



# Invitational Gymnastics Competition

## Floor Routine Requirements

There are 6 different levels, or 'grades' of difficulty.

Grade 1 / 2 is recommended for those who train up to 1.5 hours per week. Age 6 +

Grade 3 / 4 is recommended for those who train up to 3.5 hours per week

Grade 5 / 6 is recommended for those established in advanced/squad classes  
or training 3.5hrs + per week.

**Please speak to your coach for advice on which grade to enter at.**

TIME LIMIT: 1½ minutes.      FLOOR SIZE: 8m x 10m approx.      MUSIC: optional (no lyrics)

You must perform 10 moves from the criteria below. Moves can chosen in any order.

### GRADE 2.

Recommended for those who train up to 1.5 hours per week. Age 6 +

Skill	OR (choice)
<i>Gymnast to choose start position (girls only)</i>	
1 Forward roll to straddle stand	Handstand forward roll
2 Shoulder stand (hands on floor)	
3 Backward roll	
4 Dish to arch	
5 Cartwheel	Round-off
6 Star jump	
7 Cat leap	
8 V-sit (piked)	Arabesque
9 Bridge	Head stand (straight legs)
10 Handstand	

### TARIFFS

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 from correct categories

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.