**YORKSHIRE GENERAL FLOOR & VAULT ADVANCED PLUS LEVEL (GIRLS)**

**GYMNAST: ………………………………………………………………………….**

**8 MOVES REQUIRED (MINIMUM OF ONE FROM EACH LIST BELOW and a maximum of 2 from the optional column)**

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| **FORWARDS** | **BACKWARDS** | **SIDEWAYS** | **FLIGHT** | **BALANCE** | **OTHER (optional)** | **VAULT** | **VAULT HEIGHT** |
| Forward roll to stand (1 or 2 feet);  Forward roll to straddle stand;  Forward roll to pike (straight arms & legs);  Handstand (straight, splits, stag etc);  Handstand to bridge to stand;  Handstand forwards roll (straight arms);  Handstand Pirouette (min ½ up to 1/1)  Forward Walkover (2 hands, 1 hand, free – no run permitted);  Handspring (to 2 or 1);  Headspring;  Flyspring;  Dive Forward Roll;  Tuck front somi | Backwards roll to stand (tuck, straddle, pike or front support);  Backwards roll with straight arms and legs;  Backwards roll to handstand (bent or straight arms);  Backwards Walkover;  Valdez;  Flic (to 2, walkout or 2nd flic);  Tuck back somi | Side roll to knee;  Cartwheel;  Cartwheel ¼ turn;  Cartwheel 1 hand (second hand down);  Cartwheel x2 (smoothly linked);  Free cartwheel (no run permitted);  Dive cartwheel;  Round off;  Tinisica | Tuck jump;  Straddle jump;  Split Jump;  W Jump;  ½ turn straight jump;  Full turn straight jump  ½ turn tuck jump;  ½ turn straddle jump;  Cat leap  Cat leap half turn;  Cat leap full turn;  Scissor kick;  Stag leap;  Split leap;  Change leg split leap  Sissone prep (spring from 2 feet to land on one foot in arabesque) | V sit (without aid of arms);  Pike ½ Lever;  Straddle ½ Lever;  Handstand (leg position optional);  Elephant lift to handstand;  Single leg balance;/passe/arabesque  Y balance;  Ring balance;  Splits (any no hands);  Japana (chest on floor or swim through)  Bridge;  D balance:  Chest balance (fish) | Releve Turn;  Spin (half or full);  Spin (full with extended straight leg)  Illusion  Spin (full with high leg held)  Half turn single leg hop (optional leg position)  1½ spin | 1. Squat On (1.0)  2. Straddle On (1.0)  3. Straight jump on block, straight/tuck or star jump off (1.0)  4. Squat Through (2.0)  5. Straddle Over (2.0)  6. Layout Squat Over (2.0)  7. Layout Straddle Over (2.0)  8. Straight Jump On into Handstand Flatback (1.5)  9. Straight Jump On – Round Off dismount (2.0)  10. Handstand flatback (2.5)  11. Straight Jump on – Handspring off (3.0)  12. Handspring to stand on level mats (3.5)  13. Handspring (4.0)  14. Handspring ½ on OR Handspring ½ off (4.0) | **Vaults 1, 2, 4, 5, 6 and 7**  Under 8 = 80cm  Under 10 = 90cm  Under 12 = 100cm  13+ = 110 – 120cm  30cm landing mat  **Vaults 3, 8, 9 and 11**  60cm all ages  30cm landing mat    **Vaults 10, 12, 13 and 14**  Under 8 = 60cm  Under 10 = 60cm  Under 12 = 90cm  13+ = 90cm  30cm landing mat |

**ROUTINE SELECTED:**

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|  | **MUSIC:** | **VAULT:** |
| 1 |  | **Bonus of 1.0 added if a full horizontal layout is shown for vaults 6 and 7** |
| 2 |  |
| 3 |  |
| 4 |  |
| 5 |  |
| 6 |  | **BONUS AVAILABLE: 1 BONUS PER ROUTINE** |
| 7 |  | Linking of two acrobatic tumbling elements = 0.5;  Use of Dance passage of two skills from Flight Category = 0.5 |
| 8 |  |
| 9 |  |