



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 5.

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

Skill	OR (choice)
<i>Gymnast to choose start position (girls only)</i>	
1 Walkover	
2 Handspring	
3 Backflip	
4 Backward roll to handstand	
5 Round-off	Free cartwheel
6 1.5 turn jump	
7 Split jump	
8 Handstand full pirouette	
9 Half lever	Handstand to straddle lever
10 Handspring to one	

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.