**YORKSHIRE GENERAL CRYSTAL LEVEL GYMNAST: ………………………………………………………………………….**

**FlOOR - 8 MOVES REQUIRED VAULT**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **ACRO** | **LEAPS/JUMPS/SPINS/TURNS** | **FLIGHTED ACRO / SALTO** | **CR’s (4 @ 0.5 each)** |  | **VAULT** | **VAULT HEIGHT** |
| Forward roll (optional exit to feet);  Backward roll (optional exit to feet);  Handstand (from jump, kick or press – legs joined);  Handstand forwards roll;  Backwards roll to handstand;  Cartwheel;  Round off;  Forward walkover;  Backwards walkover;  Tick-tock;  Tinisca | Tuck jump;  Straight jump;  Star jump;  Split jump;  Wolf jump;  Sissone;  Full turning jump;  Cat leap;  Scissor Kick;  Fouette hop;  Split leap;  Wolf hop;  Full spin; | Handspring to one foot;  Handspring to two feet;  Flyspring  Back flip;  Free cartwheel (from chassé or 2 steps);  Free walkover;  Whip;  Front salto;  Back salto | 1.Dance passage of 2 leaps  2. Acro element forwards or sideways  3.Acro element backwards  4. Spin 360 degrees or full jump turn  5. Mixed series  6. Acro line of 2 or 3 elements |  | Handspring to flatback (2.5)  Handspring up on to mats (3.0)  Handspring (3.5)  2 vaults performed  Vaults may be different  Best score to count | U8 and U10  60cm  11+  90cm  Table vault permitted for higher level vaults  30cm landing mat |
| **BONUS** |
| **0.2** Split leap showing 180 degrees split  **0.2** salto / aerial / whip  **0.3** Good use of directions, levels and corners |

**FLOOR ROUTINE SELECTED:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **MUSIC:** | **CR** | **BONUS AVAILABLE:** |
| 1 |  |  | **0.2** Split leap showing 180 degrees split  **0.2** 2 salto / aerial / whip  **0.3** Good use of directions, levels and corners |
| 2 |  |  |
| 3 |  |  |
| 4 |  |  |
| 5 |  |  |
| 6 |  |  | **VAULT:** |
| 7 |  |  |  |
| 8 |  |  |
| 9 |  |  |

**BEAM 8 MOVES REQUIRED (including mount and dismount)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **BEAM MOUNT & DISMOUNT** | **BEAM SKILLS ACRO** | **LEAPS / JUMPS / SPINS / TURNS** | **BALANCES / HOLDS** | **CR’s**  **(4 @ 0.5 each)** |
| **MOUNT**  Squat On;  Straddle On;  Japana;  Squat or stoop through to rear support;  Straddle hold on end of beam;  Forward roll on;  Circle up to front support;  Jump to land in arabesque  **DISMOUNT**  Round off;  Handspring;  Cartwheel into straight b/w jump dismount;  Front or back somi | Forwards roll to feet;  Backwards roll to feet;  Cartwheel;  Handstand (legs joined but not held) | Straight jump;  Tuck jump;  Split jump;  Scissor kick;  Cat leap;  Stag jump;  Split leap;  Wolf jump;  Stag leap;  Wolf hop;  Sissone;  ½ spin on one foot;  ½ spin into immediate ½ turn;  Full spin | Straddle lever hold;  Pike lever hold;  Arabesque;  Y balance;  Handstand (held 2 seconds)  Needle scale;  Splits hold | 1. ½ spin into immediate ½ turn  2. 2 jumps or leaps joined  3.Acro element backwards  4. Acro element forwards or sideways  5. Mixed series  6. Salto dismount  **BONUS**  **0.5** exercise without fall (provided all CR fulfilled)  **0.2** split leap or jump |

**BEAM ROUTINE SELECTED:**

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | **CR** | **BONUS AVAILABLE:** |
| 1 |  |  | **0.5** Exercise without a fall  [provided all CRs are fulfilled]  **0.2** split leap or jump |
| 2 |  |  |
| 3 |  |  |
| 4 |  |  |
| 5 |  |  |
| 6 |  |  |
| 7 |  |  |
| 8 |  |  |

**BARS 6 MOVES REQUIRED**

|  |  |  |  |
| --- | --- | --- | --- |
| **BARS MOUNTS** | **BARS SKILLS** | **BARS DISMOUNTS** | **CR’s**  **(4 @ 0.5 each)** |
| Upward circle from 2 feet;  Float upstart;  Jump ½ turn float upstart;  Jump to hang on HB float upstart | Float swing;  Cast towards horizontal;  Counter swing;  Long Float upstart;  Forward hip circle;  Back hip circle;  Squat on LB;  ¾ giant from LB to HB;  ¾ giant from HB to HB;  Sole circle  **NB cast back hip circle = 2 moves** | Straddle or pike undershoot (with or without half turn)  Swing ½ turn  Squat on jump off LB;  Swing ½ turn from HB (swing can be on the bar or on release) | 1.Upward circle from 2 feet  2. Backwards hip circle  3. Forward hip circle  4. Element to HB  5. Element started and finished on HB  6. Dismount    **BONUS**  **0.3** cast to 45 or above OR float upstart  **0.2** exercise with no stops  **0.2** stationery landing |

**BAR ROUTINE SELECTED:**

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | **CR** | **BONUS AVAILABLE:** |
| 1 |  |  | **0.3** cast to 45° or above OR float upstart  **0.2** exercise with no stops  **0.2** stationery landing |
| 2 |  |  |
| 3 |  |  |
| 4 |  |  |
| 5 |  |  |
| 6 |  |  |