**YORKSHIRE GENERAL FLOOR & VAULT INTERMEDIATE LEVEL (GIRLS)**

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

**8 MOVES REQUIRED (MINIMUM OF ONE FROM EACH LIST BELOW and a maximum of 2 from the optional column)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **FORWARDS** | **BACKWARDS** | **SIDEWAYS** | **FLIGHT** | **BALANCE** | **OTHER (optional)** | **VAULT** | **VAULT HEIGHT** |
| Forward roll to stand (1 or 2 feet)  Forward roll to sit (tuck or straddle)  Forward roll to straddle stand  Handstand  Handstand to bridge  Handstand forward roll (bent or straight arms)  Forward Walkover  Dive Forward Roll | Backwards roll (tuck to feet)  Backwards roll to stand (straddle, pike or front support)  Backwards roll with straight arms and legs  Push up to bridge, kickover  Backwards Walkover | Dish roll to arch  Side roll with knees passing through straddle  180 teddy bear roll  Cartwheel  Cartwheel ¼ turn  Cartwheel 1 hand (second hand down)  Round off | Tuck jump  Star jump  Straddle jump  ½ turn straight jump  Full turn straight jump  Cat leap  Scissor kick  Sissone prep (spring from 2 feet to land on one leg in arabesque) | V sit (with or without aid of arms)  Pike or Straddle ½ Lever  Single leg balance/passe/Arabesque  Headstand straight legs (can tuck first)  Splits (any – no hands)  Japana (chest on floor or swim through)  Bridge  D Balance | Releve Turn  Spin (half or full)  Half turn single leg hop (optional leg position) | 1. Squat On (1.0)  2. Straddle On (1.0)  3. Straight jump on block, straight/tuck or star jump off (1.0)  4. Squat Through (2.0)  5. Straddle Over (2.0)  6. Layout Squat Over (2.0)  7. Layout Straddle Over (2.0)  8. Straight Jump On into Handstand Flatback (1.5)  9. Straight Jump On – Round Off dismount (2.0)  10. Handstand flatback (2.5) | **Vaults 1, 2, 4, 5, 6 and 7**  Under 8 = 80cm  Under 10 = 90cm  Under 12 = 100cm  13+ = 110 – 120cm  30cm landing mat  **Vaults 3, 8, and 9**  60cm all ages  30cm landing mat for vaults 3 and 9    **Vault 10**  Under 8 = 60cm  Under 10 = 60cm  Under 12 = 90cm  13+ = 90cm  30cm landing mat |

**ROUTINE SELECTED:**

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|  | **MUSIC:** | **VAULT:** |
| 1 |  | **Bonus of 1.0 added if a full horizontal layout is shown for vaults 6 and 7** |
| 2 |  |
| 3 |  |
| 4 |  |
| 5 |  |
| 6 |  | **BONUS AVAILABLE:** |
| 7 |  | No bonuses available at this level |
| 8 |  |
| 9 |  |