**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 balancePasse |  |  |  |

**ROUTINE SELECTED:**

|  |  |  |
| --- | --- | --- |
| 1 |  | **BEAM HEIGHT & MATTING:** |
| 2 |  | 125cmMatting up to 60cm |
| 3 |  |
| 4 |  |
| 5 |  |
| 6 |  |
| 7 |  | **BONUS AVAILABLE:** |
|  |  | No bonuses available at this level |
|  |  |
|  |  |