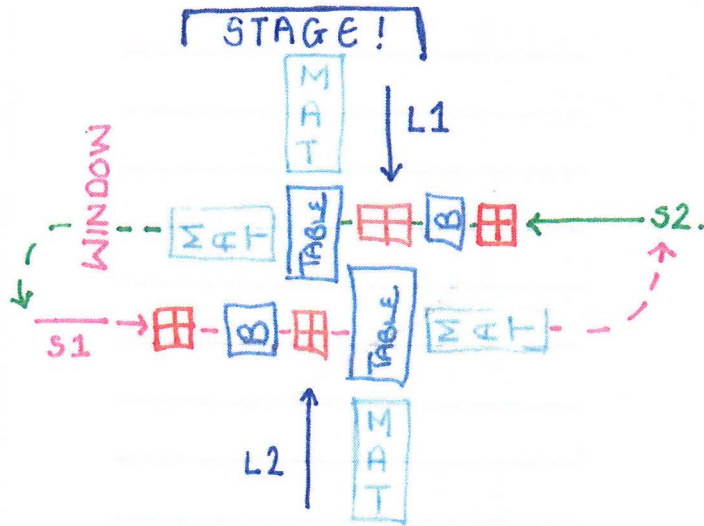


Gemini Original

TEAMS:
 - Side 1
 - Side 2
 - LONG 1 & LONG 2.

1, 2, 3, 4



one, two, three, four starts with LONG ONE.

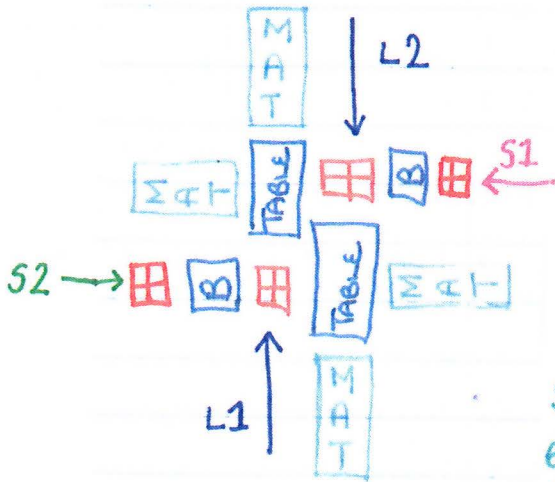
SIDE TWO FOLLOWS (roughly when the LONG ONE is jumping for the trampet)
 LONG TWO goes after SIDE TWO.
 SIDE ONE follows after LONG TWO.

Always after the person on the RIGHT

'repeat till all gymnasts have gone'

MIRRORS

you MUST sort out your mirrors before the display starts!

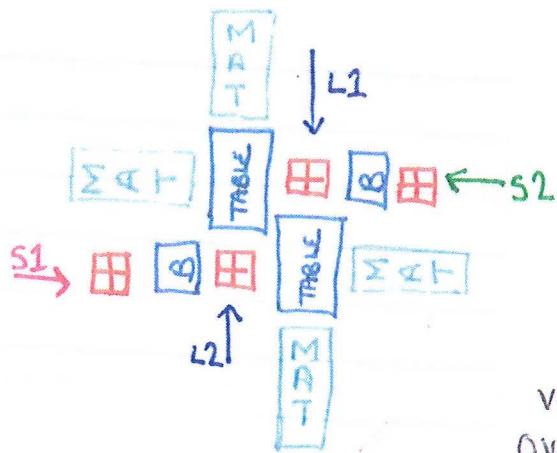


LONG GROUP 1 and 2 go together
 You MUST hit the trampet and vault together both landing at the same time. (DOING THE SAME VAULT).
 The most experienced gymnast should come down to the least experience gymnast level.

SIDE ONE and SIDE TWO go together

'repeat till all gymnasts go through'

Pyramids.



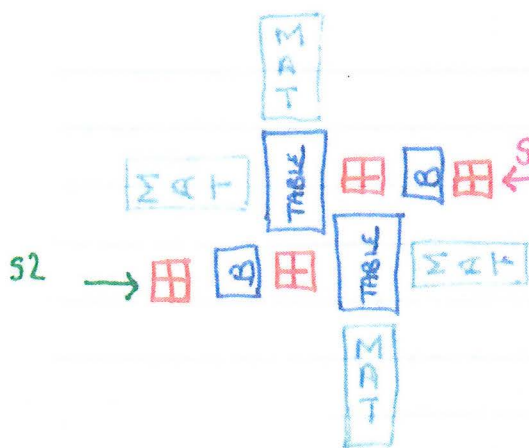
The first 3 people from both **SIDE ONE** and **SIDE TWO** get onto the table to do the pyramid.

ANYONE CAN DO THE PYRAMID IT DOESN'T HAVE TO BE THE SAME PEOPLE. (Should be mirrored)

Both **LONG GROUPS** go over, the rest of the **SIDE GROUP** does not vault. Once all of the **LONG GROUP** goes over the pyramid the support will call the dismount. The person on the

top takes up their **RIGHT LEG** and stands with their back to the trampet. Going over both people kneeling. Then the two on the base of the pyramid wait for them to dismount. The one on the left get up and goes of the table over the other person kneeling. The final gymnast goes off the table shortways doing a sally dismount.

Side Group bomb-burst.



PEOPLE DOING THE PYRAMID:
The three people from each side group join the other side group to do the bomb-burst (changing groups). Both **SIDE GROUPS** go - but should try and time it so they finish at the same time. When the person in front of you is hitting the second trampet you should be hitting the first trampet

Long 1, 2

Long groups finish with a one, two NOT mirrored. And then with the finale-**SIDE GROUP** Does not vault.