

DEERNESS FLOOR COMPETITION Intermediate Section 2022

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 out of 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.

Flighted elements in Intermediate 2 maybe linked to another element eg cartwheel flic walkout or round off flic walkout in such cases the entry move will be marked and could incur deductions for amplitude, style, technique, etc. If the flighted element is linked to an element from within the six categories eg backward walkover flic walkout or forward walkover free cartwheel then each element will be marked on it's own merit and the link will be judged rather than a dead finish eg static lunge from a back walkover.

There is a deliberate overlap of elements between Intermediate 1 and Intermediate 2 to allow for and encourage progression through the competition structure whilst enabling gymnasts to develop at their own pace.

INTERMEDIATE LEVEL 1					DEERNESS GYMNASTICS ACADEMY 2022
					V. COPELAND
AGILITY	BALANCE (2secs)	CHOREOGRAPHIC	FLEXIBILITY (2secs)	STRENGTH (2secs)	TUMBLE/FLIGHTED ELEMENTS
Piked Backward Roll	Table-top Stand	Stretch Jump	Straddle Sit with Good Posture	Front Support	Forward roll, 180 turn jump, Backward Roll
Backward Roll to Straddle Stand	Simple One Foot Stand leg lifted Bent	Star Jump	Japana	Rear Support	Cartwheel, side chasse, Cartwheel
Handstand Forward Roll	Simple One Foot Stand leg lifted Straight	Tuck Jump	Sitting Pike Fold	Piked V sit hands off floor	Round off, stretch jump, Backward Roll
Cartwheel to Kneel	Arabesque	Cat Leap	Bridge	Straddle sit leg lift, hands flat, bottom on floor	Round off, 180 turn jump, Forward Roll
Backward Walkover	Y scale	180 turn Jump	Splits (right, left or box)	Shoulder stand, hands on hips	Round off, 180 turn jump, Cartwheel
Forward Walkover		180 turn spin		Straddle or L lever	

INTERMEDIATE LEVEL 2					DEERNESS GYMNASTICS ACADEMY 2022
					V. COPELAND
AGILITY	BALANCE (2secs)	CHOREOGRAPHIC	FLEXIBILITY (2secs)	STRENGTH (2secs)	TUMBLE/FLIGHTED ELEMENTS
Handstand Forward Roll	Simple One Foot Stand leg lifted Bent	Star Jump	Japana	Front Support turn to Rear Support	Round off, 180 turn jump, Cartwheel
Backward Roll to Handstand	Simple One Foot Stand leg lifted Straight	Tuck Jump	Sitting Pike Fold	Piked V sit hands off floor	Round off, Back Flic
Backward Walkover	Arabesque	Cat Leap	Bridge	Straddle sit leg lift, hands flat, bottom on floor	Flic Walkout
Forward Walkover	Y scale	Split Leap	Bridge with leg lifted	Shoulder stand, hands on hips	Free Cartwheel
One Arm Backward Walkover	Needle Scale	360 turn Jump	Splits (right, left or box)	Straddle or L lever	Handspring
One Arm Forward Walkover	Chest Balance	360 turn Spin		Elephant Lift to Handstand	Handspring
One Arm Cartwheel to Kneel	Headstand	Straddle Jump			

