

WHGC INVITATIONAL GFA GIRLS 2023



Intermediate – Born 2016, 2015, 2014, 2013, 2012, 2011

Gymnastics For All Gymnasts must not train more than 4 hours a week for this competition Routines are set and from 10.00 See East Midlands GFA rules for full deductions.					
	Vault	Bars	Beam	Floor	Trampoline
Apparatus	80cm Block & Mat	A Bars FIG Height	Beam 125cm	Tumble Track or strip of Floor	Trampoline with raised level run up
Requirements	Handstand Flatback 10.00	Set Routine 1. Upward circle 2. Cast 3. Cast Dismount Coach lift to high bar 4. Trolley swing into 5. 3 swings 6. Dismount on 3 rd swing at back. 10.00	Routine to include the following: 1. Squat on mount 2. Acro skill 3. Leap/jump series linked (1 must be a leap) 4. Single leg balance 5. ½ Spin 6. Round off dismount 10.00	Set Routine 1. Handstand forward roll into 2. Immediate Tuck jump 3. Chasse step, cat leap 4. ½ Spin 5. Backward roll to straddle stand 6. ¼ turn to best leg side splits, arms may assist but bring to horizontal to show position. 7. From splits turn to show straddle 8. Join legs together, lie down and push to bridge 9. Lie back down rock to stand or Kickover 10. Jump step round off, jump ½ turn step out into cartwheel (front to back) 10.00	Set Routine 1. Run and straddle Jump 2. Run and pike Jump 3. Run and ½ Turn Stretch Jump 10.00
Notes	No other vault permitted	No other elements permitted	Leaps Jumps & Balances Stretch Jump, Tuck Jump W jump, Cat leap, Split leap, Split Jump, Arabesque, Y Balance		No other elements permitted
	2 attempts best score to count	1.0 deduction for each missing element 1.0 deduction for coach assistance	Acro Skills Forward Roll Handstand Cartwheel Walkover (Forward or back)	1.0 deduction for missing element	
Bonus Only awarded without a fall				0.5 for kickover from the bridge.	

