**YORKSHIRE GENERAL FLOOR & VAULT ADVANCED PLUS LEVEL (GIRLS)**

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

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

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| **FORWARDS** | **BACKWARDS** | **SIDEWAYS** | **FLIGHT** | **BALANCE** | **OTHER (optional)** | **VAULT** | **VAULT HEIGHT** |
| Forward roll to stand with straight arms(1 or 2 feet);  Forward roll to straddle stand with straight arms;  Forward roll to pike (straight arms & legs);  Handstand (straight, splits, stag etc);  Handstand to bridge to stand;  Handstand forwards roll (straight arms);  Handstand Pirouette (min ½ up to 1/1)  Forward Walkover (2 hands, 1 hand, free – no run permitted);  Handspring (to 2 or 1);  Headspring;  Flyspring;  Dive Forward Roll;  Tuck front somi  Free Walkover | Backwards roll to stand with straight arms (tuck, straddle, pike or front support);  Backwards roll to handstand (bent or straight arms);  Backwards Walkover;  Valdez;  Flic (to 2, walkout or 2nd flic);  Tuck back somi | Cartwheel;  Cartwheel ¼ turn;  Cartwheel 1 hand (second hand down);  Cartwheel x2 (smoothly linked);  Free cartwheel (no run permitted);  Dive cartwheel;  Round off;  Tinisica | Tuck jump;  Straddle jump;  Split Jump;  W Jump;  ½ turn straight jump;  Full turn straight jump  ½ turn tuck jump;  ½ turn straddle jump;  Cat leap  Cat leap half turn;  Cat leap full turn;  Scissor kick;  Stag leap;  Split leap;  Change leg split leap  Sissone | V sit (without aid of arms);  Pike ½ Lever;  Straddle ½ Lever;  Handstand (leg position optional);  Elephant lift to handstand;  Arabesque;  Y balance;  Ring balance;  Splits (any no hands);  Japana (chest on floor or swim through)  Bridge;  D balance:  Chest balance (fish) | Spin (half or full);  Spin (full with extended straight leg)  Illusion  Spin (full with high leg held)  Half turn single leg hop (optional leg position)  1½ spin | 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 (1.5)  5. Straddle Over (1.5)  6. Straight Jump On into Handstand Flatback (1.5)  7. Straight Jump On – Round Off dismount (2.0)  8. Handstand flatback (2.5)  9. Straight Jump on – Handspring off (3.0)  10. Handspring to stand on level mats (3.5)  11. Handspring (4.0)  12. Handspring ½ on OR Handspring ½ off (4.0) | **Vaults 1, 2, 4, and 5**  Under 8 = 80cm  Under 10 = 90cm  Under 12 = 100cm  13+ = 110 – 120cm  30cm landing mat  **Vaults 3, 6, 7 and 9**  60cm all ages  30cm landing mat    **Vaults 8, 10, 11 and 12**  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 4 and 5** |
| 2 |  |
| 3 |  |
| 4 |  |
| 5 |  |
| 6 |  | **BONUS AVAILABLE: MAX 2 bonuses** |
| 7 |  | Linking of two acrobatic tumbling elements with flight = 0.5;  Use of Dance passage of two skills from Flight Category = 0.5  Salto or aerial = 0.5 |
| 8 |  |
| 9 |  |