**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 jump  Stag leap;  Split jump;  Sissone;  Full turning jump;  Cat leap;  Scissor Kick leap;  Fouette hop;  Wolf hop or jump;  Split leap;  Full spin;  Sissone  Splits;  Arabesque;  Y balance;  Handstand held 2 sec | 1.Dance passage of 2 leaps  2. Acro element forwards,  3.Acro element backwards  4. Spin 360 degrees or full jump turn  5. Acro element sideways  6. 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 = 80cm  Under 10 = 90cm  Under 12 = 100cm  13+ = 110 – 120cm  30cm landing mat  **Vault 3:**  Under 8 = 60cm  Under 10 = 60cm  Under 12 = 90cm  13+ = 90cm |

**FLOOR ROUTINE SELECTED:**

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| --- | --- | --- | --- |
|  | **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;  Cartwheel  Handstand (legs joined but not held) | V sit  Straddle lever hold  Pike lever hold  Arabesque  Y balance  Handstand (held 2 seconds) | 1.Mount  2. ½ spin  3. Jump or leap  4.Acro element backwards  5. Acro element forwards  6. Acro element sideways  7. 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 circle  Backwards hip circle  Float swing  Squat on  ¾ giant from LB to HB  ¾ giant from HB to HB  Counter swing  Cast 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 circle  3.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 |  |  |