



Ignite Gymnastics
Spring 2026 Club Competition

'Under the Sea'

Info Pack

www.ignitegymnastics.co.uk/club-competition

22nd March

Ashdown Leisure Centre

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 13th February 2026



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 February school half-term



Starfish

Floor Routine:

- Bunny hop, forward roll to L-sit, rock & roll to stand, passé, ½ turn jump, star jump

Vault Skill:

- Squat on, walk to the end of the block, jump off (two turns)

Trampette

- Straight jump
- Star jump

Jellyfish



Floor Routine:

- Arabesque, handstand, ½ spin, forward roll to dish, roll to arch, front support, squat in to straight jump, cartwheel (3 seconds)

Vault Skill:

- Straddle on, jump off (Two turns)

Trampette

- Star jump
- Tuck jump



Seahorse

Floor Routine:

- Cartwheel, chassé, cartwheel, chassé, cat leap, scissor kick, ½ twist jump, forward roll to staddle, straddle fold (3 seconds), shoulder stand to stand

Vault Skill:

- Handstand flat back (two turns)

Trampoline

- Straddle jump
- Half twist jump

Turtle



Floor Routine:

- Cartwheel, backward roll to front support, squat in*, shoulder stand to stand, chassé, cat leap, chassé, ½ turning cat leap, handstand, hurdle step round off, straight jump

**A 0.5 bonus will be added if participant replaces squat in with splits (3 second hold)*

Vault Skill:

- Handspring over block (sideways, two turns)

Trampoline

- Straddle jump
- Tuck jump



Dolphin

Floor Routine (With or without music)

Must contain the following:

3 skills from the following:

Round-off, Flick, Handspring, Forward walkover, Backward Walkover, Backward roll to handstand, handstand forward roll

2 skills from the following:

1/1 cat-leap, split leap, 1/1 spin, scissor kick

1 skill from the following:

Any split, Y-Balance, Bridge

Points awarded for artistry, time limit 90 seconds.

Vault

- Handspring over block (Longways, two turns)

Trampoline (two turns of either skill)

- 1/1 turning tuck jump
- Tuck front (0.5 bonus)

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.