

The Wild Rose

Level

GYMNASTS WHO HAVE COMPETED COUNTY LEVEL AND ABOVE INCLUDING PAST RETIRED GYMNASTS, ARE STRICTLY NOT PERMITTED TO ENTER

**** This level is advanced recreational gymnasts only. ****

Age (Ages to go by the competition date) · 6yrs · 7yrs · 8yrs · 9yrs · 10-11yrs · 12-14yrs

Apparatus



• Vault

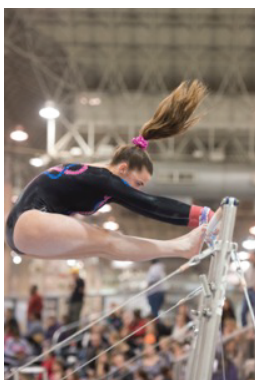
Flatback onto red block with two crash mats on top
(1 mat for 6-7 yr olds)



• Trampette

Same level as run up

The gymnast has two runs. Straddle jump and a full turning stretch jump which is worth an extra 0.2 . Gymnasts that can't perform the full turn well, should just do two straddle jumps.



• Bars

Working on just the low bar. Pull up circle, back hip circle. Show a beat/cast and come back to bar, then cast away from the bar to land on two feet. **OR**
Straddle shoot dismount from the low bar gains a 0.2 bonus



• Tumble

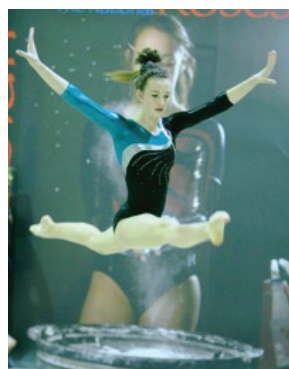
(Only one tumble pass)
Round off rebound into a star jump landing feet together. Jump half turn into immediate Cartwheel. Half turn on toes, falling tree handstand into forward roll with straight arms (if poss) to stand in immediate arabesque.



• Beam 1-10

Two lengths of the beam. Show as many of the following moves, which all carry a 0.5 score.

Squat on mount, Tuck jump, Stretch jump, Cat leap, Jump from two feet to land on one foot, squat down and half turn, Body-wave, a balance and Dismount of any sort. Please fill in gaps with dance.
Bonus Moves - Cartwheel or Walkover
(Only 1 to be completed)



• Roses Challenge

Handstand forward roll to straddle, show one teddy bear roll. Place legs together and lie down. The showing dish shape with arms by ears and legs 2 inches off floor, roll to arch shape... back to dish going back the way you came from. Show a bridge before Tucking into ball roll once then again to stand and present