

The Royal Rose

Level - Intermediate (No Gymnasts below 10yrs)

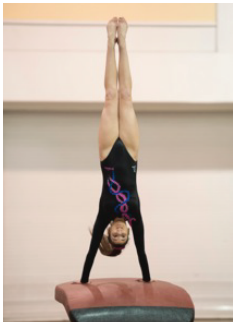
Aimed at those gymnasts high end of recreational and not squad. This is for those gymnasts that really only do gymnastics as say an advanced rec level.

The ideal way of summing up this level is the gymnasts who wants to show a handspring but if she does Tudor Rose will get floored.

**** Those that have been in 4 piece at county and region or grades level 4 upwards are requested to not enter PLEASE. ****

Age catagorys on competition day · 10yrs · 11yrs · 12yrs · 13yrs · 14yrs Plus

Apparatus



• Vault

Any Height.

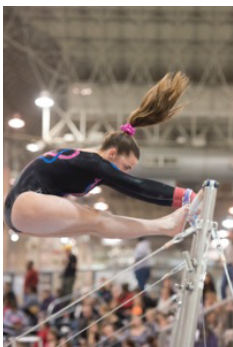
Handspring Vault SV
12-00



• Trampette

(Two Attempts)

Show Front tucked Salto somersault.



• Bars

Pull up over the bar to front support or upstart Show good front support, then squat on and jump to the high bar swinging over into front support or upstart. Back hip circle (low or high bar) and then pike shoot or straddle shoot dismount. Bonus given for an upstart but only one, this means you can do two but a bonus only given once.



• Tumble

Round off flic, rebound straddle OR star jump



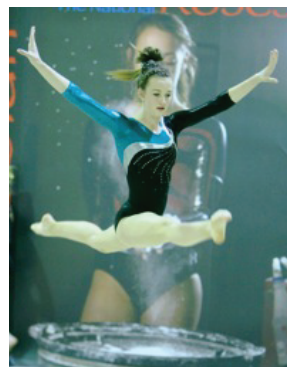
• Beam 1-10

Set routine of the following moves. If a move is beyond the gymnast then they just do not do that move, but a deduction of 0.5 for each move not attempted.

All falls from beam will be 0-3 ONLY
Squat on, 2 dip steps one with each leg. Stretch jump half turn. Tuck jump, Arabesque Balance. Squat

down and half turn, A body wave, round off or handspring dismount.

Bonus moves: Cartwheel, Walkover and Forward roll. Front salto dismount is given as a bonus dismount. Gymnast may do only 2 bonus moves. (pad maybe used with slight reduction) **Routine can be made up in any order and with dance.**



• Roses Challenge

Handstand forward roll with straight arms coming out of the roll with split leg so doing immediate round off with stretch jump then jump half turn & show a 2 second arabesque hold.