

# The Tudor Rose

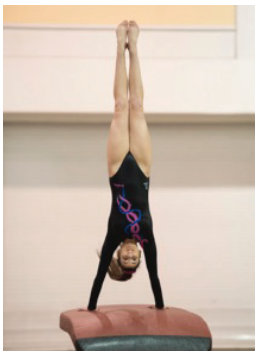
## Level

GYMNASTS WHO HAVE COMPETED 4 piece ARE PERMITTED TO ENTER

## Competitive Rose

Age (Ages to go by the competition date) 7yrs • 8-9yrs • 10yrs • 11-12yrs • 13-14yrs •

## Apparatus



### • Vault

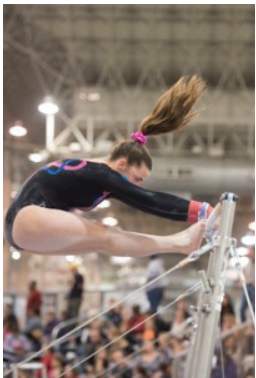
(for 7 year olds any height)

Handspring Vault 1.15 or 1.20 SV 8.0 or ½ on ½ off SV 8.3



### • Trampoline

Front somersault ( 7 year olds only)  
Round off tuck back 7.8  
Round off straight back salto 7.9  
Straight back with full HALF Twist. 8.1  
FULL TWIST 8.2  
Score given over the two runs.



### • Bars

Any bar routine. Please note straddle back over the low bar is accepted as a bonus move, sole circle with bent legs will also be accepted.

Cast to handstand and clear hip circle is a bonus move on bars which gives an extra 0.3 each. Straight back-away is the highest level dismount permitted.



### • Tumble

Show 2 tumbles. Any mix

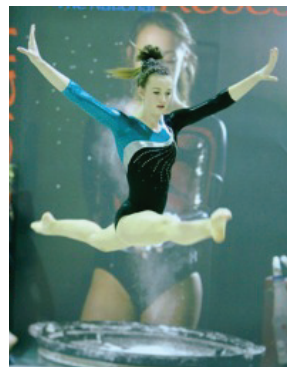
Round off flic rebound Sv 7.4 ( 7 year olds only)  
Round off flic tuck salto. Sv 7.6  
Round off flic straight salto Sv 7.8  
Round off flic straight HALF twist sv 7.9  
Round off flic full twist 8.0



### • Beam 1-20

ONE OF EACH OF THE FOLLOWING MOVES

Any mount. Backward walkover or forward walkover. Split leap or bonus of 0.2 for change leg split leap. Half turning jump stretched or tucked or bonus 0.2 for three quarter turning jump. Free roll or Full spin. Dismount front Salto or bonus 0.4 for Cartwheel or Round off tuck back.



### • Roses Challenge

Show a backward roll to handstand (with straight arms) split legs to step down to stand. Then show a split leap before finishing with a shushanova

Bonus moves: Back flick to 1 or flic to 2 or Round off to stand. (Beam pad may be used on beam and there is no penalty, ( but slight deduction) A fall from beam will be 0.3 (this is to encourage the gymnasts to try the harder moves)

(A THIN BLUE MAT MAYBE USED FOR THE END MOVE)