**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 leaps  2.Acro element forward or sideways  3. Acro element backwards  4. Spin 360 degrees or jump full turn  5. Mixed series  6. 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 table  Table vault permitted for higher level vaults  30cm 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 somi  Free 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 / jump  Split 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 spin  2. 2 jumps or leaps joined  3.Acro element backwards  4. Acro element forwards or sideways  5. Split jump / split leap  6. 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 |  |  |
| 5 |  |  |
| 6 |  |  |  |
| 7 |  |  |  |
| 8 |  |  |  |

**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 LB  Swing ½ turn from HB (turn can be on the bar or on release) | 1.Float upstart  2.Long float upstart LB to HB  3. Close bar element  4. Different additional close bar element  5. Cast to 45° as part of element  6. 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 |  |  |