**Regional Level 2**

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)** | **Tuck jump, half turn jump, star jump** | * Start position is optional but are facing away from the main matting * Gymnasts perform a tuck jump, immediate half turn jump and then immediate star jump * These should be three fluid moves with no stops. * The tuck should be knees pulled to chest – not feet to bottom. * The half turn jump 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 full turn to stand ready for balance |
| **Balance 1**  **Value 1.0** | **Bunk Beds / Baby Balance** | * Entrance into balance is optional * Must be held for 3 seconds * Tops hands should be on the knees * Base should hold top on the lower leg between the knees and ankles * Top’s bodyline should be straight * 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 valdez sit turn to knee scale** | * The roll must be smooth and end in the Valdez sit – not land and then take up the Valdez position * **Stop briefly** (less than a second) then turn to the knee scale * Ideally they should turn onto the knee that is raised in the Valdez sit * *The Valdez sit should only be held* ***briefly*** *before turning – it should be fairly fluent from the roll to the knee scale, not stop at any stage and neither should be held as if a balance …. They should simply be “shown”* |
| ***Link*** |  | * From knee scale swing raised leg forward to kneeling position, then stand. * Both side step apart * *Gymnasts should now be facing back towards their start position.* |
| **Move 3**  **Value 2.0**  **(1.0 each)** | **Backward roll to straddle stand** | * Push up from floor and straight arms * Open legs from straight or tucked position halfway through the roll * Finish in straddle with a good posture * They can be at right angles (ie bent at hips with torso parallel to the floor) or upright (as picture) * Jump feet together to stand |
| ***Link*** |  | * Both step quarter turn to face each other * *They should now be sideways on to their start* |
| **Balance 2**  **Value 1.0** | **H-balance / Supported handstand** | * Must be held for 3 seconds * Base should be stood straight with arms at right angles and parallel to the floor while supporting the handstand * Tops arms should be straight and shoulder width apart when stepping into the lunge prior to the handstand * Handstand should be balanced and straight, toes pointed * Both exit to lunge position |
| ***Link*** | ***Side Chasses*** | * Both gymnasts *still facing each other,* perform a side chasse back towards their original start position * Both now swivel on their lead leg so that are back to back and perform a second chasse in the same direction * *Ie this is one fluid movement: chasse, swivel, chasse.* * Both gymnasts turn round to face each other again |
| **Balance 3**  **Value 1.0** | **Counter-balance** | * 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) * Dismount and step into lunge position to finish **any finish position** |
| ***Alternative* Balance 3** | ***A Deduction of 0.3 is made if doing this alternative balance*** | * 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) Top can face either direction * Base should lift their bottom off their heels to approx. 45° angle * Both should be leaning in the counterbalance, not just one |