



British Schools Routines

In the British School Championships, each performer represents their school instead of their club. The top 3 competitors and top 2 teams in each age group qualify to the next round of the Championships.

The Championships are made up of 3 rounds:

- Regional – North of England only
- Zonal – North of England, North West, Yorkshire & Northern Ireland
- National – All regions The Championships have 2 levels, Novice and Elite.

NOVICE

Compulsory

Full Twist
Straddle
Swivel Hips half twist to feet
Pike
Back Drop half twist
Tuck Jump
Half twist

Voluntary

Difficulty Limit of 1.5

INTERMEDIATE

Either

Full Twist
Straddle
Swivel Hips half twist to feet
Pike Jump
Back drop half twist
Tuck Jump
Front Somersault (T)

Or

Back Somersault (T)
Straddle
Swivel Hips half twist to feet
Pike Jump
Back drop half twist
Tuck Jump
Full Twist

Voluntary

Difficulty Limit of 4.5

ELITE

Compulsory

Back Somersault (S)
Straddle
BSS to Seat
Half twist to feet
Half Twist
Tuck Jump
Barani (T)
Half Twist
Pike Jump
Front Somersault (P)

Voluntary

Difficulty Limit of 8.0