Ignite Gymnastics

Autumn/Winter Club Competition

'Ignite Icebreaker'

Info Pack

www.ignitegymnastics.co.uk/club-competition

22nd November

Venue Information:

Main Hall, Ashdown Leisure Centre
Adastral Road
Canford Heath
BH17 8PY



- Parking on site
- Disabled access
- W/C
- Chairs will be provided for spectators

What to bring on the day:

- Please bring a non-fizzy drink
- Comfortable sportswear (t-shirt & shorts or leggings), no socks, leotards optional

Arrival times to be confirmed once entries close on 30th October 2026

Please be aware that full results will be shared with all participants in this competition, including your child's name, category, and scores. This is a fun, friendly event, so please use discretion when discussing scores with your gymnast. We will not tolerate unkind behaviour toward peers, and results should only be used as constructive feedback.

Competition Routines & Skills

This is a floor, trampette and vault competition. After a general warm up, each group will have the opportunity to practise and warm up their routines and skills before competing in front of a judge. Coaches will be guiding gymnasts at all times. For floor, one turn will be judged, and for vault and trampette, each competitor will have two turns to be judged.

Your child will be assigned a level according to their age and ability after the October school half-term

Snowflake

Floor:

1. Forward roll
2. To L sit (hold 3 seconds)
3. Back support (hold 3 seconds)
4. Rock and roll to stand
5. Passe (hold 3 seconds)
6. Straight jump
7. Star jump

Springboard:

1. Straight jump
2. Landing shape (hold 3 seconds)

(2 attempts)

Trampette:

1. Straight jump
2. Star jump

Snowball

Floor:

1. Forward roll to dish (hold 3 seconds)
2. L sit (hold 3 seconds)
3. Pike fold (hold 3 seconds)
4. Rock and roll to stand
5. Straight jump
6. Half twist jump
7. Arabesque (hold 3 seconds)
8. Cartwheel

Vault

1. Squat on (straight jump off)

(2 attempts)

Trampette:

1. Star Jump
2. Tuck Jump

Icicle

Floor:

1. Handstand
2. Backwards roll to front support (hold 3 seconds)
3. Squat in straight jump
4. Cartwheel
5. Chasse
6. Cartwheel
7. Forwards roll to straddle stand (hold 3 seconds)
8. Rock to shoulder stand stand up
9. Straight jump
10. Tuck jump

Vault:

1. Straddle on (straight jump off)

(2 attempts)

Trampette:

1. Tuck Jump
2. Straddle Jump

Snowman

Floor:

1. Hurdle step, round off
2. Full twist jump
3. Handstand forward roll
4. Rock to shoulder stand
5. Pike lever (hold 3 seconds)
6. Headstand (hold 3 seconds)
7. Push to front support (hold 3 seconds)
8. Squat in straight jump
9. Half spin
10. Chasse
11. Cat-leap
12. Chasse
13. Scissor kick

Vault:

1. Handstand flatback

(2 attempts)

Trampette:

1. Straddle jump
2. Half twist jump

Snow Angel

Floor: (floor routine with music)

Tumbles:

1. Round off (0.5 bonus for round off flick)
2. Handspring

Flexibility:

Forwards or Backwards walkover

Leap sequence:

1. Chasse
2. Cat-leap
3. Chasse
4. Full turning cat-leap or split leap

Spin:

Full spin (0.5 bonus for straight leg)

(Points awarded for artistry)

Vault:

1. Handspring (sideways)
2. Half on (0.5 bonus for half off)

Trampette:

1. Full twist jump
2. Tucked front somersault

Your child will be taught their routine during their weekly gymnastics lesson at Ignite, and will be given time to practise alongside their usual learning and activities.