



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

### 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 tumbles

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.