**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 supportFlic to 1 or 2 feet | Dish roll to arch hold;Side roll to knee; Cartwheel side to side;Cartwhell ¼ turn;Round off;TinsicaFree 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 = 80cmUnder 10 = 90cmUnder 12 = 100cm13+ = 110 – 120cm30cm landing mat**Vaults 3, 8, 9 and 11**60cm all ages30cm landing mat**Vaults 10, 12 and 13**Under 8 = 60cmUnder 10 = 60cmUnder 12 = 90cm13+ = 90cm30cm landing mat |

**ROUTINE SELECTED:**

|  |  |  |
| --- | --- | --- |
| 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 = 0.5Linking of two jumps in a series = 0.5 |
| 9 |  |
| 10 |  |