

Level 1 BRILLIANT BLUES!

Floor

14.00DV

1 x floor strip of 12m long without music.

Acro: Choose three, two must be connected, one must be an independent skill -

Cartwheel, one handed cartwheel, bend back to bridge, kick over, handstand forward roll, forward roll, backward roll to feet (gymnast can choose a squat, pike or straddle stand), round off, handstand

Dance: Choose two (do not need to be connected but can if you wish)

Split leap/jump (gymnast should hit 90 degrees), cat leap, scissor kick, half turn jump, star jump.

Spin: Choose one

Half turn in squat position on 2 feet, half turn spin on one foot (standing), full spin on one foot.

Flexibility: Choose one

Splits (any way), japana, pike fold sitting, bridge, triangle (lay on tummy, push to straight arms and feet to touch head)

Strength: Choose one

1 x full press up (elbows in or out), shoulder stand, dish then roll to arch hold, front support hold.

Notes:

- Total 8 moves to be performed in any order
- Bridge as a flexibility can not be chosen if gymnast is choosing bend back to bridge or kick over as their acro. They can only perform a bridge under one category.
- Moves should be linked via dance and artistry. Bonus of up to 0.5 will be awarded for artistry.

Vault

60cm mat set up

Option 1

Squat on or straight jump. Kick into Handstand flat back 10.00DV

Option 2

Handstand Flat Back 10.50DV

Notes:

- Total of 2 x vaults to be performed.
- Gymnast can choose 2 different vaults or perform the same vault twice.
- Best score to count.

