**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 jump½ turn tuck jump;½ turn straddle jump;Cat leapCat leap half turn;Cat leap full turn;Scissor kick;Stag leap;Split leap; Change leg split leapSissone 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/arabesqueY 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)IllusionSpin (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 = 80cmUnder 10 = 90cmUnder 12 = 100cm13+ = 110 – 120cm30cm landing mat**Vaults 3, 8, 9 and 11**60cm all ages30cm landing mat**Vaults 10, 12, 13 and 14**Under 8 = 60cmUnder 10 = 60cmUnder 12 = 90cm13+ = 90cm30cm 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 |  |