

BURY SPECTRUM

BEGINNERS COMPETITION

VAULT

Marked out of 10

Three Sections of Box

- 1) Squat on immediate straight Jump off
- 2) Through Vault
- 3) Straddle Vault

Sections

To be judged on the following Sections

Run up / Springboard jump / extension in first flight / Lift off top/ extension in second flight/ length/height

BARS

Marked out of 10.00 Low Bar

- 1) Jump off block or 1 or 2 springboards to front support (Good technique)
- 2) Show Front support for 2 secs (straight arms /straight legs/ pointed toes/ stretched body)
- 3) Cast back to bar (Legs under cast back to bar no extra swings)
- 4) Circle down to hanging pike (under control)
- 5) Hold pike shape for 2 sec (straight arms /legs/pointed toes)
- 6) Lower legs to floor under control

BEAM

Marked out of 10 .5 deduction for each missing move Full length floor beam (5 Metres)

Skills to be performed over 2 lengths of beam linked with dance moves

Step onto beam showing good control and stretch

- 1) Side lunge
- 2) Arabesque
- 3) Straight jump
- 4) Cat leap
- 5) Half turn on toes
- 6) Star jump off to land

FLOOR

Marked out of 10

Music less than 60 sec 6 Moves to be performed .5 deduction for each missing move

2 of the following forward roll / Backward roll / Cartwheel / Round off (any exit in rolls)
3 of the following cat leap / tuck jump / scissor leap / jump ½ or 1/1 turn /
1 hold balance on one leg / straddle or pike half lever / Bridge / Splits.