**Regional Level 1**

The whole routine should flow and not be too slow (or fast) and should not stop/start throughout.

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|  | **Move** | **Pointers** |
| **Move 1**  **Value 2.0**  **(1.0 each)** | **Half turn jump, half turn jump, star jump** | * Start position is optional. * Gymnasts perform a half turn jump, immediately followed by another half turn jump and then an immediate star jump. * These should be three fluid moves with no stops. * The half turn jumps should be straight up and show a clear flight from the floor. * The star jump should be a complete star shape before landing with feet together |
| ***Link*** |  | * Base forward rolls to lie flat * Top Steps with a turn to stand ready for balance * The entry into balance optional (see below) |
| **Balance 1**  **Value 1.0** | **Parallel Bunk Bed Balance** | * Top can enter the balance from one side or from standing astride the base * Must be held for 3 seconds * To exit base spreads legs so top can forward roll out to stand, base then rocks to shoulder stand and immediately down to stand (base does not have to hold the shoulder stand – it should be a fluid movement) |
| ***Link*** |  | * Both step *forward* on to one knee and then stand *back* up to stand (not forward to stand). * This should be a fairly fluid movement – down/up - the kneel position shouldn’t be held. |
| **Move 2**  **Value 2.0 (1.0 each)** | **Forward roll to straddle sit** | * Must land in straddle sit not land then straddle * This move can start from a crouch into the roll but must straighten legs to push over * Toes pointed, legs and back straight – arms parallel to legs |
| ***Link*** |  | * Both bring legs together in pike sit then swing legs outward to finish in front support (fluent move and doesn’t need to be held), * From front support jump to crouch and stand. * *This should all be one fluid movement – can hesitate at the front support but not hold it for any length of time (it’s not a “balance”)* |
| **Balance 2**  **Value 1.0** | **Arabesques** | * Must be linked by inside arm (not holding hands) * Must be held for 3 seconds * The back leg should be parallel to the floor * Upper torso can be parallel to floor or upright (as in picture) |
| ***Link*** |  | * *Step half turn to stand – should now be facing back the way they came* |
| **Move 3**  **Value 2.0**  **(1.0 each)** | **Straight legged forward roll to stand** | * Must start from standing and have straight legs into the roll * If legs not straight into roll this is a serious technical deduction |
| ***Link*** |  | * *Base jumps down onto knees – hands should be used for this to avoid knee damage* * *Top then walks to stand in front of base* |
| **Balance 3**  **Value 1.0** | **Kneeling Counterbalance** | * Must be held for 3 seconds * Must be gripped at wrists, NOT hands or up the arms. * Arms must be fully extended and straight * Ideally tops feet should be as per picture (not too far up the legs) * Base’s bottom should be on their heels * Both should be leaning in the counterbalance, not just one |
| **Finish** | **Finish Position optional** | * Must be simple and not include a balance or lift. |