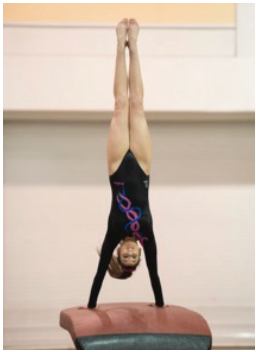


The Mary Rose

Level – Competitive Rose for best ability gymnasts

Age (Ages to go by the competition date) 10-11yrs • 12yrs • 13yrs • 14-15yrs • 16yrs 17 plus

Apparatus



• Vault

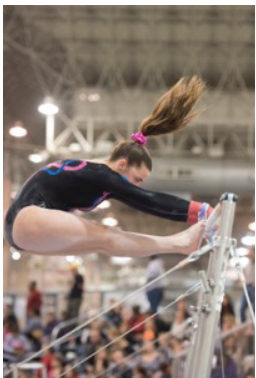
All Vaults may be done. Round off to spring board, flic to table and half turn off (SV 0.4 less than tucked Yerchenko



• Trampette

Trampette same level as run up.

Round off Straight back. SV 8.0 Round off Arabian SV 8.4 round off Twist SV 8.4, Round off 1 ½ and double twists. SV 8.6 and 8.8 Double back 8.9



• Bars

Any bar routine,

Double salto tucked dismounts permitted.



• Tumble

Show 2 tumbles. Any mix

Choose two of the following tumbles or just repeat one twice. Round off Flic Straight back SV 7.5 Round off straight back half turn SV 7.7 Round off flic, full twist SV 8.0 Punch front, round off, flic, tuck SV 8.0 Round off flic, 1½ twist SV 8.4 Punch front round off, flic full twist SV 8.4 Round off flic double twist & Double back SV 8.8 SCC has to be present for twist element and above.



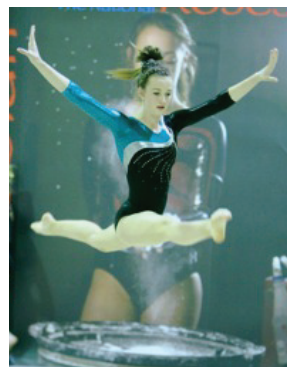
• Beam 1-20

Any beam routine. Roses beam often used as a try out competition. At the end of the day the best routines will be the winners.

Please note that if you wish to place a pad on the beam for a move there is no penalty. If you wish to spot there is a 0.3 deduction.

Connections and free elements may be performed.

Double salto tucked dismounts permitted.



• Roses Challenge

Show a backward roll to handstand (with straight arms), step down.

Then Round off, Straddle jump into immediate rebound and a shushanova