**YORKSHIRE GENERAL 3 PC / 4 PC ‘GIVE IT A GO’ INTERMEDIATE LEVEL (BEAM)**

**GYMNAST: ………………………………………………………………………….**

**6 MOVES REQUIRED (4 of the skills must come from different categories – Mount and Dismount count as one category)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **MOUNT** | **ACRO** | **TURNS** | **LEAPS/JUMPS** | **BALANCES** |  |  |  |
| Squat On;  Straddle On;  Front support, leg round to straddle sit  **DISMOUNT**  Pike jump;  Straddle jump;  Round off;  Run to two footed straight jump;  Handspring (13+ only) | Needle kick;  Rock to stand from lay position or sit position;  Bunny hops (hips above shoulders);  Mini handstand;  Handstand;  Forward roll to straddle/stand;  Cartwheel | ½ spin:  ½ turn on toes;  ½ turn in crouch;  ½ turn on toes, immediately followed by ½ turn on toes;  ½ jump turn (13+ only) | Straight jump;  Tuck jump;  Star jump;  Cat leap;  Sissone;  Stag leap;  Swing leg hop;  Fouette hop (no turn);  Split jump (13+ only) | V sit without the aid of arms;  Arabesque (min 45° - work towards 90°);  Single leg balance (min 45° - work towards 90°);  ½ lever;  Straddle ½ lever;  Splits (any);  Shoulder stand;  Y balance  Passe |  |  |  |

**ROUTINE SELECTED:**

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| 1 |  | **BEAM HEIGHT & MATTING:** |
| 2 |  | 125cm  Matting up to 60cm |
| 3 |  |
| 4 |  |
| 5 |  |
| 6 |  |
| 7 |  | **BONUS AVAILABLE:** |
|  |  | 0.5 for staying on the beam and completing skills from 4 categories  0.5 for completing an acro skill landed on the beam |
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