

## Deerness Gymnastics Academy Novice Sets 2012

### Levels 1,2,3

This category is aimed at novice gymnasts and those who perhaps just train for an hour or two a week. There are 3 levels starting with level 1 and advancing to level 3. Gymnasts may enter the same category as the previous year but we suggest for the development of individuals that if they received a medal in last year's competition that they would do well to progress to the next stage, however, this will be left entirely to the coach's discretion.

Routines will be marked out of 10.00 marks.

Balances and stands should be held for 3 seconds, flexibility elements eg japana, bridge and splits ought to achieve a static position before the gymnasts exits.

Gymnasts should be encouraged to show maximum amplitude throughout their exercise and try to make their routine flow smoothly.

Gymnasts should present before and after their routine to the judging panel.

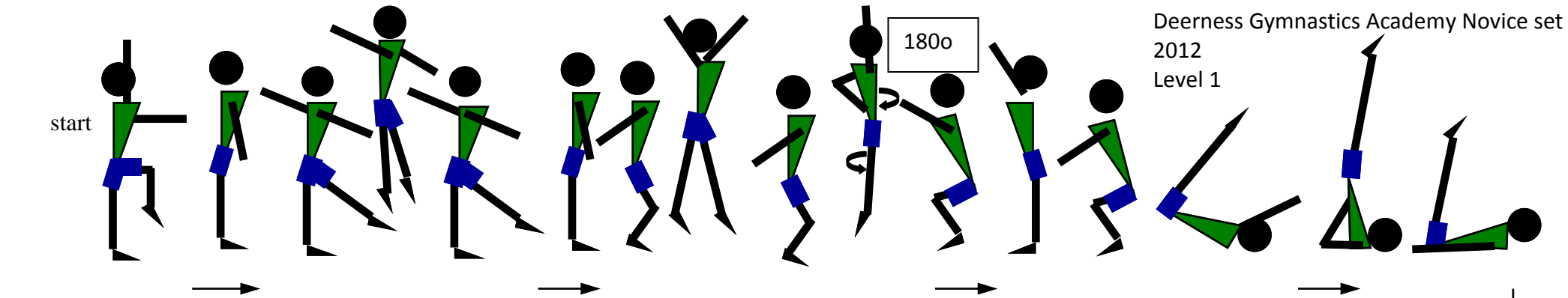
The main thing in the novice section is that gymnasts have a go and we will be delighted to welcome as many new gymnasts as possible into the competition arena!!

Please note slight changes to Novice Set 1,2 and 3 Cartwheel may now finish sideways or in a lunge.

Novice 3 first balance may now be Y scale or Arabesque

start

180o



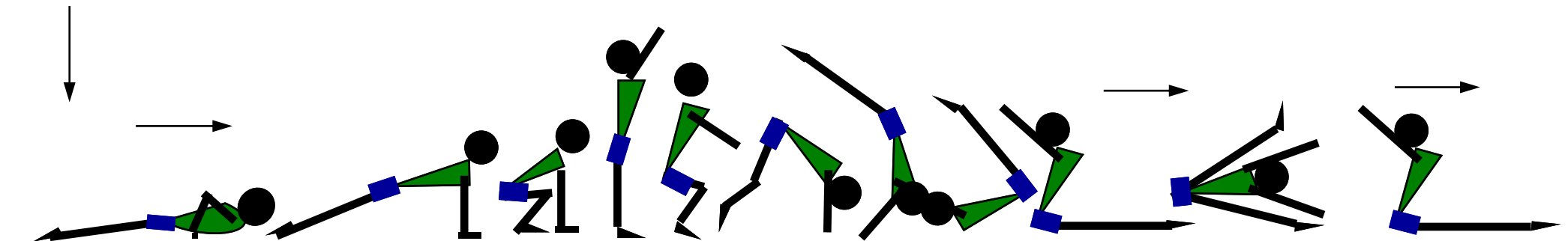
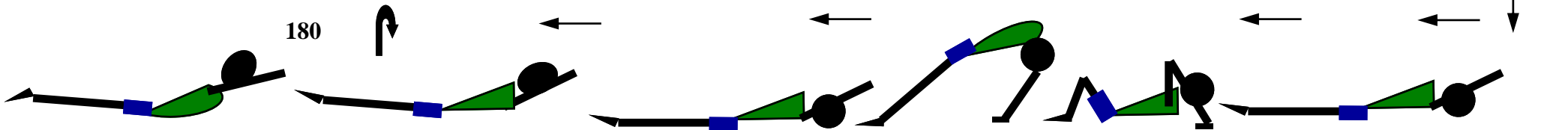
1. one foot stand

chasse step join feet together

2. star jump into half turn jump

3. roll back to shoulder stand

180



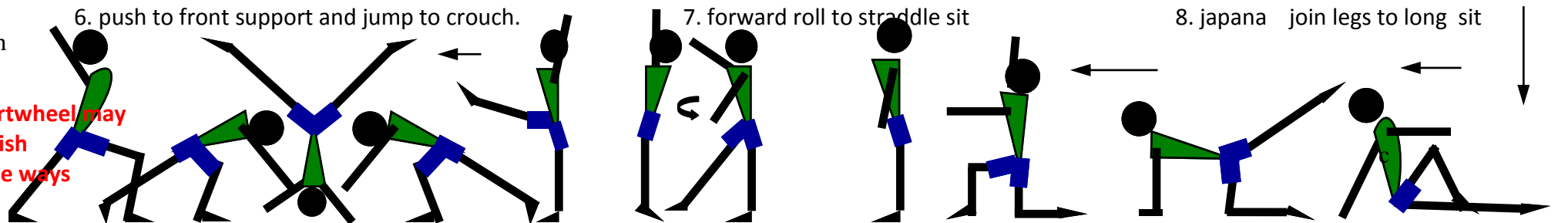
6. push to front support and jump to crouch.

7. forward roll to straddle sit

8. japan join legs to long sit

finish

Cartwheel may  
finish  
side ways



10. cartwheel 1/4 turn in and out to finish in lunge  
Or to finish side ways

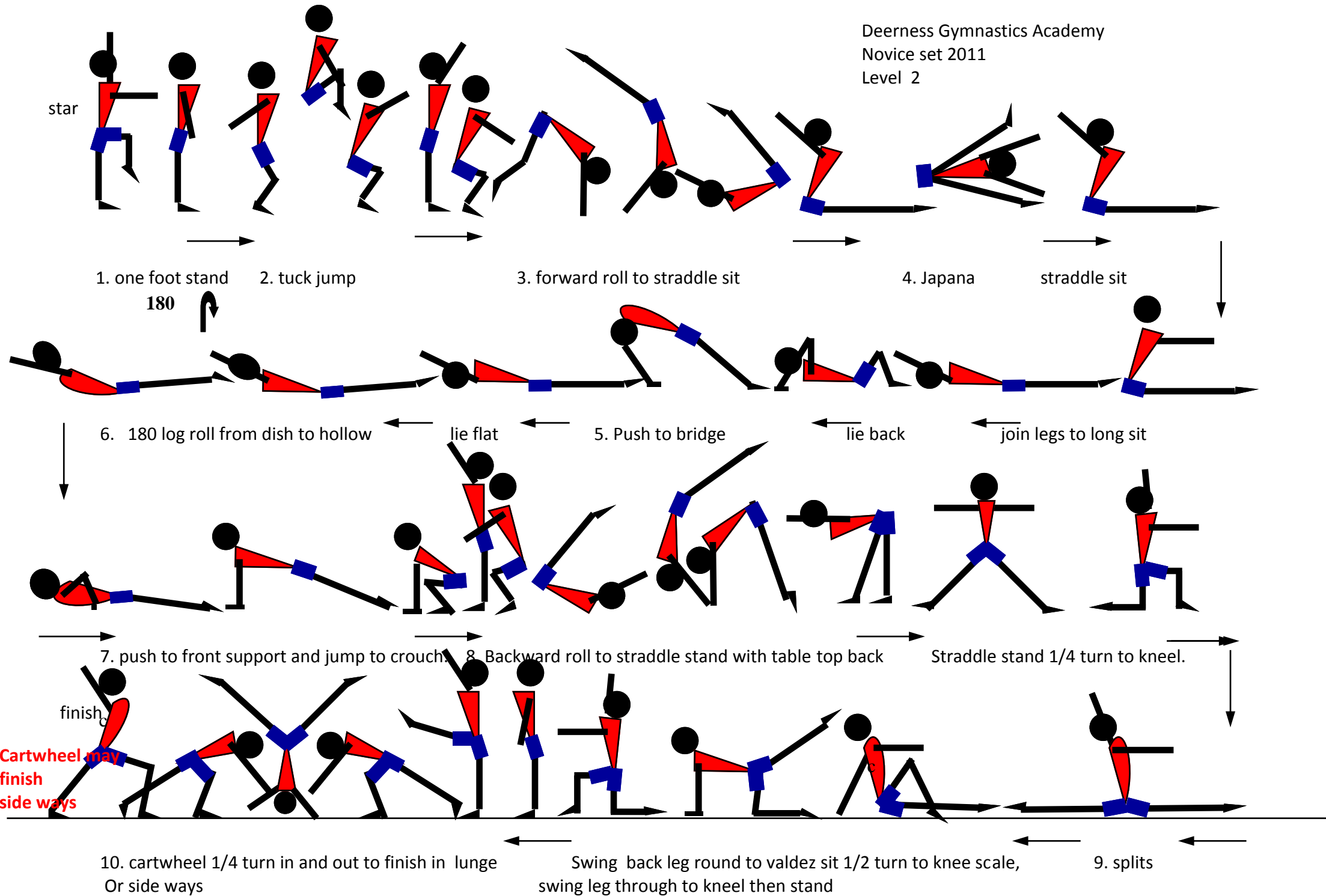
step half turn

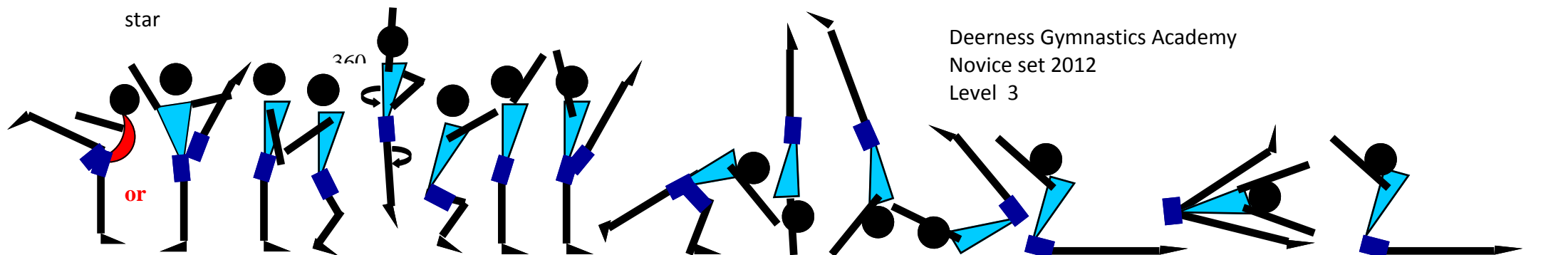
swing leg through to kneel

9. knee scale  
to stand

valdez sit, half turn roll

star





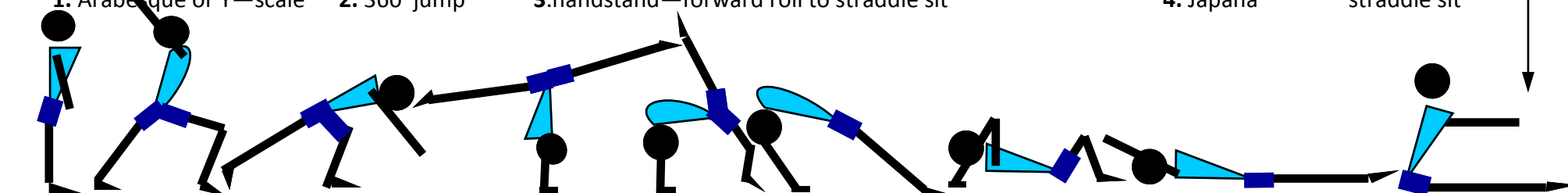
1. Arabesque or Y—scale

2. 360 jump

3. handstand—forward roll to straddle sit

4. Japan

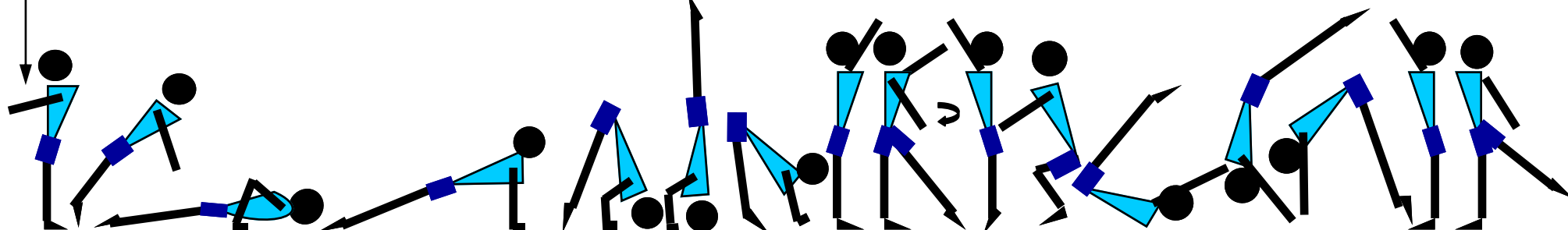
straddle sit



Kick over through split handstand to lunge

5. Push to bridge

Tie back join legs to long sit



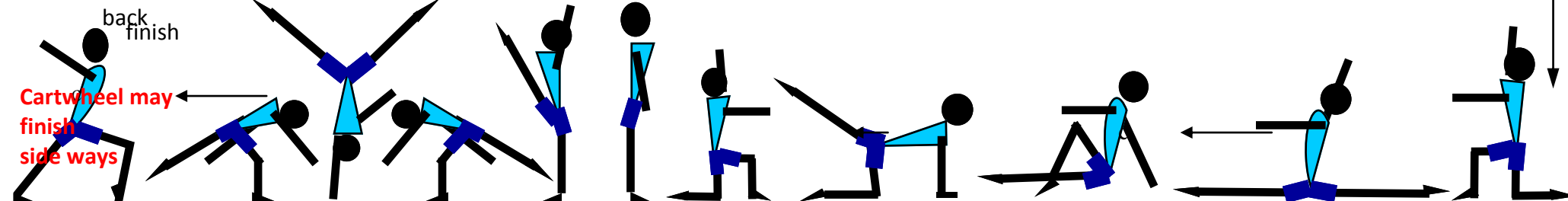
6. Drop to prone show front support slide legs through pike

7. headstand

step with 1/2 turn

8. Backward roll to pike stand

step



10. one arm cartwheel 1/4 turn in and out to finish in lunge Swing back leg round to valdez sit 1/2 turn to knee scale, 9. splits Or side ways

kneel

swing leg through to kneel then stand