

# Popstars & Proud Parents

Do you think you and your gymnast have what it takes to be crowned champions at our first ever.....

## 🌟 Popstars and Proud Parents Competition 🌟

“Ever wondered what it feels like to be in your gymnast’s shoes?”  
Here’s your chance to team up and experience it together!

### ARE YOU UP FOR THE CHALLENGE?

We’re challenging you and your gymnast to create and perform a pop-inspired, floor routine! You choose the skills, the moves, the style.

*Be as creative as possible!* 🩰

Then all you need to do is film the video at home (you don’t need a lot of space) and email it to [mia@gymspireacademy.com](mailto:mia@gymspireacademy.com) **by Sunday 7<sup>th</sup> June!**

### How it works...

**Step 1-** Record & submit your routine video

**Step 2-** Videos will be judged & top scoring duos will go through the live final (announced on **Friday 13<sup>th</sup> June**)

**Step 3-** You have 4 weeks to practice and perfect your routine

**Step 4-** Perform at the live final on **Sunday 12<sup>th</sup> July** at our Gymfest Competition!

We encourage you and your gymnast to embrace the pop theme and wear accessories linked to your level’s era! There will be bonus points for creativity 😊

### What Level Shall We Enter?

It’s simple! 3 levels, all with a unique theme!



**Beginner: Rock n Roll Era**



**Intermediate: Groovy Pop Era**



**Advanced: 2000's Pop Era**

See the following pages for the full levels breakdown!

**Cost to enter is £10** (this includes entry for yourself and your gymnast)  
Those that get through to the finals there will be a **£10 entry fee.**

**ENTRIES OPEN - MONDAY 13<sup>TH</sup> APRIL 2026**  
**ENTRY DEADLINE - SUNDAY 17<sup>TH</sup> MAY 2026**



# Beginner: Rock n Roll

## FLOOR 6m x 4m - STRIP ROUTINE (TO MUSIC)

**Floor routine consists of 8 skills: 2 x acro, 2 x dance, 1 x strength, 2 x flexibility, 1 x partner balance**

**Choose from:**

<u>Acro</u>	<u>Dance</u>	<u>Strength</u>	<u>Flexibility</u>	<u>Partner Balance</u>
Bunny Hop	Straight jump	Back support (H)	Japana	You Choose!! Be Creative!!
Handstand	Star jump	Front support (H)	Seal sit	Some Examples: 
Cartwheel	Tuck Jump	Press up	Pike fold	
Forward roll to straddle/pike sit	Half turn jump	Dish (H) roll to arch (H)	Bridge	
Backward roll to tuck/straddle/pike/front support	Chassé		Splits	
3 straight leg kicks	Cat Leap			

Routines must include at least 2 synchronised skills (both perform same skill at the same time) and dance/choreography need to be added in between the skills!

Routines will be judged based on execution, creativity, expression, timing, effort put in and entertainment value.

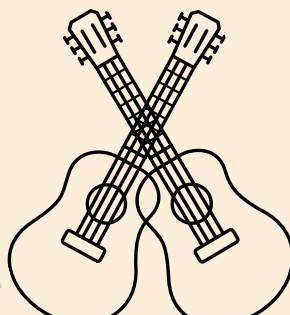
**Music to be chosen from the Rock N Roll Era.**

**Duration of the routine is a maximum of 1 minute 30 seconds.**

## Music Ideas



- Jailhouse Rock, Hound Dog (Elvis Presley)
- Great Balls of Fire (Jerry Lee Lewis)
- Rock Around the Clock (Bill Haley & His Comets)
- Good Golly, Miss Molly (Little Richard)
- Kung Fo Fighting (Carl Douglas)




# Intermediate: Groovy Pop

## FLOOR 6mx4m - STRIP ROUTINE (TO MUSIC)

Floor routine consists of 8 skills: 2 x acro, 2 x dance, 1 x strength, 2 x flexibility, 1 x partner balance

### Choose from:

<p><b><u>Acro</u></b> Parents choose from these:</p> <ul style="list-style-type: none"> <li>• Bunny Hop</li> <li>• Handstand</li> <li>• Cartwheel</li> <li>• Forward roll to straddle/pike sit</li> <li>• Backward roll to tuck/straddle/pike/front support</li> </ul>	<p><b><u>Dance</u></b> Parents choose from these:</p> <ul style="list-style-type: none"> <li>• Straight jump</li> <li>• Star jump</li> <li>• Tuck Jump</li> <li>• Half turn jump</li> <li>• Chassé</li> <li>• Cat Leap</li> <li>• Half Spin</li> <li>• Scissor kick</li> </ul>	<p><b><u>Strength</u></b> Parents &amp; Gymnasts choose from these:</p> <ul style="list-style-type: none"> <li>• Back support</li> <li>• Front support</li> <li>• Press up</li> <li>• Dish roll to arch</li> <li>• Straddle lever</li> <li>• V-sit</li> </ul>	<p><b><u>Flexibility</u></b> Parents &amp; Gymnasts choose from these:</p> <ul style="list-style-type: none"> <li>• Japana</li> <li>• Seal sit</li> <li>• Pike fold</li> <li>• Bridge</li> <li>• Splits</li> <li>• Bridge lift 1 leg</li> </ul>	<p><b><u>Partner Balance</u></b></p> <p>You Choose!! Be Creative!!</p> <p>Some Examples:</p> 
<p><b><u>Gymnasts can choose these upgrades:</u></b></p> <ul style="list-style-type: none"> <li>• Handstand forward roll</li> <li>• Round off</li> <li>• Bridge kickover</li> <li>• One handed cartwheel</li> </ul>	<p><b><u>Gymnasts can choose these upgrades:</u></b></p> <ul style="list-style-type: none"> <li>• Full turn jump</li> <li>• Split leap</li> <li>• Straddle jump</li> <li>• Full Spin</li> <li>• Cat leap half turn</li> </ul>			

Routines must include at least 1 synchronised skill (both perform same skill at the same time) and dance moves/choreography need to be added in between the skills!

Routines will be judged based on execution, creativity, expression, timing, effort put in and entertainment value. Parents are welcome to choose from the 'Gymnast Skills' if they wish too! And gymnasts vice versa.

Music to be chosen from the Groovy Pop Era.

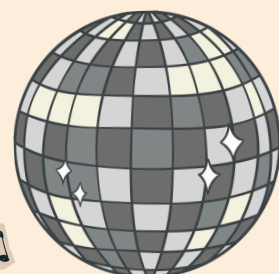
Duration of the routine is maximum 1 minute 30 seconds.

**+0.5 BONUS MARK!**

**If parent can perform a 'gymnast upgrade'**

### Music Ideas

- Get Down on it (Kool & The Gang)
- September, Let's Groove (Earth, Wind & Fire)
- Staying Alive, Night Fever (Bees Gees)
- Funkytown (Lipps Inc)
- Aint no mountain high enough (Marvin Gaye)




# Advanced: 2000's Pop

## FLOOR 6m x 4m - STRIP ROUTINE (TO MUSIC)

Floor routine consists of 8 skills: 2 x acro, 2 x dance, 1 x strength,

**Choose from:** 2 x flexibility, 1 x partner balance

<u>Acro</u> Parents choose from these:	<u>Dance</u> Parents choose from these:	<u>Strength</u> Parents & Gymnasts choose from these:	<u>Flexibility</u> Parents & Gymnasts choose from these:	<u>Partner Balance</u> You Choose!! Be Creative!!
<ul style="list-style-type: none"> <li>Bunny Hop</li> <li>Handstand</li> <li>Cartwheel</li> <li>Forward roll to straddle/pike sit</li> <li>Round off</li> <li>Backward Roll to tuck or straddle</li> </ul>	<ul style="list-style-type: none"> <li>Straight jump</li> <li>Star jump</li> <li>Tuck Jump</li> <li>Half turn jump</li> <li>Chassé</li> <li>Cat Leap</li> <li>Half Spin</li> <li>Scissor kick</li> </ul>	<ul style="list-style-type: none"> <li>Back support</li> <li>Front support</li> <li>Press up</li> <li>Dish roll to arch</li> <li>Straddle lever</li> <li>V-sit</li> </ul>	<ul style="list-style-type: none"> <li>Japana</li> <li>Seal sit</li> <li>Pike fold</li> <li>Bridge</li> <li>Splits</li> <li>Bridge lift 1 leg</li> <li>Split roll</li> <li>Chest roll</li> </ul>	<p>Some Examples:</p> 
<u>Gymnasts can choose these upgrades:</u>	<u>Gymnasts can choose these upgrades:</u>			
<ul style="list-style-type: none"> <li>Back or forwards Walkover</li> <li>Round off</li> <li>Back or front handspring</li> <li>Aerial</li> </ul>	<ul style="list-style-type: none"> <li>Full turn jump</li> <li>Split leap</li> <li>Straddle jump</li> <li>Full Spin</li> <li>Cat leap full turn</li> </ul>			

Routines must include at least 1 synchronised skill (both perform same skill at the same time) and dance moves/choreography need to be added in between the skills!

Routines will be judged based on execution, creativity, expression, timing, effort put in and entertainment value. Parents are welcome to choose from the 'Gymnast Skills' if they wish too! And gymnasts vice versa.

Music to be chosen from the 2000's Pop Era.

Duration of the routine is maximum 1 minute 30 seconds

### Music Ideas

- Rock Your Body (Justin Timberlake)
- Shut up and Drive (Rihanna)
- Crazy in Love (Beyonce)
- Hot n Cold (Katy Perry)
- Bye,Bye,Bye (Nsync)
- Murder on the Dancefloor (Sophie Ellis-bexter)

**+0.5 BONUS MARK!**

**If parent can perform a 'gymnast upgrade'**

