

# The Moss Rose

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## Level

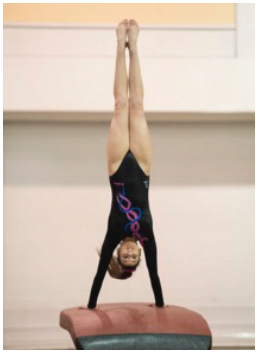
GYMNASTS WHO HAVE COMPETED 4 piece ARE PERMITTED TO ENTER

## Competitive Rose

Age (Ages to go by the competition date) • 7yrs • 8yrs • 9yrs • 10yrs • 11-12yrs • 13-15yrs

## Apparatus

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### • Vault

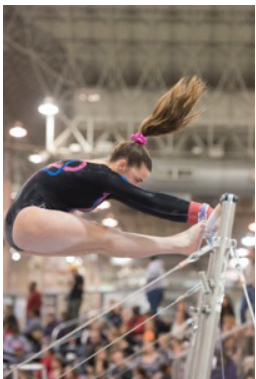
7 and 8 year olds do flat back over the Vault table all other ages do handspring vault. Height may be any.



### • Trampoline

Trampoline is set at same level as run up and flat not tilted

7.6 Round off rebound into stretch backwards to land.  
8.0 Round off Tuck back (maybe spotted with slight deduction)



### • Bars

Pull up circle on the low bar followed by back hip and squat on. Catch the high bar with circle over. Back hip circle on the high bar before straddle shoot dismount.

Sole circle (bent legs will be acceptable) and upstarts on either or both bars will carry a bonus from the judge for each move if performed. Bonus of 0.3



### • Tumble

Show 2 tumble passes

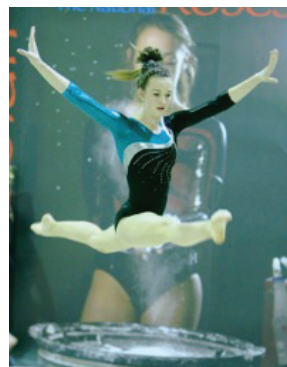
Round off Flic stretch jump, show good landing.

Tuck back salto may be put in for a 0.3 bonus



### • Beam 1-10

Mount Japana. Stretch jump, tuck jump, arabesque balance, half spin and half turn as one move OR (full spin will be a bonus move) Stretch jump half turn OR tuck jump half turn. Show a handstand on the beam (If it reaches 11 o'clock it will be given) Dismount of cartwheel stretch jump backwards to land.



### • Roses Challenge

Raise a leg horizontal in front, keeping the height move it to the side (3 o'clock) then behind before kicking into handstand, forward roll out with straight arms and stand into immediate arabesque.

Back handspring (flick) Bonus 0.7 or a walkover forward or backwards is a bonus move is 0.4 (pad maybe used with slight deduction) Dismount cartwheel Tuck back is a bonus