

# SPRINGFIT Invitational

## Gymnastics Competition

### Floor Routine Requirements

## GRADE 2

There are 8 different levels, or 'grades' of difficulty.

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

TIME LIMIT: 1½ minutes. FLOOR SIZE: 7m x 8m approx. MUSIC: optional (no lyrics)

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

GRADE 2	Current 2019
<i>Recommended for those on grades 4-6 of the Springfit syllabus</i>	
1	Tuck roll backwards & forwards to stand
2	Supported shoulder stand held for 5 seconds
3	Front support turn to back support
4	Hold plank on elbows for 5 seconds
5	Roll forward in a straight line to long sit
6	High bunny hop with hips above shoulder height
7	Hold arch and roll to dish, hold both for 3 seconds
8	Jump half turn with secure landing
9	Star jump
10	Tucked V-sit held for 3 seconds

### **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)

- The moves are to be linked using dance steps etc to make a flowing routine covering as much of the floor as possible.

- Points will be deducted for adjusting your hair or clothing.

### **Vault options:**

**Two of the following to be performed on the horse/box broadways:**

Squat on, straight jump off - Tariff 8.00

Squat through - Tariff 9.00

### **Box Heights:**

Born 2012 and later - 3 HIGH (75cm), Born 2011 and earlier - 4 HIGH (100cm)

### **Other information:**

Two vault attempts are allowed. The best score will be chosen and the other score discarded.

Vault heights incur a 0.2 point deduction if lowered. There is no deduction if the vault is made higher.