

2015 WAG National Level 2 Routines

For Use at Gymnastics Victoria State Pennant Events

Skills will be performed in the order as per the ALP manual. No extra choreography is required. This will form the L2 routines.

Vault



Run 10m, straight jump to 60cm box, rebound to 20/30cm mat.

Kick hdst, flat back to 30cm mat

Uneven Bars

Performed in the order as per text.

Balance Beam

Mount at one end, performed in the order as per text.
An additional $\frac{1}{2}$ turn to be added after the required $\frac{1}{2}$ turn.
Dismount other end.

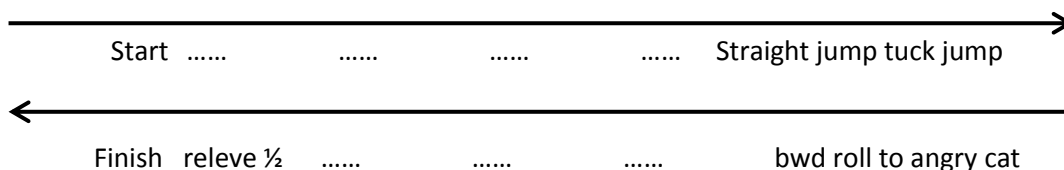
Men's Artistic

Women's Artistic

Floor Exercise

Performed in a straight line on a strip mat or floor area. No music allowed.

Note: following the straight jump tuck jump the gymnast should NOT pivot, but should simply perform the backward roll in the direction they have come from.



Rhythmic

General Gym

Sport Aerobics

Trampoline Sports

Sports Acrobatics