



Ignite Gymnastics

Spring 2025 Club Competition

Info Pack

www.ignitegymnastics.co.uk/club-competition

29th March

Colehill Village Hall

After the success of last year's competition, we are excited to be able to host another competition this year. Thank you all so much for your continued support and our gymnasts' hard work. We are excited for you to join us this year and continue building the Ignite community.

Wishing you all the very best of luck, and don't forget, have fun!

Lauren from Ignite 😊

Venue Information:

Colehill Village Hall
Cannon Hill Road
Wimborne
BH21 2LR

- 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 1st March 2025

Competition Routines & Skills

This is a floor 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, 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



Ladybirds

Floor Routine:

- Forward roll, straight jump, forward roll to L-sit, rock & roll to stand, cat-leap, arabesque (3 seconds)

Vault Skill:

- Turn 1 – Straight jump off springboard
- Turn 2 – Tuck jump off springboard

Bees

Floor Routine:

- Forward roll to L-sit, back support, dish, rock & roll to stand, star jump, cartwheel, arabesque (3 seconds)

Vault Skill:

- Squat on, straight jump off to land (Two turns)



Butterflies

Floor Routine:

- Arabesque, forward roll half twist jump (linked), shoulder stand (3 seconds) to stand*, cartwheel, cat leap ½ turn, handstand

**shoulder stand to stand can be replaced with a backward roll for a 0.5 bonus*

Vault Skill:

- Squat through (Two turns)



Dragonflies

Floor Routine:

- Forward roll, half twist jump, backward roll to front support, arch, roll to dish, bridge (3 seconds), rock & roll to stand, handstand, chassé cartwheel, round-off

**A 0.5 bonus will be added if participant replaces rock & roll to stand with a kickover.*

Vault Skill:

- Handstand to back lie (With or without support, two turns)



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.

