



# UNDER THE SEA

a two day invitational  
5th & 6th April 2025



**booking  
closes  
15th  
march\***

\*BOOKING WILL CLOSE EARLY  
IF SPACES ARE FILLED

## Sets:

- Reception through to Set 7 (pre-county)
  - Boys 1-4
- - NW Pre-County
  - 3 Piece
  - 4 Piece Classic Tin
  - 4 Piece Classic Zinc
  - 4 Piece Classic Copper







## Information Pack

### **Saturday 5th April 2025 – £22 Entry Fee**

- Sea Horse (Reception Only, Set 1)
- Starfish (Set 1)
- Blue Whale (Set 2)
- Narwhal (Set 3)
- Octopus (Set 4)
- Manatee (Set 5)
- Clownfish (Set 6)
- Dolphin (Boys Set 1)
- Orca (Boys Set 2)
- Swordfish (Boys Set 3)
- Giant Squid (Boys Set 4)

### **Sunday 6th April 2025 – £27 Entry Fee**

- Great White Shark (Set 7/Pre County)
- NW Pre-Novice
- Jellyfish 3 Piece
- 4 Piece Classic Tin
- 4 Piece Classic Zinc
- 4 Piece Classic Copper

**Please complete attached entry form with gymnasts, coaches and judges information. Judge needed if 3 or more gymnasts that day, £50 charge for missing judge.**

### **Bank transfer to:**

Penketh Gymnastics Club  
30-99-14  
02413797  
Lloyds Business Account



## **ROUTINES**

### **Sea Horse (reception only)**

#### **Floor**

All shapes should be held for 3 seconds  
Present  
3 forwards bunny hops  
V-sit with hand support  
Tuck shape  
Rock to stand  
Balance on 1 leg (with the other leg bent)  
Present

#### **Vault**

Run and jump on junior springboard  
Jump to held landing shape then finish



## **ROUTINES**

### **Starfish (set 1)**

#### **Floor**

All shapes should be held for 3 seconds

Present

Forward roll to tuck sit

Pike shape

V-sit with hand support

Back support

Turn to front support

Jump feet in to stand

Straight jump

Balance on 1 leg (with the other leg straight)

2 chasses

Present

#### **Vault**

Run and jump on junior springboard

Star jump to held landing shape then finish





## **ROUTINES**

### **Blue Whale (set 2)**

#### **Floor**

All shapes should be held for 3 seconds

Present

Forward roll to stand

Chasse catleap

1 leg handstand

Roll back to shoulder stand

Lower to straddle sit

1 teddy bear roll

Lie flat and push up to bridge

Lie down and rock to stand up

Tuck jump

Balance on one leg with the other leg straight to the back

Cartwheel attempt

Present

#### **Vault**

Squat on straight jump off

2 sections with junior springboard (4-7 years)

3 sections with regular springboard (8+)

Can change height according to ability if needed



## **ROUTINES**

### **Narwhal (set 3)**

#### **Floor**

All shapes must be held for 3 seconds

Present

Cartwheel

Backward roll to straddle, jump feet together

Tuck jump

Crouch and jump back to front support

Turn to back support

Lie down and push to bridge with 1 leg lifted

Rock and stand up

Arabesque

Chasse catleap, catleap  $\frac{1}{2}$  turn

Forward roll to stand

Handstand

Present

#### **Vault**

Squat or straddle on (out of 9.0)

Squat through or straddle over (out of 10.0)

3 sections of foam vault and regular springboard (2 sections and junior springboard if needed)





## **ROUTINES**

### **Octopus (set 4)**

#### **Floor**

All shapes should be held for 3 seconds

Present

Side cartwheel

Cartwheel  $\frac{1}{4}$  turn to finish standing in a dish with arms down

Tucked backward roll to crouch

Forwards roll to immediate star jump

Chasse scissor kick, catleap  $\frac{1}{2}$  turn

Forward roll to sit in straddle

Japan

Lie down on back, push up to bridge (show bridge shape)

Kickover

Half spin

Handstand (show position with feet together)

Present

#### **Vault**

3 sections foam vault longway

Squat on, handstand flatback off



## **ROUTINES**

### **Manatee (set 5)**

#### **Floor**

All shapes must be held for 3 seconds

Jump lunge roundoff straight jump into immediate backward roll to pike stand

Full spin

Handstand forward roll

Chasse scissor kick, catleap full turn

One handed cartwheel

Backward walkover

Kneel down and slide into forward splits (either leg)

Bring back leg round to the front

Rock to stand

W jump

Y balance

#### **Vault**

Handstand flatback (60cm 9 and under, 80cm 10+)

Handsprings over 3 section foam vault – 0.5 bonus





## ROUTINES

### Clownfish (set 6)

#### Floor

Select skills/series from list below in any order in a routine in a row. 9 skills in total;

<b>1 tumbles;</b> <ul style="list-style-type: none"> <li>• Jump lunge roundoff star jump</li> <li>• Jump lunge cartwheel roundoff</li> <li>• Dive forward roll star jump</li> <li>• Dive cartwheel backwards roll</li> </ul>	<b>A spin or a jump;</b> <ul style="list-style-type: none"> <li>• ½ turning W jump</li> <li>• Full turning tuck jump</li> <li>• Straddle jump</li> <li>• Pike jump</li> <li>• Split jump</li> <li>• Full turning straight jump</li> <li>• Full spin</li> </ul>	<b>A flexibility move;</b> <ul style="list-style-type: none"> <li>• Forwards splits</li> <li>• Box splits</li> <li>• Straddle fold</li> <li>• Pike fold (standing)</li> </ul>
<b>A balance;</b> <ul style="list-style-type: none"> <li>• Y balance</li> <li>• Arabesque</li> </ul>	<b>2 leaps in a series;</b> <ul style="list-style-type: none"> <li>• Catleap</li> <li>• Catleap half turn</li> <li>• Catleap full turn</li> <li>• Split leap</li> <li>• Change leg split leap</li> <li>• W hop</li> </ul>	<b>2 Other acro moves;</b> <ul style="list-style-type: none"> <li>• Back walkover</li> <li>• Forward walkover</li> <li>• Handstand forward roll</li> <li>• Piked backwards roll with straight arms</li> <li>• Tic toc</li> </ul>

#### Vault

3 section foam vault

Handstand flatback (hands on vault) – 9.0

Handspring over – 10.0



## ROUTINES

### Great white shark (set 7)

#### Floor

CRs (compositional requirements) are worth 0.5 each

NW As and FIG As – 0.1 DV

No Bs or above, no somersaults or aerials

Floor routine to music on sprung floor to include 6 moves (music to be between 1 min and 1 min 30 seconds).

CRs;

- 2 acro moves (don't have to be joined)
- Full spin or full turning jump
- A flighted acro move
- 2 leaps or a leap and a jump in a series (catleap into scissor kick allowed)
- Acro moves forwards/sideways and backwards

Max D score 3.1

#### Vault

Handstand flatback 60cm age 6, 7

80cm (block + 1 mat) – age 8, 9, 10

1m (block + 2 mats) – age 11+

With springolene/trampette – 9.0 difficulty

With springboard – 10.0 difficulty

**2 piece pre-novice also available. See 2025 NW handbook for requirements**





## **ROUTINES**

### **Dolphin (B1 – boys only)**

#### **Floor**

Straight jump, land and finish  
Balance on 1 leg  
3 forwards bunny hops  
Crouch with arms in front  
Forward roll to pike sit  
V-sit  
Back support  
Turn to front support  
Jump to crouch and stand up  
Tuck jump, land and finish

#### **Vault**

Squat or straddle on; 2 sections – 5-7 year olds  
3 sections – 8+



## **ROUTINES**

### **Orca (B2 – boys only)**

#### **Floor**

Straight jump, star jump (joined)  
Forward roll to pike sit  
Shoulder stand  
Sit in straddle  
1 teddy bear roll  
Back support  
Turn to front support  
Jump in to stand  
1 leg handstand  
Backwards roll to straddle stand, jump feet together  
Arabesque  
Cartwheel attempt

#### **Vault**

Squat or straddle on – 9.0D  
Squat or straddle over – 10.0D  
2 sections – 5-7 year olds  
3 sections – 8+





## **ROUTINES**

### **Swordfish (B3 – boys only)**

#### **Floor**

All shapes must be held for 3 seconds

Cartwheel  $\frac{1}{4}$  turn in (to face the way you've come)

Tucked backward roll to crouch

Jump back to front support

1 press up

Turn to side support

Turn to back support

Lie down and push to bridge

Rock to stand

Handstand

Tuck jump, star jump (joined)

#### **Vault**

Handstand flatback 60cm or 80cm

With springolene – 9.0 difficulty

With springboard – 10.0 difficulty



## **ROUTINES**

### **Giant squid (B4 – boys only)**

#### **Floor**

All shapes must be held for 3 seconds

Side cartwheel, cartwheel  $\frac{1}{4}$  turn in (to face the way you've come)

Backward roll to pike stand

Handstand forward roll to finish in straddle sit

Straddle hold

Bring legs together, lie down and push up to bridge

Lift one leg, or kickover for 0.2 bonus

Straight jump half turn

Piked backwards roll with straight arms to front support

Walk feet in to pike fold (standing)

Arabesque

#### **Vault**

Handstand flatback 60cm or 80cm with springboard (9.0D)

Handspring over 3 sections of foam vault (10.0D)



## ROUTINES

### **Jellyfish – 3 piece (floor, vault, beam or bars – choose any 3)**

#### **Floor**

Floor routine to music to include 6 moves. CRs (compositional requirements) are worth 0.5 each  
 NW As & FIG As – 0.1 DV, One B dance element allowed – 0.2 DV. Max D score – 3.2

CRs (one skill can fulfil more than one CR);

- 2 acro moves (don't have to be joined)
- Full spin or full turning jump
- A flighted acro move
- 2 leaps or a leap and a jump in a series
- Acro moves forwards/sideways and backwards

#### **Vault**

Handstand flatback – 1.0 D

- 60cm – age 6, 7
- 80cm (block + 1 mat) – age 8, 9, 10
- 1m (block + 2 mats) – age 11+

#### **Bars – choose 3 skills – 0.5 each**

Low bar with optional 20cm mat under

- Float swing
- Upward circle
- Cast on it's own
- Cast backhip circle
- Cast straddle on undershoot
- Cast squat on jump forwards

0.5 deduction for support with any move

1.8 max D score, all skills worth 0.1

#### **Beam**

Full height beam with 30cm mats under and 20cm mat for dismount. 2 lengths to include;

- A straight jump or tuck jump
- Half spin or turn on toes
- An acro move – bunny hop, backwards roll over shoulder, one leg handstand, forwards roll to sit, cartwheel (0.5 bonus)
- Side dance – at least 3 steps
- Dismount – run, jump on the end and straight jump off, roundoff or handspring

CRs 0.5 each, skills worth 0.1 each. Max D score 3.4





## **ROUTINES**

**Other levels for 4 piece gymnasts are tin, zinc and copper**