



Invitational Gymnastics Competition

Floor Routine Requirements

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

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

TIME LIMIT: 2 minutes. FLOOR SIZE: 8m x 10m approx. MUSIC: optional (no lyrics)

You must perform 15 moves from the criteria below. Moves can be chosen in any order.

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.

GRADE 6.

Recommended for those established in advanced/squad classes or training 3.5hrs + per week.

Skill			
<i>Gymnast to choose start position (girls only)</i>			
1	Walkover / double leg circle (boys)	14	Full turn jump in tuck shape
2	Handspring	15	Front somersault
3	Backflip	16	Back somersault
4	Backward roll to handstand	17	Arabian Dive roll
5	Straddle Jump	18	Fly spring
6	Handstand full pirouette	19	Elephant lift
7	Round-off	20	Russian lever
8	1.5 turn jump	21	Scissor kick
9	Half lever	22	Handstand double pirouette
10	Handspring to one	23	Valdez
11	Free cartwheel	24	Tinsica
12	Handstand to straddle lever	25	Healy turn
13	W jump		

TARIFFS

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 from correct categories

0.5 for linking 3 jumps/leaps and 0.5 for linking 3 tumblers

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.