

## MAYES COMPETITION ROUTINES - FLOOR

### 2020

1. 4 Steps forwards on tip toes with arms up
2. Arabesque – Balance (3 secs)
3. Forward roll to stand
4. Jump ½ turn
5. Squat down roll backwards into shoulder stand (3seconds)
6. Lie down on back
7. Roll over to tummy
8. Push up to front support
9. Jump in to squat position
10. Star jump, land

### 2019

1. 4 Steps forwards on tip toes with arms up
2. Arabesque – Balance (3 secs)
3. Forward roll to stand
4. Jump ½ turn
5. Squat down rock backwards into shoulder stand (3secs)
6. Lie down on back
7. Roll over to tummy
8. Push up to front support
9. Jump in to squat position
10. Star jump, land
11. Cartwheel (0.5 bonus)

### 2018

1. 4 jumps forwards legs together with arms up
2. Arabesque – Balance (3 secs)
3. Forward roll to stand
4. Jump ½ turn
5. Squat down rock backwards into shoulder stand (3seconds)
6. Lie down on back
7. Hold dish 3 secs
8. Roll over to tummy
9. Push up to front support
10. Jump in to squat position
11. Star jump, land
12. Cartwheel

### 2017

1. Step straight jump tuck jump rebound - land
2. Arabesque – Balance (3 secs)
3. Forward roll to stand
4. Forward roll to pike sit
5. Lie down flat
6. Hold dish 3 secs
7. Back support hold 3 secs
8. Turn to front support
9. One press up
10. Jump in to squat position
11. Star jump, land
12. Cartwheel (round off 0.5 bonus)

### 2016

1. Step straight jump tuck jump rebound - land
2. Arabesque – Balance (3 secs)
3. Forward roll to stand (handstand forward roll 0.5 bonus)
4. Forward roll to pike sit
5. Lie down flat
6. Hold dish 3 secs
7. Back support hold 3 secs
8. Turn to front support
9. One press up
10. Jump in to squat position
11. Star jump, land
12. Cartwheel, Cartwheel ¼ turn (round off 0.5 bonus)

### 2015

1. Step straight jump tuck jump rebound - land
2. Arabesque – Balance (3 secs)
3. Forward roll to stand (handstand forward roll 0.5 bonus)
4. Forward roll to pike sit
5. Lie down flat, Hold dish 3 secs
6. Back support hold 3 secs
7. Turn to front support
8. One press up
9. Jump in to squat position
10. Star jump, land (or Walkover forwards/backwards 0.5 bonus)
11. Cartwheel, Cartwheel ¼ turn (round off 0.5 bonus)

### 2014

1. Step straight jump tuck jump rebound - land
2. Arabesque – Balance (3 secs)
3. Forward roll to stand (handstand forward roll 0.5 bonus)
4. Forward roll to pike sit
5. Lie down flat, Hold dish 3 secs
6. Back support hold 3 secs
7. Turn to front support
8. One press up
9. Jump in to squat position
10. Star jump, land (or Walkover forwards/backwards 0.5 bonus)
11. Round off, Star jump (round off flick 0.5 bonus)

### 2013 and Below

1. Cartwheel into cartwheel
2. Handstand forward roll
3. Jump half turn
4. Forward roll to pike sit
5. Lie down flat
6. Hold dish 3 secs
7. Backward roll to straddle
8. Arabesque – Balance (3 secs)
9. Dive roll (or Walkover forwards/backwards 0.5 bonus)
10. Handspring or aerial (0.5 bonus)
11. Round off, Star jump (round off flick 0.5 bonus)

## MAYES COMPETITION ROUTINES – TRAMPETTE

### **2020**

1. Squat on
2. Straight jump off
3. Show Landing

### **2019**

1. Squat on
2. Tuck jump off
3. Show Landing

### **2018**

1. Straddle on
2. Star jump off
3. Show Landing

### **2017**

1. Straddle on
2. Straddle off
3. Show Landing

### **2016**

1. Straddle on
2. Dive roll
3. Show Landing

### **2015**

1. Straddle on
2. Dive roll
3. Show Landing

### **2014**

1. Handstand Flat Back
2. Dive roll  
(Flyspring/Somersault 0.5 bonus)
3. Show Landing

### **2013 and Below**

1. Handstand Flat Back  
(Handspring on 0.5 bonus)
2. Dive roll  
(Flyspring/Somersault 0.5 bonus)
3. Show Landing

**MAYES COMPETITION ROUTINES – SPRING BOARD**

**2020**

1. RUN STRAIGHT JUMP FROM SPRINGBOARD, SHOW LANDING

**2019**

1. RUN STRAIGHT JUMP FROM SPRINGBOARD, SHOW LANDING

**2018**

1. RUN TUCK JUMP FROM SPRINGBOARD, SHOW LANDING

**2017**

1. RUN STRADDLE JUMP FROM SPRINGBOARD, SHOW LANDING

**2016**

1. RUN DIVE ROLL AND STAND, SHOW LANDING

**2015**

1. RUN DIVE ROLL AND STAND, SHOW LANDING

**2014**

1. RUN DIVE ROLL AND STAND, SHOW LANDING. - 9.0
2. FLYSPRING - 9.5
3. SOMERSAULT - 10

**2013 and Below**

1. RUN DIVE ROLL AND STAND, SHOW LANDING. - 9.0
2. FLYSPRING - 9.5
3. SOMERSAULT - 10

**MAYES COMPETITION ROUTINES - Vault**

**2020**

1. Squat on
2. Straight jump off
3. Show landing

(Lower Vault)

**2019**

1. Squat on
2. Star jump off
3. Show landing

(Lower Vault)

**2018**

1. Squat on
2. Tuck jump off
3. Show landing

(Lower Vault)

**2017**

1. Squat on  
Pike jump off – 9.5
2. Straddle over - 10
3. Show landing

(Lower Vault)

**2016**

1. Squat on  
Straddle jump off - 9.5
2. Straddle over - 10
3. Show landing

(High Vault)

**2015**

1. Squat on  
Straddle off - 9.5
2. Straddle over - 10
3. Show landing

(High Vault)

**2014**

1. Squat on  
Straddle off – 9.0
1. Straddle over – 9.5
2. Handspring – 10
3. Round off - 10
4. Show landing

(High Vault)

**2013 Below**

1. Straddle on  
Straddle off – 9.0
2. Straddle over – 9.5
3. Handspring – 10
4. Round off - 10
5. Show landing

(High Vault)