

Mardi Gras Fun Meet Requirements 2010

	Blue	Turquoise	Silver
Vault	<ul style="list-style-type: none"> • Handspring to back [No Table Vault] <p>Mats: Argo / Tyro 100 cm + 5 cm Mats: Novice / Open 125 cm + 5 cm</p> <p>Mini trampoline and board</p>	<ul style="list-style-type: none"> • Handspring to land on back <p>Mats: Argo / Tyro 100cm + 5 cm Mats: Novice / Open 125 cm</p> <p>Mini tramp</p>	<ul style="list-style-type: none"> • Handspring to back (stacked mats) <p>Mats: Argo / Tyro 110 cm – 125 cm Table Vault: Novice / Open 125 cm</p> <p>Board only</p>
Bars	<p>5 Required elements- 0.5 each</p> <ol style="list-style-type: none"> 1. Pullover [may be performed 1 leg step kick]no deduction 2. Cast –hips off bar [straight body] 3. Back hip circle 4. Cast – hips off bar 5. Straddle or pike sole circle dismount <p>*All elements performed on low bar</p>	<p>6 Required elements – 0.5 each</p> <ol style="list-style-type: none"> 1. Pullover [perform 1 leg step into – 0.3 deduction] 2. Cast , feet at bar height 3. Back hip circle 4. Climb onto low bar and catch high 5. Chin up pullover (assisted) 6. Pike or straddle sole circle dismount <p>*no deduction for spotting chin up pullover or standing on mat during bar transition.</p>	<p>6 Required elements –0.5 each</p> <ol style="list-style-type: none"> 1. Pull over mount (2 feet together) 2. Cast to horizontal (angle measured by line shoulder feet) 3. Back hip circle 4. Cast to straddle or tuck on to high 5. Long hang swing pull over 6. Cast straddle or pike sole circle dismount
Beam	<p>6 Required elements –0.5 each</p> <p>Height: Argo / Tyro 110 cm Height: Novice / Open 125 cm</p> <ol style="list-style-type: none"> 1. Any mount 2. Pivot turn 3. One gymnastics A leap or jump 4. Forward roll to stand 5. Handstand to lunge (can be spotted) 6. Roundoff dismount <ul style="list-style-type: none"> • No deduction for spotting handstand to lunge 	<p>6 Required elements – 0.5 each</p> <p>Height: Argo / Tyro 110cm Height: Novice / Open 125 cm</p> <ol style="list-style-type: none"> 1. Any mount 2. 2 different gymnastic A leap/jump 3. Cartwheel to lunge 4. Pivot turn on toes 5. Handstand to lunge 6. Dismount: Roundoff or Front handspring 	<p>6 Required elements –0.5 each</p> <p>Height: Argo / Tyro 110 cm Height: Novice / Open 125 cm</p> <ol style="list-style-type: none"> 1. Any mount 2. Cartwheel 3. Dance Series: 2 diff. jumps or leaps. Both must be FIG A or developmental A. 4. Handstand [must be within 10* to be credited] 5. ½ turn on one foot to immediate pivot 6. Dismount: roundoff or front handspring

Floor	Max time 60 secs Music on cd - Music optional	Max time 60 secs Music on cd - Music optional	Max time 60 secs Music on cd - Music optional
	<ol style="list-style-type: none"> 1. Step 1/1 turn 2. Leap/ jump series of 2 gymnastic A elements 3. Handstand hold for 3 seconds (exit optional) 4. Stag leap or stride leap 5. Cartwheel to roundoff acro series 	<ol style="list-style-type: none"> 1. Full turn on one foot 2. Leap series of 2 gymnastic A elements 3. Walkover or tictoc 4. Handstand forward roll out (handstand held for 2 sec) 5. Acro series (min. 2 elements, one being a roundoff) 6. Stride leap to min. 90° split 	<ol style="list-style-type: none"> 1. Full turn on one foot 2. Leap series of 2 gymnastic A elements 3. Walkover or tictoc (can be in series) 4. Acro Series: minimum 2 elements. 1 flight element 5. 2nd Acro Series: must have a non repeated element to receive credit. 6. Stride leap min. 135° split [can be part of series]

Evaluation

***Only one repetition per routine on floor routine. Repeat of a skill on bars & beam only due to a fall. Execution deductions only. No deduction for lack of music.**