

SPRINGFIT Invitational

Gymnastics Competition

Floor Routine Requirements

GRADE 7

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 7	Current 2019
<i>Recommended for those on grades 12-14 of the Springfit syllabus</i>	
1	Round off, back flick
2	Free cartwheel
3	Handstand full pirouette
4	Straight arms & straight legged backward roll to handstand
5	Handspring to 1 handspring to 2
6	Front walkover OR Chest roll to handstand
7	Round off, Arabian dive roll
8	Split leap (legs 180°)
9	Pike jump
10	Russian lever

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.