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

**FlOOR 8 MOVES REQUIRED VAULT**

|  |  |  |  |  |  |  |  |
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| **ACRO** | **LEAPS/JUMPS/SPINS/ TURNS** | **ADVANCE DANCE ELEMENTS**  | **CR’s (4 @ 0.5 each)** | **BONUS** |  | **VAULT** | **VAULT HEIGHT** |
| Handstand (from jump, kick or press – legs joined);Backward roll (optional exit to feet);Forward roll (optional exit to feet);Handstand forward roll;Backwards roll to handstand;Cartwheel;Tick-Tock;Forward Walkover;Backward Walkover; Tinsica;Handspring (to one or two feet);Flyspring;Round off;Back flip;Free cartwheel (from chassé or 2 steps);Free walkover;Whip;Front somi;Back somi | Tuck jump;Straight jump;Star jump;Split jump;Sissone;Full turning jump;Cat leap;Scissor Kick;Fouette hop;Wolf hop or jump;Split leap;Full spin;  | **Advanced Dance** – Split jump ½ turn;Straddle jump ½ turn;Wolf jump ½ turn;Full turning cat leap;Full turning wolf hop; Change leg split leap; Johnson Leap  | 1. Dance passage of 2 leaps2.Acro element forward or sideways3. Acro element backwards4. Spin 360 degrees or jump full turn5. Mixed series6. Acro line of 2 or 3 elements | **0.2** Advanced dance element**0.2** acro line with salto**0.3** Good use of directions, levels and corners  |  | Handspring (3.0)Yamashita (3.5)½ on, ½ off (3.5) | 90cm block or mats if preferred to tableTable vault permitted for higher level vaults30cm landing mat |

**FLOOR ROUTINE SELECTED:**

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|  | **MUSIC:** | **CR** | **BONUS AVAILABLE:** |
| 1 |  |  | **0.2** Advance dance element**0.2** 2 acro line with salto**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)**

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| **BEAM MOUNT & DISMOUNT** | **ACRO** | **LEAPS / JUMPS / SPINS / TURNS** | **BALANCES / HOLDS** | **CR’s****(4 @ 0.5 each)** |
| **MOUNT**Japana;Squat or stoop through to rear support;Cartwheel/stand at side of beam with bending of both arms jump to chest stand to swing down;Jump to handstand with bent or straight arms;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 somiFree round off | Forwards roll to feet;Backwards roll to feet;Cartwheel;Handstand (legs joined but not held);Backwards walkover;Forwards walkover;Tick-tock | Straight jump;Tuck jump;Split jump;Scissor kick;Cat leap;Stag leap / jumpSplit leap;Wolf jump;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 sec);Needle scale;Splits hold | 1. Full spin2. 2 jumps or leaps joined3.Acro element backwards4. Acro element forwards or sideways 5. Split jump / split leap6. Acro skill linked to Salto dismount**BONUS****0.5** exercise without fall (provided all CR fulfilled)**0.2** non flighted acro series |

**BEAM ROUTINE SELECTED:**

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

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| **MOUNTS** | **SKILLS** | **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;Jump to HB with full turn;Straddle vault over LB to catch HB | 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, Clear back hip circle, Sole circle, Cast to handstand | Straddle or pike undershoot (with or without half turn);Squat on, jump off LBSwing ½ turn from HB (turn can be on the bar or on release) | 1.Float upstart2.Long float upstart LB to HB3. Close bar element4. Different additional close bar element5. Cast to 45° as part of element6. Dismount **BONUS****0.3** cast to handstand (straddle, pike or straight)**0.2** exercise with no stops**0.2** stationery landing |

**BAR ROUTINE SELECTED:**

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|  |  | **CR** | **BONUS AVAILABLE:** |
| 1 |  |  | **0.3** cast to handstand (straddle, pike or straight)**0.2** exercise with no stops**0.2** stationery landing |
| 2 |  |  |
| 3 |  |  |
| 4 |  |  |
| 5 |  |  |
| 6 |  |  |