

# The **SPRINGFIT** Invitational

## FLOOR & VAULT GYMNASTICS COMPETITION

### PROGRAMME

Sunday 17th November 2013

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:

3.00 - Content (0.3 for each move)

5.00 - Execution (0.5 for each move)

2.00 – Bonus – 0.5 for performing minimum of 10 specified moves,

1.5 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      Vaulting box heights:

Straddle over      "    9.00      **Grades 1 to 3 (born 2004 and later)**      - 3 HIGH (75cm)

Handspring      "    10.00      **Grades 1 to 3 (born 2003 and earlier) and**

Handspring half on/off      "    11.00      **Grades 4 to 6 (born 2004 and later)**      - 4 HIGH (100cm)

Handspring full on/off      "    12.00      **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 - 2006)		First half	Second Half	Total	
			Floor	Vault		
Ellie Porter	2005	Springfit	6.45	7.85	14.30	2nd
Annabel Ross	2005	Springfit	6.15	6.20	12.35	
Livia Miles	2005	Elastics	7.80	6.45	14.25	3rd
Rhianna Birtchnell	2006	Springfit	7.15	6.15	13.30	
Georgie Dumper	2006	Springfit	7.50	6.85	14.35	1st
Jessica Ford	2006	Elastics	6.45	7.00	13.45	

<u>Grade 1</u>	<u>(D.O.B 2007)</u>		<u>Vault</u>	<u>Floor</u>	<u>Total</u>	
Sienna Excell	2007	Springfit	6.70	5.80	12.50	3rd
Georgie Davis	2007	Springfit	6.50	6.30	12.80	2nd=
Jaydel Edge	2007	Springfit	6.70	5.75	12.45	
Molly Neave	2007	Springfit	7.40	5.95	13.35	1st
Louisa Gooch	2007	Springfit	6.45	6.35	12.80	2nd=

<u>Grade 2</u>	<u>(D.O.B 2002 - 2005)</u>		<u>Floor</u>	<u>Vault</u>	<u>Total</u>	
Katie Turner	2005	Pointers	6.05	7.85	13.90	
Maciej Kasproicz	2003	Springfit	5.75	7.20	12.95	
Daniel Sutton	2003	Springfit	6.10	7.95	14.05	
Melissa Mills	2004	Pointers	6.45	7.90	14.35	3rd
Joshua Sutton	2003	Springfit	6.80	7.75	14.55	2nd
Amber Worth	2004	Pointers	6.65	7.55	14.20	
Emily Edwards	2004	Pointers	8.05	7.75	15.80	1st
Amy Butler	2003	Springfit	6.05	7.75	13.80	
Daisy Bayer	2005	Springfit	6.15	6.15	12.30	

<u>Grade 2</u>	<u>(D.O.B 2006-2007)</u>		<u>Vault</u>	<u>Floor</u>	<u>Total</u>	
Caitlin McTighe	2006	Pointers	6.95	4.85	11.80	
Amy Deighton	2006	Pointers	7.85	6.95	14.80	1st
Chloe Davey	2006	Pointers	7.75	6.75	14.50	2nd
Erin Thompson	2006	Springfit	6.75	5.70	12.45	
Alex Julian	2006	Springfit	7.55	6.40	13.95	
Laila Darby	2007	Springfit	6.95	6.70	13.65	
Madison Humphrey	2006	Ellastics	6.50	5.40	11.90	
Ella Darby	2007	Springfit	7.00	6.95	13.95	
Callie Smith	2006	Springfit	7.85	5.05	12.90	
Alex Balch	2006	Springfit	7.75	6.50	14.25	3rd
Lily Andrews	2007	Springfit	6.30	6.70	13.00	

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/competitions/results](http://www.springfit.org/competitions/results) following the event.

# The **SPRINGFIT** Invitational

## FLOOR & VAULT GYMNASTICS COMPETITION

### PROGRAMME

Sunday 17th November 2013

Oakwood Sports Centre, Horley

#### Grades 3-6 Competition commences 4:30pm

#### 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:

3.00 - Content (0.3 for each move)

5.00 - Execution

2.00 – Bonus – 0.5 for performing minimum of 10 specified moves,

1.5 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 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 15. Comprising:

4.50 - Content (0.3 for each move)

7.50 - Execution (0.5 for each move)

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

1.5 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.

First half      Second Half

**Grade 3**

			<b>Floor</b>	<b>Vault</b>	<b>Total</b>	
Lily Edwards	2005	Springfit	6.65	8.40	<b>15.05</b>	
Eleanor Dobson	2003	Pointers	5.70	7.60	<b>13.30</b>	
Edward Brann	2006	Springfit	7.40	7.40	<b>14.80</b>	
Molly Mcgivern	2003	Springfit	6.75	6.80	<b>13.55</b>	
Caitlin Birtchnell	2003	Springfit	7.25	8.05	<b>15.30</b>	2nd
Ella Bailey	2003	Springfit	7.70	8.00	<b>15.70</b>	1st
Amy Wren	2006	Springfit	6.55	7.05	<b>13.60</b>	
Eloise North	2006	Pointers	6.95	8.15	<b>15.10</b>	3rd
Lucy Gutteridge	2001	Pointers	6.00	7.90	<b>13.90</b>	
Aimée Stepney	2005	Springfit	7.15	7.80	<b>14.95</b>	

**Grade 4**

			<b>Vault</b>	<b>Floor</b>	<b>Total</b>	
Isabelle Kavanagh	2002	Springfit	8.00	8.40	<b>16.40</b>	1st
Kirsty Chapman	2001	Springfit	8.10	7.15	<b>15.25</b>	
Ingrid Tiba	2000	Springfit	8.15	7.70	<b>15.85</b>	2nd
Georgia Long	1999	Springfit	8.10	7.35	<b>15.45</b>	3rd=
Holly Mitchell	2003	Pointers	8.35	7.10	<b>15.45</b>	3rd=

**Grade 5**

			<b>Floor</b>	<b>Vault</b>	<b>Total</b>	
Ruby Charlesworth	2005	Springfit	7.25	8.60	<b>15.85</b>	1st
Abbie James	2002	Springfit	7.30	8.25	<b>15.55</b>	2nd

**Grade 6**

			<b>Floor</b>	<b>Vault</b>	<b>Total</b>	
Lucy Pidgeon	2001	Springfit	11.55	9.90	<b>21.45</b>	1st

In categories with less than 5 competitors, there will be fewer podium placings for fairness and a minimum score of 13 (20 for grade 6) must be achieved to earn a winners medal.

Full results will be made available on [www.springfit.org/competitions/results](http://www.springfit.org/competitions/results) following the event.