

# SPRINGFIT Invitational

## Gymnastics Competition

### Floor Routine Requirements

## GRADE 8

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 8	Current 2019
<i>Recommended for those on grades 13-15 of the Springfit syllabus</i>	
1	Round off, back flick, tuck back somersault
2	Free walkover OR Flyspring
3	Handstand double full pirouette
4	Straight arms & straight legged backward roll to handstand, half pirouette
5	Round off two back-flicks
6	Full twisting dive roll
7	Round off, tuck back somersault
8	Full twisting tuck jump
9	Switch leg leap
10	Elephant lift from straddle 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.