**YORKSHIRE GENERAL FLOOR & VAULT INTERMEDIATE LEVEL (BOYS)**

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

**10 MOVES REQUIRED (MINIMUM OF ONE FROM EACH LIST BELOW maximum of 2 from the optional list)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **FORWARDS** | **BACKWARDS** | **SIDEWAYS** | **FLIGHT** | **BALANCE** | **OTHER (optional)** | **VAULT** | **VAULT HEIGHT** |
| Forward roll to stand (1 or 2 legs at a time);  Forward roll to sit (straddle);  Forward roll to straddle stand;  Handstand;  Swedish fall (2 sec);  Handstand forward roll (bent or straight arms);  Dive roll | Backwards roll to stand (tuck, straddle, pike or front support);  Backwards roll with straight arms and legs | Dish hold;  Arch hold;  Dish roll to arch;  Log roll;  Side roll with knees passing through straddle;  180 teddy bear roll;  Cartwheel side to side;  Cartwhell ¼ turn  Round off | Star jump;  Tuck jump;  Straddle jump;  ½ turn straight jump;  Full turn straight jump;  Scissor kick;  Single leg circle | V sit (with or without aid of arms);  Half lever (pike or straddle);  Single leg balance;  Headstand straight leg;  Tuck lever;  Splits (any);  Japana;  Bridge;  D balance | Front support walk through side support to back support (positions not held) | 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) | **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, and 9**  60cm all ages  30cm landing mat    **Vaults 10**  Under 8 = 60cm  Under 10 = 60cm  Under 12 = 90cm  13+ = 90cm  30cm landing mat |

**ROUTINE SELECTED:**

|  |  |  |
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| 1 |  | **VAULT:** |
| 2 |  | **Bonus of 1.0 added if a full horizontal layout is shown for vaults 6 and 7** |
| 3 |  |
| 4 |  |
| 5 |  |
| 6 |  |
| 7 |  | **BONUS AVAILABLE:** |
| 8 |  | No bonuses available at this level |
| 9 |  |
| 10 |  |
|  |  |