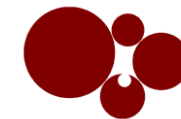


# DEERNESS FLOOR COMPETITION



## Intermediate Section

This category allows gymnasts to select their own elements from those listed and encourages them to add in basic choreographic skills such as a start and finish position, linking steps and hand gestures.

### Intermediate Rules

Routine to consist of one move from each of the six categories

Routine to be performed on a strip of mats 12m long by 2m wide. Gymnasts may change direction and start at any point within the boundaries of the strip.

Routine to begin with a starting position of gymnast's own choosing

Routine to end with a finishing position of gymnast's own choosing

Any fall will incur 0.5 deduction

Any missing elements will incur a loss of 1 mark. A break down in the middle of the tumble run will void the run from that point on, each missing element will be deducted 1 mark.

Entry and exit into and from a move is optional eg splits could be arrived at from elbow walkover or bridge could come from a drop back to position and then exited with a kick out, etc.

Up to 2 marks will be awarded for presentation (flow of exercise, amplitude throughout, originality and inventiveness of start and finish positions and style)

Routines must last no more than 90 seconds. Any exercise lasting longer than 90 seconds will incur a loss of 0.5.

## INTERMEDIATE 1

BALANCE	CHOREOGRAPHY	AGILITY	FLEXIBILITY	STRENGTH	TUMBLE SERIES
Simple one foot stand lifted leg bent	Star jump	Forward roll	Japana	Front support turn to rear support	Forward roll walk out, cartwheel, cartwheel
Simple one foot stand lifted leg straight	Tuck jump	Backward roll	Standing Lumbar fold	Shoulder stand	Round off, stretch jump backward roll
Arabesque	Forward cat leap	Handstand to forward roll	Bridge	Elephant lift to headstand	Round off, half turn walk out, cartwheel
Y scale	Full turn jump	One arm cartwheel	Splits right or left leg	Mushroom hold	Round off, flic, stretch jump
Half flag pole	Split leap	Walkover forward or back ward	Box splits	Straddle hold or L lever	Handspring, dive forward roll, star jump
		Backward roll to straddle			

## INTERMEDIATE 2

BALANCE	CHOREOGRAPHY	AGILITY	FLEXIBILITY	STRENGTH	TUMBLE/FLIGHTED ELEMENT
Needle Scale	Straddle jump	One handed walkover forward or backward	Bridge with leg lifted	Elephant lift to handstand	Round off flic
Chest Balance	Split leap	Elbow walkover to splits	Splits right or left leg with foot on shoulder at back	Mushroom hold	Cartwheel flic walk out
Handstand 360 turn	360 spin	Backward walkover to box splits	Box splits	Straddle hold or L lever	Free cartwheel
Y scale	Full turning cat leap	Valdez		2 x press up	Handspring to 1 foot immediate handspring to 2 feet
	Split leap change leg	Handstand forward roll pike to stand		2 x V sit	Round-off, cartwheel, 1-arm cartwheel
	Side leap				Forward roll walk out, cartwheel, round-off