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

**FlOOR - 8 MOVES REQUIRED VAULT**

|  |  |  |  |  |  |  |
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| **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;FlyspringBack flip;Free cartwheel (from chassé or 2 steps);Free walkover;Whip;Front salto;Back salto | 1.Dance passage of 2 leaps2. Acro element forwards or sideways3.Acro element backwards4. Spin 360 degrees or full jump turn5. Mixed series6. Acro line of 2 or 3 elements |  | Handspring to flatback (2.5)Handspring up on to mats (3.0)Handspring (3.5)2 vaults performedVaults may be differentBest score to count | U8 and U1060cm11+90cmTable vault permitted for higher level vaults30cm 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:**

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| --- | --- | --- | --- |
|  | **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 turn2. 2 jumps or leaps joined3.Acro element backwards4. Acro element forwards or sideways 5. Mixed series6. 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 turnSquat on jump off LB; Swing ½ turn from HB (swing can be on the bar or on release) | 1.Upward circle from 2 feet2. Backwards hip circle3. Forward hip circle4. Element to HB5. Element started and finished on HB6. 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 |  |  |