

SPRINGFIT Invitational

Gymnastics Competition

Floor Routine Requirements

GRADE 1

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: NONE

You must perform 10 moves as shown in the order below, in a straight line.

GRADE 1	Current 2019
<i>Recommended for those on grades 2-4 of the Springfit syllabus</i>	
1	Show Straddle sit
2	Rock backwards and forwards from seated tuck position
3	Crab for 3 seconds
4	Front support for 3 seconds
5	Back Support for 3 seconds
6	Hold arch for 3 seconds
7	Hold bent knee dish for 3 seconds
8	Straight jump
9	Tuck jump
10	Balance on one leg bend knee to the front held 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.

- 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:

Under 8yrs - 3 HIGH (75cm), Over 8yrs - 4 HIGH (100cm) - 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.