

SPRINGFIT Invitational

Gymnastics Competition

Floor Routine Requirements

GRADE 3

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 3	Current 2019
<i>Recommended for those on grades 6-7 of the Springfit syllabus</i>	
1	Forward roll
2	Candlestick (unsupported shoulder stand)
3	Cartwheel (side to side)
4	Backward roll to straddle stand
5	Handstand (shown)
6	Straddle "teddy bear" roll
7	3 press ups in front support
8	Scissor kick
9	Cat leap
10	V-Sit held for 5 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.