

TNT Spring Recreational Showcase Routines 2023

VAULT

Level 2: From long panel mat - run, punch, stretch jump onto block/folded downhill, Jump stick off (2 attempts)

Level 3: From long panel mat - run, punch, dive roll across block/folded downhill, Jump stick off or roll to other side & Stick (2 attempts)

Level 4: Run Punch Stretch Jump onto 2-8" mats or resi mat - Kick Handstand Flatback (2 attempts)

Level 5: Run Punch HS Flat back onto 2-8" mats or resi mat (2 attempts)

Prep-Optional: Run Punch HS Flat back onto 2-8" mats or resi mat (2 attempts)

Optional: 1/2 on or Handspring over folded downhill block/resi mat sideways or folded downhill (2 attempts)

GYMNASTICS

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BARS

Level 2: Straddle hold 2 sec (feet on bar), Jump front support, jump down (hands stay on bar), Jump front support, cast back & land on mat to STICK.

Level 3: Straddle hold 2 sec (feet on bar), Jump front support, jump down (hands stay on bar), Jump front support, Cast, Cast back & land on mat to STICK.

Level 4: Chin Hold (hold 2 sec w/ chin above bar) & come back to stand, Pull Over, Push bar down to knees X2, Cast, Cast, Cast back & land on mat to STICK.

Level 5: Pull Over, Cast come back to bar, Cast come back to bar, Cast Back Hip Circle, Underswing OR Cast back & land on mat to STICK.

Prep-Optional: Glide to stand (pike or straddle), Pull Over, Cast come back to bar, Cast come back to bar, Cast Back Hip Circle, Underswing OR Cast back & land on mat to STICK.

Optional: Glide to stand (pike or straddle), Pull Over, Cast come back to bar, Cast Back Hip Circle, Cast Back Hip Circle, Underswing OR Cast sole circle dismount

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BEAM

Level 2: Climb up from block - Passe step, passe step, 2 releve raises, Stretch Jump, horizontal leg kick, horizontal leg kick, tuck jump dismount off side to STICK.

Level 3: Front support, swing leg to straddle sit, Tuck toes up behind them to stand up, Passe step, Passe step, Stretch Jump-stretch jump, Lever, horizontal leg kick, horizontal leg kick, tuck jump dismount off side to STICK.

Level 4: Front support, swing leg to straddle sit, Tuck toes up behind them to stand up, Passe step & hold - releve raise, Passe step & hold - releve raise, 2 pivot turns, Stretch Jump-tuck jump, Lever, horizontal leg kick, horizontal leg kick, tuck jump dismount off end to STICK.

Level 5: Front support, swing leg to straddle sit, Tuck toes up behind them to stand up, Passe step & hold - releve raise, Passe step & hold - releve raise, 2 pivot turns, Stretch Jump-split jump, Lever, horizontal leg kick, horizontal leg kick, round-off off the end to STICK.

Prep-Optional: Front support, swing leg to straddle sit, Tuck toes up behind them to stand up, Passe step & hold - releve raise, Passe step & hold - releve raise, 1/2 turn, pivot turn, Stretch Jump-split jump, Lever, horizontal leg kick, horizontal leg kick, round-off off the end to STICK.

Optional: Front support, swing leg to straddle sit, swing legs to knee scale hold for 2 sec & swing leg in front to stand tall, Passe step & hold - releve raise, Passe step & hold - releve raise, 1/2 turn, pivot turn, Stretch Jump-split jump, Handstand or Cartwheel, split leap, round-off or brani or front handspring dismount off the end to STICK.

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FLOOR

Level 2: **1st Pass:** Forward Roll, Forward Roll, Straddle Roll, Straddle Roll;
2nd Pass: Lay Flat, Push Up Back Bend (Hold 3 Sec.) OR Push Up to a Table Top, Lay Flat, Candle Stick Roll To Stretch Jump, Tuck Jump, Cartwheel, Cartwheel, Handstand Step Down.

Level 3: **1st Pass:** Handstand into Back Bend (Hold 3 sec), Candle Stick Roll To stretch jump, Dive Roll, Straddle Roll, Straddle Roll, Tuck Jump, Stretch Jump 1/2 turn; **2nd Pass:** Cartwheel, 1-Arm Cartwheel, Backward roll, Standing Back Bend (Hold 3 Sec.), Lay Flat, Candle Stick Roll To Stretch Jump

Level 4: **1st Pass:** Handstand into Back Bend (Hold 3 Sec.), Lay Flat, Candle Stick Roll To stretch jump, Cartwheel, 1-Arm Cartwheel, Backward Pike Roll, Standing Back Bend, Kick Over; **2nd Pass:** Handstand Forward Roll, Dive Roll, Running Round-Off Rebound, Split Jump

Level 5: **1st Pass:** Front Limber, Dive Roll, Cartwheel, 1-Arm Cartwheel, Back-Walkover, Back-Walkover **2nd Pass:** Handstand Forward Roll, Running Round Off Rebound, Backward Pike Roll, Split Jump, Slide into split (any side)

Prep Optional:

1st Pass: Running Round Off Back Handspring Rebound; **2nd Pass:** Front Walkover, Cartwheel, 1-Arm Cartwheel, Back Walkover, Back Walkover; **3rd Pass:** Running Front Walkover, Round Off, Backward Pike Roll, Split leap, step punch tuck jump.

Optional: Must have a minimum of 10 skills. Must include at least 1 salto/aerial. Must include one pass with 2 connected flight skills (ex. round off, back handspring or front handspring step-out, round off). Must include a leap pass (leap + jump). Must include splits or a scale held for 2 sec.