

MAYES COMPETITION ROUTINES - FLOOR

2022

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

2021

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)

2020

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

2019

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)

2018

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)

2017

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)

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, 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)

2015 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

2022

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

2021

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

2020

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

2019

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

2018

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

2017

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

2016

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

2015 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

2022

1. RUN STRAIGHT JUMP FROM SPRINGBOARD, SHOW LANDING

2021

1. RUN STRAIGHT JUMP FROM SPRINGBOARD, SHOW LANDING

2020

1. RUN TUCK JUMP FROM SPRINGBOARD, SHOW LANDING

2019

1. RUN STRADDLE JUMP FROM SPRINGBOARD, SHOW LANDING

2018

1. RUN DIVE ROLL AND STAND, SHOW LANDING

2017

1. RUN DIVE ROLL AND STAND, SHOW LANDING

2016

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

2015 and Below

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

MAYES COMPETITION ROUTINES - Vault

2022

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

(Lower Vault)

2021

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

(Lower Vault)

2020

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

(Lower Vault)

2019

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

(Lower Vault)

2018

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

(High Vault)

2017

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

(High Vault)

2016

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

(High Vault)

2015 & 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)