

Floor - 6 year olds

All 6 year olds

Select 6 elements from the lists below: 4 from list A and 2 from list B

List A

Forward roll

Forward roll to straddle stand

Backward roll to straddle stand

Backward roll feet together

Handstand

Cartwheel

Bridge

Handstand forward roll

List B

Tuck jump

Star jump

Split jump

Cat leap

Jump $\frac{1}{2}$ turn

Jump 1/1 turn

Full spin

Put your elements together in a strip with dance of your choice.

The mat will be 12ms x 2ms.

The routine will score:

10.0 for execution

3.0 marks for elements. ie. 0.5 for each element

1.0 mark for artistry

Floor – 7 and 8 year olds

7 and 8 year olds: Level 2 (easy level)

Use the list and rules for 6year olds

7 and 8 year olds: Level 1 (difficult level)

Select 8 elements from the lists below: maximum of 5 from acrobatic lists

minimum of 3 from gymnastic lists

Acrobatic lists.

Elements for 0.1 each

Forward roll.

Backward roll to straddle stand.

Backward roll feet together

Handstand

Cartwheel.

Bridge.

Elements for 0.3 each

Forward roll to straddle stand.

Handstand forward roll

Backward roll on straight arms to front support.

Handstand drop to bridge and lie down

From two feet skip step cartwheel

Push up to bridge, kick out

Elements for 0.5 each

Backward roll on straight arms to pike stand

Backward walkover.

Roundoff.

Backward roll to handstand.

Tic toc

Handstand to bridge and kick out

Gymnastics Lists

Tuck jump

Star jump

Jump 1\2 turn

Cat leap

Full spin

Sissone

Split jump

Jump 1\1

Split leap

W jump

Cat leap 1/1

Straddle jump

Put your elements together in a strip with dance of your choice.

Remember when choosing your elements go for good technique not difficulty.

The mat will be 12ms x 2ms.

Your routine will score:

14.00 marks for execution which include 1.00 for artistry

(This is to ensure that some of this level get a Gold medal)

Maximum of 4.00 marks for elements

Example of routine

Roundoff (0.5) – backward roll feet together (0.1) - Tuck jump (0.1) – straddle jumps (0.5) – handstand forward roll (0.3) - handstand to bridge and kick out (0.5) – split leap (0.5) – backward walkover (0.5)

There would be dance in between the elements.

You would have 1.4 in acrobatic elements and 1.1 in gymnastic elements so 2.3 in total.

The routine would then be marked out of 16.5.

Floor – 9year olds

9 year olds This group only has one level.

Select 8 elements from the lists below: maximum of 5 from acrobatic lists
minimum of 3 from gymnastic lists

Acrobatic lists.

Elements for 0.1 each

Forward roll.

Backward roll to straddle stand.

Backward roll feet together

Handstand

Cartwheel.

Bridge.

Elements for 0.3 each

Forward roll to straddle stand.

Handstand forward roll

Backward roll on straight arms to front support.

Handstand drop to bridge and lie down

From two feet skip step cartwheel

Push up to bridge, kick out

Elements for 0.5 each

Backward roll on straight arms to pike stand

Backward walkover.

Roundoff.

Backward roll to handstand.

Tic toc

Handstand to bridge and kick out

Gymnastics Lists

Tuck jump

Star jump

Jump 1\2 turn

Cat leap

Full spin

Sissone

Split jump

Jump 1\1

Split leap

W jump

Cat leap 1/1

Straddle jump

Put your elements together in a strip with dance of your choice.

Remember when choosing your elements go for good technique not difficulty.

The mat will be 12ms x 2ms.

Your routine will score:

14.00 marks for execution which include 1.00 for artistry

(This is to ensure that some of this level get a Gold medal)

Maximum of 4.00 marks for elements

Example of routine

Roundoff (0.5) – backward roll feet together (0.1) - Tuck jump (0.1) – straddle jumps (0.5) – handstand forward roll (0.3) - handstand to bridge and kick out (0.5) – split leap (0.5) – backward walkover (0.5)

There would be dance in between the elements.

You would have 1.4 in **acrobatic elements** and 1.1 in **gymnastic elements** so 2.3 in total.

The routine would then be marked out of 16.5.