**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  Bridge | 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 (1.5)  5. Straddle Over (1.5)  6. Straight Jump On into Handstand Flatback (1.5) | **Vaults 1, 2, 4, and 5**  Under 8 = 80cm  Under 10 = 90cm  Under 12 = 100cm  13+ = 110 – 120cm  30cm landing mat  **Vaults 3 and 6**  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 4 and 5** |
| 2 |  |
| 3 |  |
| 4 |  |
| 5 |  |
| 6 |  | **BONUS AVAILABLE:** |
| 7 |  | No bonuses available at this level |
| 8 |  |
| 9 |  |