**YORKSHIRE GENERAL OPAL AND OPAL PLUS LEVEL GYMNAST: ………………………………………………………………………….**

**FlOOR 8 MOVES REQUIRED VAULT**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **ACRO** | **DANCE & BALANCES/HOLDS** | **CR’s (4 @ 0.5 each)** | **BONUS** |  | **VAULT** | **VAULT HEIGHT** |
| Handstand (legs joined);Backward roll (optional exit);Forward roll (optional exit);Side roll (from one straight leg, via straddle)Handstand forward roll;Backwards roll to handstand;Cartwheel (optional entry & hand support);Tick-Tock;Forward Walkover;Backward Walkover; Tinsica;Handspring (to one or two feet);Flyspring;Round off;Back flip;Aerial (from chassé or 2 steps);Free walkover; | Tuck jump;Straight jump;Star jump;½ turn jumpStag leap;Split jump;Sissone;Full turning jump;Cat leap;Scissor Kick leap;Fouette hop;Wolf hop or jump;Split leap;Full spin;SissoneSplits;Arabesque;Y balance;Handstand held 2 sec | 1.Dance passage of 2 leaps2. Acro element forwards,3.Acro element backwards4. Spin 360 degrees or full jump turn5. Acro element sideways6. Mixed series | **0.2** Split leap showing min 150 degrees split**0.2** 2 acro element joined**0.3** Good use of directions, levels and corners  |  | 1. Squat Through (2.0)2. Straddle Over (2.0)3. Handstand flatback (2.5)**1.0 bonus added if horizontal layout shown in vaults 1 and 2** | **Vaults 1 - 2**Under 8 = 80cmUnder 10 = 90cmUnder 12 = 100cm13+ = 110 – 120cm30cm landing mat**Vault 3:**Under 8 = 60cmUnder 10 = 60cmUnder 12 = 90cm13+ = 90cm |

**FLOOR ROUTINE SELECTED:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **MUSIC:** | **CR** | **BONUS AVAILABLE:** |
| 1 |  |  | **0.2** Split leap showing min. 150 degrees split**0.2** 2 acro elements joined**0.3** Good use of directions, levels and corners |
| 2 |  |  |
| 3 |  |  |
| 4 |  |  |
| 5 |  |  |
| 6 |  |  | **VAULT:** |
| 7 |  |  |  |
| 8 |  |  |

**BEAM 6 MOVES REQUIRED (including mount and dismount)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **BEAM MOUNT & DISMOUNT** | **LEAPS, JUMPS, SPINS & TURNS** | **ACRO** | **BALANCES & HOLDS** | **CR’s****(4 @ 0.5 each)** |
| **MOUNT**Squat On;Straddle On;Front support**DISMOUNT**Round off;Run to two footed jump (optional jump – no rotation permitted);Handspring;Cartwheel into straight b/w jump;Cartwheel to handstand and dismount | Tuck jump;Straight jump;Split jump;Scissor kick;Cat leap;½ spin on one foot;Relevé turn | Forward roll;Backwards roll;CartwheelHandstand (legs joined but not held) | V sitStraddle lever holdPike lever holdArabesqueY balanceHandstand (held 2 seconds) | 1.Mount2. ½ spin3. Jump or leap 4.Acro element backwards5. Acro element forwards 6. Acro element sideways7. Balance for 2 secs.8.Dismount**BONUS****0.5** exercise without fall (provided all CR fulfilled)**0.2** two leaps or jumps joined |

**BEAM ROUTINE SELECTED:**

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | **CR** | **BONUS AVAILABLE:** |
| 1 |  |  | **0.5** Exercise without a fall[provided all CRs are fulfilled]**0.2** 2 leaps or jumps joined |
| 2 |  |  |
| 3 |  |  |
| 4 |  |  |
| 5 |  |  |
| 6 |  |  |
| 7 |  |  |

**BARS 4 MOVES REQUIRED**

|  |  |  |  |
| --- | --- | --- | --- |
| **MOUNTS** | **SKILLS** | **DISMOUNTS** | **CR’s****(4 @ 0.5 each)** |
| Upward circle from 1 or 2 feet (one or two springboards permitted)Jump from springboard to front support on bar | Forward hip circleBackwards hip circleFloat swingSquat on¾ giant from LB to HB¾ giant from HB to HBCounter swingCast towards horizontal**NB****Cast into back hip circle = 2 moves** | Squat on and jump off forwards;From front support lower slowly forward to chin support and lower in control to long hang and release bar;Straddle or pike undershoot;Free undershoot from front support  | 1.Upward circle from 1 or 2 feet;2.Forward hip circle or backward hip circle3.Cast (can be attached to beginning of back hip or end of front circle or on its own)4.Dismount **NB****No deduction for empty swing****BONUS****0.3** cast to horizonal or above**0.2** exercise with no stops**0.2** stationery landing |

**BAR ROUTINE SELECTED:**

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | **CR** | **BONUS AVAILABLE:** |
| 1 |  |  | **0.3** cast to horizontal or above**0.2** exercise with no stops**0.2** stationery landing |
| 2 |  |  |
| 3 |  |  |
| 4 |  |  |
| 5 |  |  |