**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 kickSissone 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);BridgeJapana (chest on floor or swim through)D BalanceBridge | Releve Turn½ SpinHalf 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 = 80cmUnder 10 = 90cmUnder 12 = 100cm13+ = 110 – 120cm30cm landing mat**Vaults 3 and 6** 60cm all ages30cm 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 |  |