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

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

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **FORWARDS** | **BACKWARDS** | **SIDEWAYS** | **FLIGHT** | **BALANCE** | **OTHER (optional)** | **VAULT** | **VAULT HEIGHT** |
| Forward roll to stand (1 or 2 feet)  Forward roll to sit (straddle)  Forward roll to straddle stand  Handstand  Handstand to bridge  Handstand forward roll (bent or straight arms)  Forward Walkover  Dive Forward Roll | Backwards roll (tuck to feet)  Backwards roll to stand (straddle, pike or front support)  Backwards roll with straight arms and legs  Push up to bridge, kickover  Backwards Walkover | Dish roll to arch  Side roll with knees passing through straddle  180 teddy bear roll  Cartwheel  Cartwheel ¼ turn  Cartwheel 1 hand (second hand down)  Round off | Tuck jump  Star jump  Straddle jump  ½ turn straight jump  Full turn straight jump  Cat leap  Scissor kick  Sissone prep (spring from 2 feet to land on one leg in arabesque) | V sit (with or without aid of arms)  Pike or Straddle ½ Lever  Single leg balance/passe/Arabesque  Headstand straight legs (can tuck first)  Splits (any – no hands)  Japana (chest on floor or swim through)  Bridge  D Balance  Y balance | Releve Turn  Spin (half or full)  Half turn single leg hop (optional leg position) | 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 (1.5)  5. Straddle Over (1.5)  6. Straight Jump On into Handstand Flatback (1.5)  7. Straight Jump On – Round Off dismount (2.0)  8. Handstand flatback (2.5) | **Vaults 1, 2, 4 and 5**  Under 8 = 80cm  Under 10 = 90cm  Under 12 = 100cm  13+ = 110 – 120cm  30cm landing mat  **Vaults 3, 6, and 7**  60cm all ages  30cm landing mat for vaults 3 and 9    **Vault 8**  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 4 and 5** |
| 2 |  |
| 3 |  |
| 4 |  |
| 5 |  |
| 6 |  | **BONUS AVAILABLE:** |
| 7 |  | No bonuses available at this level |
| 8 |  |
| 9 |  |