

Elite Level 6 - 2011 ONLY

ENTRY REQUIREMENTS	Only gymnasts born in 2011 may enter this level.		
GENERAL	<p>All routines must include the Set skills as listed below: Bars MUST be performed in the set order as outlined All routines will have a DV of 4.0 - except where bonus is awarded</p>		
Vault	TWO VAULTS - best to count	APPARATUS	BONUS
	- Tuck front somersault to land and fall to tummy	30cm safety mats - with an additional 20cm safety mat for the fall to tummy MUST use Yurchenko surround	0.5 awarded for performance of the vault with LESS THAN 1.0 DEDUCTIONS
Bars	METAL BAR ROUTINE	APPARATUS	BONUS
	<p>(must be performed in this order) 1. Dish hold (3 secs) return to straight hang 2. Arch hold (3 secs) 3. Chin Up 4. Circle over to front 5. Cast in a dish shape 6. 5 x Swings forwards and backwards showing good body alignment</p>	Single metal bar	
Beam	CR's	APPARATUS	BONUS
	<ul style="list-style-type: none"> - pike lever HOLD - 1/2 Spin to land on toes - Kick to Split handstand (SHOW position) - Cartwheel - Straight Jump - Tuck jump - Split jump with min 135 split - Any dismount permitted 	Apparatus as per FIG with the option of an additional 20cm safety mat under the beam if required	AWARD 0.5 for performance of Backward Walkover where both feet land on the beam AWARD 0.3 if the straight jump and Tuck jump are connected
Floor	CR's	APPARATUS	BONUS
	<ul style="list-style-type: none"> - Round off Flic - Handspring OR Free Cartwheel - Split Leap immediate Hop with leg above horizontal - Full Spin - Straight Jump into EITHER W, Split OR Straddle Jump - Cat Leap immediate Carthwheel 1/4 turn to lunge 	Floor Area as per FIG	