

In partnership with

Floor, Bench and Vault Routines 2025



Rotary Welsh Schools Disability Gymnastics Championships 2025

The competition is split into 4 levels and the gymnasts **must compete at the same level on each piece of apparatus**. We have changed them slightly to make the routines flow a bit easier. As with all routines, there will be certain individuals who will be physically unable to complete all movements.

Participants can use their own apparatus or use the equipment from Welsh Gymnastics. Welsh Gymnastics will aim to ensure we have a variety of alternatives for those who don't have much equipment in their school setting.

Teachers or helpers can give as much support as needed without any judging deductions. Gymnasts can do all three routines together or if they prefer, they can go around with their group. The aim of the competition is to give children and young people the opportunity to compete and the easier and more comfortable we make it for them the better.

Good luck and enjoy.....

Floor			
Bronze	Silver	Gold	Platinum
Present	Present	Present	Present
Tuck sit	Stretch tall	Balance on one leg, any shape (hold 3 sec)	Forward roll to stand
Pike sit	Forward roll to pike sit (L shape, with arms covering ears)	Stand tall	½ turn jump
Lie on back (into straight shape)	Straddle shape	Forward roll	Shoulder stand to stand up
Star shape	Lie back in a straight shape	Jumping jack	½ turn jump
Repeat Star shape	Star shape	Forward roll	Cartwheel
Into straight shape your back	Back to straight shape	Stretch jump	Finish in star shape (facing sideways)
Roll over to front, press up shape	Roll over to front, press up shape	Half jump turn, (back on oneself)	¼ turn to face forwards
Jump feet to meet hands	Jump feet to meet hands	Cartwheel	Forward roll to stand
Present	Present	Present	Present

VAULT			
Bronze	Silver	Gold	Platinum
Present	Present	Present	Present
Step onto 1 layer of box top	Bunny hop onto 2 layers of box	Squat through over box	Handstand flat back from a springboard onto mats of the same height
Star jump off	Straight jump off	Show a balanced landing	Stay in the handstand shape in a lying down position on the mat, count to 2, sit up, then stand
Show a balanced landing	Show a balanced landing	Present	Present
Present	Present		

BEAM			
Bronze	Silver	Gold	Platinum
Present	Present	Present	Present
Step onto beam	Step onto beam from side	step onto beam	Squat onto end of beam and stand
Walk on toes 2 steps (arms out to side)	2 x Side steps on toes (hands on hips)	2 x tuck jump, show a balanced landing	Chasse (arms out to the side)
Stretch up tall on toes, down to a crouch position, then stand	¼ turn to face end of the beam	Stand tall (arms stretched tall)	Join feet
Walk on toes for another 2 steps – arms on hips	Stork balance (hold for 3 seconds)	1 x Cat leap (arms out to side)	Straight / stretched jump
Small stretch jump	2 x skip steps (cat leaps)	Teeter totter handstand	½ turn on toes (arms stretched tall)
Walk to the end of the beam (hands on hips)	Half turn facing the way you started	Show balanced landing on beam	Crouch ½ turn on toes
Stretch jump	Walk backwards to the end of the beam	½ turn on toes (arms stretched tall)	1 x step backwards (arms out to the side)
Show a balanced landing	Star jump dismount (backwards) showing balanced landing	Step forwards	Arabesque balance (hold for 3 seconds)
Present	Present	½ turn facing forwards	Stand tall
		Walk to the end of the beam	Prepare for round off
		Tuck jump	Round off
		Present	Show a balanced landing
			Present



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