**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 standHandstandHandstand to bridgeHandstand forward roll (bent or straight arms)Forward WalkoverDive Forward Roll | Backwards roll (tuck to feet)Backwards roll to stand (straddle, pike or front support)Backwards roll with straight arms and legsPush up to bridge, kickoverBackwards Walkover | Dish roll to archSide roll with knees passing through straddle180 teddy bear rollCartwheelCartwheel ¼ turnCartwheel 1 hand (second hand down)Round off | Tuck jumpStar jumpStraddle jump½ turn straight jumpFull turn straight jumpCat leapScissor kickSissone prep (spring from 2 feet to land on one leg in arabesque) | V sit (with or without aid of arms)Pike or Straddle ½ LeverSingle leg balance/passe/ArabesqueHeadstand straight legs (can tuck first)Splits (any – no hands)Japana (chest on floor or swim through)BridgeD BalanceY balance | Releve TurnSpin (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 = 80cmUnder 10 = 90cmUnder 12 = 100cm13+ = 110 – 120cm30cm landing mat**Vaults 3, 6, and 7** 60cm all ages30cm landing mat for vaults 3 and 9**Vault 8**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 4 and 5** |
| 2 |  |
| 3 |  |
| 4 |  |
| 5 |  |
| 6 |  | **BONUS AVAILABLE:** |
| 7 |  | No bonuses available at this level |
| 8 |  |
| 9 |  |