

# SPRINGFIT Invitational

## Gymnastics Competition

### Floor Routine Requirements

## GRADE 6

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 6	Current 2019
<i>Recommended for those on grades 10-12 of the Springfit syllabus</i>	
1	Cartwheel on right & step cartwheel on left leg
2	Standing back-flick
3	Backward walkover OR Backward roll to handstand
4	Front limber (handstand bridge to stand) OR Headstand push to handstand
5	Handspring to 2
6	Healy turn
7	Splits
8	Straddle jump
9	Jump 1½ twist with a secure landing
10	Half lever 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:**

Handspring - Tariff 10.0

Handspring ½ off - Tariff 11.0

Handspring full off - Tariff 12.0

### **Box Heights:**

Under 8yrs - 4 HIGH (100cm), Over 8yrs - 5 HIGH (125cm) - based on year of birth. See website.

### **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.