**YORKSHIRE GENERAL FLOOR & VAULT ADVANCED LEVEL (BOYS)**

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

**10 MOVES REQUIRED (MINIMUM OF ONE FROM EACH LIST BELOW maximum of 2 from the optional list)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **FORWARDS** | **BACKWARDS** | **SIDEWAYS** | **FLIGHT** | **BALANCE** | **OTHER (optional)** | **VAULT** | **VAULT HEIGHT** |
| Forward roll to stand (1 or 2 feet);  Forward roll to straddle stand;  Forward roll to stand straight arms and legs;  Handstand;  Handstand forward roll (straight arms);  Handspring (to 2 or 1);  Flyspring;  Swedish fall (2 sec);  Dive roll;  Swallow dive roll | Backwards roll to stand (tuck, straddle, pike or front support);  Backwards roll with straight arms and legs;  Backwards roll to handstand (bent or straight arms);  Jump half turn to front support  Flic to 1 or 2 feet | Dish roll to arch hold;  Side roll to knee;  Cartwheel side to side;  Cartwhell ¼ turn;  Round off;  Tinsica  Free Cartwheel (no run permitted) | Tuck jump;  Straddle jump;  ½ turn straight jump;  Full turn straight jump;  ½ turn tuck jump;  Scissor kick;  Single leg circle | V sit (without aid of arms);  Half lever (pike or straddle);  Handstand;  Headstand push to handstand;  Elephant lift held;  Single leg balance;  Tuck lever;  Splits (any);  Japana;  Bridge;  D balance;  Chest balance (fish) | Front support walk through side support to back support (positions not held);  Press up | 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)  11. Straight Jump on – Handspring off (3.0)  12. Handspring to stand on level mats (3.5)  13. Handspring (4.0) | **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, 9 and 11**  60cm all ages  30cm landing mat    **Vaults 10, 12 and 13**  Under 8 = 60cm  Under 10 = 60cm  Under 12 = 90cm  13+ = 90cm  30cm landing mat |

**ROUTINE SELECTED:**

|  |  |  |
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| 1 |  | **VAULT:** |
| 2 |  | Bonus of 1.0 added if a full horizontal layout is shown for vaults 6 and 7 |
| 3 |  |
| 4 |  |
| 5 |  |
| 6 |  |
| 7 |  | **BONUS AVAILABLE:** |
| 8 |  | Linking of two acro tumbling elements = 0.5  Linking of two jumps in a series = 0.5 |
| 9 |  |
| 10 |  |