



VIRTUAL GYMNASTICS COMPETITION

Routine requirements (routine no longer than 90 sec and can be to music)

Seal Division (Ideal for new or beginner gymnasts)

- 1-2 x acrobatic skills
- 1 x jump or leap
- 1 x turn
- 1 x balance for 2 sec
- 1 x close to floor hold/shape
- Any extra dance elements

Turtle Division (Ideal for intermediate or advanced gymnasts)

- 2-3 x different acrobatic skills
- 2 x different jumps or leaps
- 1 x turn
- 1 x balance 3 sec
- 1 x close to floor hold/shape
- Any extra dance elements

Dolphin Division (Ideal for Gymstar or ALP Squad gymnasts)

- 2-3 directly connected acrobatic skills (can repeat skills)
- 1 x acrobatic skill which is different from the series above
- 2 x different jumps or leaps (1 must show a split)
- 1 x turn
- 1 x balance 3 sec
- 1 x close to floor hold/shape