – MAG

5. On second backwards swing, push backwards to landing position	5. Backward swing dismount (onto box or mat)	5. Swing backward to at least horizontal and forward at least height of bar 6. Swing backwards 45 degrees above horizontal and dismount over 1 bar to stand
HORIZONTAL BAR (chest height) 1. Hands in forward grip, lift body to tucked chin-up position (hold 3 seconds) return to stand 2. Jump to front support 3. Cast x 2 4. Roll forward to tuck hang -hold 3 secs	HORIZONTAL BAR (chest height) 1. Hands in forward grip, lift body to tucked chin-up pullover to front support position 2. 2 x Casts 3. Roll Forward to L Hang -hold 3 secs	HORIZONTAL BAR (chest height) 1. From straight body hang, lift legs to L hang 2. Tension swing backwards and forwards 3. Continue forward swing to underswing, swing backwards 45° 4. Swing forwards and backwards 45°x 2 And release to dismount on third backwards swing

GALAXY LEAGUE – RG

 Bronze	Silver	Gold
ROPE <ol style="list-style-type: none"> 11. Start with feet together, rope held in each hand, rope behind body 12. 4 x skips on spot with feet together 13. 4 x skips moving forward, 2 steps each skip 14. U swing on left, U swing on right (or vice versa if preferred) 15. Sail with 360 turn whilst walking on toes 16. Take rope in one hand, free hand on hip and rotate rope above head (inwards) with 4 x walks forward then catch 17. Rotate the rope in both hands whilst traveling forward with 4 x side step points 18. 2 foot tuck jump through rope 19. Balance on toes with “stir the pot” 20. Finish with rope pulled tight over hips 	ROPE <ol style="list-style-type: none"> 12. Start with feet together, rope held in one hand, rope outstretched on floor behind body 13. Step forward, pull through rope to catch other end in free hand 14. 4 x skips moving forward, 2 steps each skip 15. U swing left, U swing right (or vice versa if preferred) 16. Side chasse with vertical rotations x 4, catch behind knees 17. Sail with 360 turn whilst walking on toes 18. Overhead rotations (outwards) with walks x 4 19. Chaine turn with overhead rotations 20. Wrap around neck with passe balance 21. 2 foot tuck jump through rope 22. Finish with rope pulled tight behind head 	ROPE <ol style="list-style-type: none"> 13. Start with feet together, rope held in one hand, rope outstretched on floor behind body 14. Step forward, pull through, ½ turn of rope to catch opposite end, turn body 180, pull through to catch other end 15. 2 x skips moving forward, 2 steps each skip 16. Trap rope on flexed foot in front of body 17. Side chasse with vertical rotations to the left x 2 into U swing. Repeat to the right 18. Pivot (passe, attitude or front horizontal) with overhead rotations 19. Wrap rope around neck and torso with walks x 4 20. 2 foot tuck jump through rope 21. Balance (attitude, front horizontal or held side split) with vertical rotations 22. 4 x walks with backward figure of 8’s 23. 4 x skips backward on spot with feet together 24. Finish with rope pulled tight behind knees

GALAXY LEAGUE – RG

<p>HOOP</p> <ol style="list-style-type: none"> 12. Start with feet together, hoop held in preferred hand on preferred side of body 13. Push roll, run and catch 14. Hold hoop above head, 2 x skips moving forward, 2 steps each skip 15. Axis spin on floor with right hand 16. Swing hoop forward to swap hands, rising on toes 17. Axis spin on floor with left hand 18. Swing hoop forward and back to preferred hand if needed 19. Throw and catch with 1 hand 20. Pendulum swing to skip in, skip out then pass hoop overhead to catch and bringing down to waist 21. Balance on toes with rotations on waist 22. Finish with hoop pulled tight on back 	<p>HOOP</p> <ol style="list-style-type: none"> 1. Start with feet together, knees bent, hoop held with both hands ready for roll 2. Roll over shoulder and down back to catch with two hands 3. Retro roll hoop, turn, chasse cat leap, catch hoop 4. Hold hoop above head, 2 x skips moving forward, 2 steps each skip 5. Passe balance with 1/2 axis toss 6. Axis spin on floor, walk on toes in a circle 7. Pendulum skip in, skip out, skip in 8. Chaine turn with rotations on waist. Catch and skip out 9. Axis around head with 4 x walks 10. Throw, chaine turn, catch 11. Finish with hoop pulled tight behind head 	<p>HOOP</p> <ol style="list-style-type: none"> 12. Start with feet together, hoop held parallel to body, both hands either side of hoop 13. Roll across arms (in front or behind head) 14. Retro roll hoop, turn, chasse stag or split leap, catch hoop 15. Wrap around body with walks x 4 then skip out 16. Pivot (passe, attitude or front horizontal) with overhead rotations. Close pivot and pass behind back to preferred hand 17. Pendulum skip in, skip out, hoop passes over head, down body and skip out 18. 2 x taps on floor with step points 19. Balance (attitude, front horizontal or held side split) with vertical rotations 20. Throw double chaine turn, catch 21. Axis spin on open hand with pose 22. Finish with a flat toss, trap using both arms, pull hoop tight against body
---	--	---

GALAXY LEAGUE – RG

<p>BALL</p> <ol style="list-style-type: none"> 1. Start with feet together, ball held on lower body 2. Assisted roll up body and down both arms 3. Balance on toes rolling ball between palms 4. Walk on toes in a circle on the spot holding ball in one hand, arm straight 5. Bounce x 2 in right hand 6. Pass ball with rise on toes 7. Bounce x 2 in left hand 8. Throw from 1 hand, catch with two hands 9. Large arm circle to place ball on floor 10. Roll ball, small run, kneel to collect 11. Lunge rolling ball in between palms 12. Roll ball from fingers down both arms to catch at chest with elbows, forearms crossed. 13. Finish sitting, ball held in elbows, forearms crossed 	<p>BALL</p> <ol style="list-style-type: none"> 12. Start sitting on heels, one hand on ball on the floor, free arm stretched to ear 13. Roll ball side to side from preferred to non-preferred to preferred 14. Kneeling 1/2 circumduction (arm starts forward, place free hand on ankle, take ball back to ear with straight arm in arch and return to kneeling) 15. Stand up with assisted roll up body and down both arms 16. Chaine turn holding ball in one hand, arm straight 17. Small toss from right to left then left to right or vice versa 18. Chasse cat leap with large bounce 19. Side chasse with large bounce, repeat on other side 20. Passe balance rolling ball between palms 21. Throw from one hand, catch in 1 hand 22. Assisted roll down one arm, catch at chest 	<p>BALL</p> <ol style="list-style-type: none"> 4. Start in a lunge on preferred leg, one hand holding ball, arm stretched to the side 5. Roll ball side to side under legs in lunge 6. Kneeling full circumduction (arm starts forward, place free hand on ankle, full figure of 8 from the shoulder) 4. Stand up with small toss under free arm, catch in 1 hand. 5. Pivot (passe, attitude or front horizontal) ball in one hand, arm straight 6. Chasse leap (stag or split) with rolling ball between palms 7. 3 x bounces in right hand, small overhead toss with chasse, 3 x bounces in left hand, small overhead toss with chasse 8. Balance (attitude, front horizontal, side split) with large bounce 9. Vertical figure of 8 with walks backwards x 4, reach ball above head with two hands and turn 10. Throw from one hand, chaine catch with two hands. 11. Roll across both arms R to L OR L to R 12. Finish with ball stretched above head, one foot stretched behind
--	---	---

GALAXY LEAGUE – RG

RIBBON <ol style="list-style-type: none"> 1. Start with feet together, holding tail in one hand and stick in the other hand, ribbon behind body 2. Walk on toes in a circle, holding tail, ribbon behind body 3. 2 x backwards figure 8's on spot 4. Chaîne turn with overhead circle 5. Walk through vertical circles x 4 6. Overhead circle with ½ turn 7. Walk backwards x 4 with spirals 8. Turn in a circle on the spot with snakes 9. Chasse x 4 with overhead snakes 10. Balance on toes with spirals 11. Finish with weight on one foot, other leg stretched behind, ribbon arm at shoulder height, free arm to ear 	RIBBON <ol style="list-style-type: none"> 1. Start with feet together, holding tail in one hand and silk above stick in the other hand. Ribbon in front of body 2. Boomerang throw – large throw from silk but still holding tail, pull tail back to catch stick 3. Large overhead circle to prepare 4. Passe pivot with overhead circle 5. Run through vertical circles x 4 6. Overhead circle with ½ turn 7. Walk backwards x 4 with spirals 8. Turn in a circle on the spot with snakes on the floor 9. Chasse cat leap with overhead snakes 10. Passe balance with spirals 11. Spirals in right hand, pass overhead to left hand, full vertical circle, spirals in left hand. Repeat 12. Finish with weight on one foot, other leg stretched behind, ribbon arm stretched in front, free arm stretched to ear 	RIBBON <ol style="list-style-type: none"> 15. Start with feet together, holding the stick in one hand 16. Circle ribbon backwards to catch tail. 17. Boomerang throw with chaîne turn - ½ toss of stick to catch silk, large throw during chaîne turn, pull tail back to catch stick 18. Large overhead circle to prepare 19. Pivot (attitude or front horizontal) with overhead circle 20. Move ribbon side to side in front of body and run over the ribbon x 4 21. Chasse leap (stag of split) with overhead snakes 22. Turn in a circle on the spot with snakes on the floor 23. Balance (attitude, front horizontal or held split) with spirals 24. Echappe from preferred hand (toss of stick, stick rotates 360, catch stick. Can be horizontal in front of body or vertical overhead) 25. Pass behind back to preferred hand if needed
---	--	--

- | | | |
|--|--|---|
| | | <p>26. Walk backwards x 4 with spirals</p> <p>27. 1 backwards figure of 8 on the spot.</p> <p>28. Finish with weight on one foot, other leg stretched behind, free arm stretched in front</p> |
|--|--|---|

GALAXY LEAGUE – TRAMP & TUMBLING

Bronze	Silver	Gold
SINGLE MINI TRAMP First Run 1. Straight Jump Second Run 2. Tuck Jump	SINGLE MINI TRAMP First Run 1. Straddle Jump Second Run 2. Pike Jump	SINGLE MINI TRAMP First Run 1. Half twist jump (180 degrees) Second Run 2. Full twist jump (360 degrees)
TRAMPOLINE COMBINATION (completing each combination with a controlled check finish) Combination 1 1. Seat Drop/ Landing 2. to feet 3. Tuck Jump Combination 2 1. Tuck Jump 2. ½ Twist Jump 3. Straddle Jump	TRAMPOLINE COMBINATION (completing each combination with a controlled check finish) Combination 1 1. Straddle Jump 2. Seat Drop 3. ½ Twist to Feet 4. Tuck Jump Combination 2 1. ½ Twist to Seat Drop 2. to feet 3. Tuck jump 4. Full Turn	TRAMPOLINE COMBINATION (completing each combination with a controlled check finish) Combination 1 1. Straddle Jump 2. ½ Twist to Seat Drop 3. Swivel Hips 4. ½ Twist to feet 5. Tuck Jump Combination 2 1. ½ Twist to Seat Drop 2. ½ Twist to Feet 3. Tuck jump 4. Full Twist 5. Straddle Jump
TUMBLING COMBINATION 1. Cartwheel, Cartwheel	TUMBLING COMBINATION 1. Cartwheel, Roundoff, Straight Jump	TUMBLING COMBINATION 1. Roundoff, jump ½ Turn step out, Roundoff, Straight Jump.

Coaches Notes: