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

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

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **FORWARDS** | **BACKWARDS** | **SIDEWAYS** | **FLIGHT** | **BALANCE** | **OTHER (optional)** | **VAULT** | **VAULT HEIGHT** |
| Forward roll to stand (1 or 2 legs at a time);  Forward roll to sit (tuck or straddle);  Forward roll to straddle stand;  Handstand tucked (high bunny jump);  Handstand | Backwards roll to tuck;  Backwards roll to stand (straddle, pike or front support);  Shoulder roll;  Rock to stand;  Shoulder stand then rock to stand | Log roll;  Egg roll tucked;  Side roll with knees passing through straddle;  180 teddy bear roll;  Cartwheel | Straight jump;  Star jump;  Tuck 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);  Front/back support;  Straddle sit;  Single leg balance; Passe;  Arabesque;  ½ lever (one leg on floor);  Frog balance;  Headstand tucked;  Dish and/or Arch;  Splits (any – no hands);  Bridge  Japana (chest on floor or swim through)  D Balance | Releve Turn  ½ Spin  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) | **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 and 8**  60cm all ages  30cm landing mat for vault 3 |

**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 |  |