

Level 2 PERFECT PURPLES!

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, backwards walkover, handstand into bridge and stand up, handstand forward roll, backward roll to pike or straddle stand, round off, handstand, headstand

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

Split leap/jump (must be over 90 degrees), cat leap, cat leap 1/2 turn, scissor kick, half turn jump, full turn jump

Spin: Choose one

Full spin on one foot with toe to knee, full spin on one foot with a straight leg (doesn't need to be horizontal, just straight)

Flexibility: Choose one

Splits (any way), japana, pike fold (sitting or standing), bridge, lay on tummy hold feet above head.

Strength: Choose one

2 x full press ups (elbows in or out), 1 x controlled V-Sit starting and ending in dish shape, straddle lever hold

Notes:

- Total 8 moves to be performed in any order
- Moves should be linked via dance and artistry. Bonus of up to 0.5 will be awarded for artistry.

Vault

90cm T2K box top width ways.

Option 1

Squat on or straddle on. Star jump off to land 10.00DV

Option 2

Squat through or straddle over 10.50DV

Option 3

Handspring 11.00DV

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.

