

SPRINGFIT Invitational

Gymnastics Competition

Floor Routine Requirements

GRADE 4

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 4	Current 2019
<i>Recommended for those on grades 7-9 of the Springfit syllabus</i>	
1	Forward roll to straddle stand
2	Bridge held for 5 seconds
3	Backward roll
4	Front to back cartwheel
5	Handstand forward roll
6	Forward roll showing straight legs during rotation
7	Two consecutive cartwheels
8	Stag leap
9	Jump full twist with a secure landing
10	Arabesque

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 through - Tariff 9.00

Straddle over - Tariff 9.00

Box Heights:

Born 2012 and later - 4 HIGH (75cm), Born 2011 and earlier - 5 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.