



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 1.

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	
2 Bunny hop	
3 Tuck rock to stand	
4 Shoulder stand (with arm support)	Arabesque
5 Teddy bear roll (straddle roll)	
6 Front support to back support	Dish to arch shapes
7 Half turn jump	Star jump
8 Straight jump	
9 One leg balance	
10 V-sit (tucked or piked)	

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.