

The **SPRINGFIT** Invitational

FLOOR & VAULT GYMNASTICS COMPETITION

PROGRAMME

Sunday 25th November 2012

Oakwood Sports Centre, Horley

Grades 1-2 Competition commences 2:00pm

GRADES 1-5 JUDGING TARIFFS:

FLOOR ROUTINE will consist of 10 elements consisting of forward, backward and sideways moves, jumps and balances.

TIME LIMIT is 1½ minutes. Music is optional.

FLOOR SIZE: 8m x 10m approx (non-sprung).

Rolls and handstands can have optional entry and exit unless otherwise specified

(e.g. straddle or tuck to handstand, front support etc.)

Marked out of 10. Comprising:

5.00 - Content (0.5 for each move)

3.00 - Execution

2.00 – Bonus – 1.0 for performing minimum of 10 specified moves,

1.0 for overall performance virtuosity (includes attitude, rhythm, confidence, variation)

Girls - The moves are to be linked using dance steps etc to make a flowing routine covering as much of the floor as possible.

Boys – dance steps not necessary but moves should still be linked.

Points will be deducted for adjusting your hair or clothing.

VAULT –

One of the following to be performed on the horse/box broadways:

Squat on straight jump off Tariff 8.00

Squat through " 9.00

Straddle over " 9.00

Handspring " 10.00

Handspring half on/off " 11.00

Handspring full on/off " 12.00

Vaulting box heights:

Grades 1 to 3 (born 2004 and later) - 3 HIGH (75cm)

Grades 1 to 3 (born 2003 and earlier) **and**

Grades 4 to 6 (born 2004 and later) - 4 HIGH (100cm)

Grades 4 to 6 (born 2003 and earlier) - full 125cm high.

Two attempts are allowed. Highest score only is recorded.

Grade 1

(D.O.B 2003 - 2004)

Floor

Vault

Total

| | | | | | | |
|------------|---------------------------|-----------------------|------|------|------|--------------|
| 1st | Hannah Warbey | Springfit - Jubilee | 2004 | 8.10 | 8.85 | 16.95 |
| | Joe Stapleton | Springfit - St Bede's | 2004 | 7.00 | 7.80 | 14.80 |
| 2nd | Sammy Scott-Browne | Springfit - Oakwood | 2003 | 8.22 | 6.90 | 15.12 |
| | Amy Butler | Springfit - Oakwood | 2003 | 7.55 | 6.95 | 14.50 |
| 3rd | Jack Ashton | Springfit - St Bede's | 2004 | 7.15 | 7.85 | 15.00 |
| | Noa Maoundus | Springfit - Oriel | 2004 | 7.60 | 6.85 | 14.45 |

Grade 1**(D.O.B 2005-2007)****Vault****Floor****Total**

| | | | | | | |
|------------|------------------|-----------------------|------|------|------|--------------|
| | Alex Balch | Springfit - Oakwood | 2006 | 6.90 | 7.15 | 14.05 |
| 2nd | Lily Andrews | Springfit - Oakwood | 2007 | 6.75 | 7.90 | 14.65 |
| 1st | Megan Smith | Springfit - Jubilee | 2006 | 6.80 | 8.65 | 15.45 |
| | Alex Julian | Springfit - St Bede's | 2006 | 6.90 | 7.10 | 14.00 |
| | Libby Elphick | Springfit - St Bede's | 2005 | 6.65 | 6.50 | 13.15 |
| | Isabelle Knowles | Springfit - St Bede's | 2005 | 6.80 | 6.70 | 13.50 |
| 3rd | Megan Cline | Springfit - Oakwood | 2005 | 6.85 | 7.45 | 14.30 |
| | Ella Pringle | Springfit - Oriel | 2005 | 6.65 | 7.35 | 14.00 |
| | Lucy Pringle | Springfit - Oriel | 2005 | 6.20 | 6.75 | 12.95 |
| | Amy Wren | Springfit - Oakwood | 2006 | 6.85 | 7.20 | 14.05 |

Grade 2**(D.O.B 2002 - 2003)****Floor****Vault****Total**

| | | | | | | |
|------------|--------------------|---------------------|------|------|------|--------------|
| 1st | Kate Moseley | Pointers | 2003 | 7.85 | 7.95 | 15.80 |
| | Caitlin Ford | Springfit - Oakwood | 2002 | 7.30 | 6.90 | 14.20 |
| TRO | Rebecca Ogston | Springfit - Oakwood | 2003 | 7.55 | 7.30 | 14.85 |
| 3rd | Millie Gibbins | Pointers | 2002 | 7.55 | 7.80 | 15.35 |
| 2nd | Kieran Hart | Springfit - Oakwood | 2003 | 7.55 | 7.90 | 15.45 |
| | Kira Harris | Springfit - Oakwood | 2002 | 7.00 | 6.60 | 13.60 |
| | Poppy-Rose Beesley | Springfit - Oakwood | 2003 | 7.05 | 6.95 | 14.00 |

Grade 2**(D.O.B 2004-2006)****Vault****Floor****Total**

| | | | | | | |
|------------|-------------------------|---------------------|------|-------|-------|--------------|
| | Thandiwe Mpofu (Thandi) | Springfit - Jubilee | 2006 | ----- | ----- | ----- |
| | Alice Stanley | Pointers | 2004 | 7.70 | 6.45 | 14.15 |
| | Katie Vaughan | Springfit - Oakwood | 2004 | 6.85 | 7.25 | 14.10 |
| 2nd | Lauren Cahill | Pointers | 2004 | 7.85 | 7.20 | 15.05 |
| 3rd | Amber Worth | Pointers | 2004 | 7.75 | 7.15 | 14.90 |
| | Maddie Vickers | Pointers | 2005 | 7.55 | 6.35 | 13.90 |
| 1st | Eloise North | Pointers | 2006 | 8.05 | 7.60 | 15.65 |

In categories with less than 5 competitors, there will be fewer podium placings for fairness and a minimum score of 13 must be achieved to earn a winners medal.

Full results will be made available on www.springfit.org following the event.

The **SPRINGFIT** Invitational

FLOOR & VAULT GYMNASTICS COMPETITION

PROGRAMME

Sunday 25th November 2012

Oakwood Sports Centre, Horley

Grades 3-6 Competition commences 4:00pm

GRADES 1-5 JUDGING TARIFFS:

FLOOR ROUTINE will consist of 10 elements consisting of forward, backward and sideways moves, jumps and balances.

TIME LIMIT is 1½ minutes. Music is optional.

FLOOR SIZE: 8m x 10m approx (non-sprung).

Rolls and handstands can have optional entry and exit unless otherwise specified

(e.g. straddle or tuck to handstand, front support etc.)

Marked out of 10. Comprising:

5.00 - Content (0.5 for each move)

3.00 - Execution

2.00 – Bonus – 1.0 for performing minimum of 10 specified moves,

1.0 for overall performance virtuosity (includes attitude, rhythm, confidence, variation)

GRADE 6 JUDGING TARIFFS:

FLOOR ROUTINE will consist of 15 elements consisting of forward, backward and sideways moves, jumps and balances.

TIME LIMIT is 2 minutes. Music is optional.

FLOOR SIZE: 8m x 10m approx (non-sprung).

Rolls and handstands can have optional entry and exit unless otherwise specified

(e.g. straddle or tuck to handstand, front support etc.)

Marked out of 15. Comprising:

7.50 - Content (0.5 for each move)

4.50 - Execution

3.00 – Bonus – 1.0 for performing minimum of 15 specified moves, 0.5 for linking 3 jumps/leaps and 0.5 for linking 3 tumbles,

1.0 for overall performance virtuosity (includes attitude, rhythm, confidence, variation)

You can repeat round-offs and backflips (they count as one of your 15 moves)

You must link 3 jumps/leaps, must link 3 tumble moves, and must do moves 1 to 5

Girls - The moves are to be linked using dance steps etc to make a flowing routine covering as much of the floor as possible.

Boys – dance steps not necessary but moves should still be linked.

Points will be deducted for adjusting your hair or clothing.

VAULT –

One of the following to be performed on the horse/box broadways:

Squat on straight jump off Tariff 8.00

Squat through " 9.00

Straddle over " 9.00

Handspring " 10.00

Handspring half on/off " 11.00

Handspring full on/off " 12.00

Vaulting box heights:

Grades 1 to 3 (born 2004 and later) - **3 HIGH (75cm)**

Grades 1 to 3 (born 2003 and earlier) **and**

Grades 4 to 6 (born 2004 and later) - **4 HIGH (100cm)**

Grades 4 to 6 (born 2003 and earlier) - **full 125cm high.**

Two attempts are allowed. Highest score only is recorded.

Grade 3**(D.O.B 1999 - 2000)****Floor****Vault****Total**

| | | | | | | |
|------------|--------------------|-----------------------|------|-------|-------|--------------|
| | Alice Poole | Oriel school | 2000 | 7.60 | 7.85 | 15.45 |
| 2nd | Georgia Shackel | Springfit - St Bede's | 2000 | 7.90 | 7.65 | 15.55 |
| | Annie Charlesworth | Springfit - Oakwood | 2000 | 7.75 | 7.55 | 15.30 |
| 3rd | Georgia Gunn | Springfit - Jubilee | 1999 | 7.60 | 7.90 | 15.50 |
| 1st | Jessica Hann | Pointers | 1999 | 7.90 | 7.80 | 15.70 |
| | Jessica Liddy | Springfit - Jubilee | 2000 | ----- | ----- | ----- |

Grade 3**(D.O.B 2001-2006)****Vault****Floor****Total**

| | | | | | | |
|------------|--------------------------|-----------------------|------|-------|-------|--------------|
| 3rd | Lucy Baxter | Springfit - St Bede's | 2001 | 7.95 | 7.60 | 15.55 |
| | Carina Sosteric | Pointers | 2001 | 8.00 | 7.40 | 15.40 |
| | Gabriella Bailey (Ella) | Springfit - Oriel | 2003 | 6.60 | 8.00 | 14.60 |
| | Eloise Budd | Springfit - Oakwood | 2003 | 6.85 | 7.45 | 14.30 |
| 1st | Lily Edwards | Springfit - Oakwood | 2005 | 7.45 | 8.25 | 15.70 |
| | Langelihle Mpofu (Langa) | Springfit - Jubilee | 2002 | ----- | ----- | ----- |
| | Tia-Lianne Foster | Springfit - Oriel | 2004 | 7.00 | 8.00 | 15.00 |
| | Isobel Ferguson | Springfit - Oakwood | 2004 | 7.10 | 7.00 | 14.10 |
| | Ella Harding | Springfit - Oakwood | 2002 | 6.95 | ----- | 6.95 |
| | Deborah Elenge | Pointers | 2002 | 7.80 | 7.50 | 15.30 |
| 2nd | Emily Marti-Cornish | Springfit - Oakwood | 2005 | 8.05 | 7.60 | 15.65 |

Grade 4**Floor****Vault****Total**

| | | | | | | |
|------------|------------------|---------------------|------|------|------|--------------|
| 1st | Daisy Roadnight | Pointers | 1998 | 7.80 | 8.50 | 16.30 |
| | Hannah McHardie | Springfit - Oriel | 2002 | 7.75 | 7.85 | 15.60 |
| TRO | Alice Melville | Springfit - Oakwood | 1998 | 7.80 | 7.65 | 15.45 |
| 3rd | Lily Fairhall | Pointers | 1998 | 7.95 | 8.15 | 16.10 |
| | Holly Mitchell | Pointers | 2003 | 7.75 | 7.85 | 15.60 |
| 2nd | Francesca Bagley | Springfit | 1998 | 8.40 | 7.75 | 16.15 |
| | Georgia Long | Springfit | 1999 | 7.80 | 7.90 | 15.70 |

Grade 5**Vault****Floor****Total**

| | | | | | | |
|------------|-------------------|---------------------|------|------|------|--------------|
| | Ruby Charlesworth | Springfit - Oakwood | 2003 | 7.85 | 7.10 | 14.95 |
| | Abbie James | Springfit - Oakwood | 2002 | 7.80 | 6.20 | 14.00 |
| 1st | Lucy Pidgeon | Springfit - Oriel | 2001 | 8.70 | 6.90 | 15.60 |

Grade 6**Floor****Vault****Total**

| | | | | | | |
|------------|---------------|-------------------|------|-------|------|--------------|
| | Zara Flint | Springfit - Oriel | 2000 | 10.60 | 8.05 | 18.65 |
| 1st | Abbie Clifton | Springfit - Oriel | 1998 | 10.55 | 9.55 | 20.10 |
| | Katie Pidgeon | Springfit - Oriel | 1997 | 10.00 | 9.85 | 19.85 |

In categories with less than 5 competitors, there will be fewer podium placings for fairness and a minimum score of 13 (16 for grade 6) must be achieved to earn a winners medal.

Full results will be made available on www.springfit.org following the event.