



**JOIN US THIS WINTER AT OUR 27<sup>th</sup> TAISO CUP**  
FEBRUARY 16-18, 2018  
TAISO Gymnastics Training Centre  
133 First Lake Drive, Lower Sackville, Nova Scotia

**Invitation for Non Competitive Female Gymnasts: Advanced Recreational – Pre Competitive**

This year we will be hosting our 27<sup>th</sup> Annual TAISO Cup. The competition will feature Individual Competition for all levels of female gymnastics from Intermediate to Junior Olympic Level 10.

➤ **REGISTRATION DEADLINE - January 16<sup>th</sup>, 2018.**

Paid registrations are received on a first come first served basis.

Clubs are considered entered in TAISO Cup only when paid registration is received.

One cheque per club, payable to TAISO Gymnastics Training Centre

Entry fees: Non Competitive Gymnastics - \$40.00

Entry fee includes a TAISO Cup Memento.

**AVOID DISAPPOINTMENT - REGISTER EARLY!**

➤ **Please send Registration forms and cheque to:**

TAISO Gymnastics Training Centre  
133 First Lake Drive  
Lower Sackville, Nova Scotia  
B4C 3J9 Attn: Michelle DeBay

➤ **Schedule will be sent to all clubs by January 22, 2018.**

Gymnasts may perform on one to four of the gymnastics events with required elements (see attached list of skills). This is not a high pressure meet, but one organized to give each gymnast an opportunity to perform and meet gymnasts from other clubs around the province. 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Place Ribbons will be given out and all participants will receive certificates.

Parents, friends, relatives are more than welcome and urged to attend.  
There will be an admission fee of \$2.00 per person.

If you have any questions, please email the office at [taiso.gymnastics@ns.aliantzinc.ca](mailto:taiso.gymnastics@ns.aliantzinc.ca)

Thank you.  
Michelle DeBay  
TAISO Gymnastics, General Gymnastics Director





**2018 TAISO CUP NON COMPETITIVE COMPETITION  
(For Advanced Recreational or Pre Competitive Gymnasts)  
REQUIRED ELEMENTS INCLUDED IN AN OPTIONAL ROUTINE**



	VAULT	BARS	BEAM	FLOOR
<b>Optional Routines</b>	<p><b>Vault Height – 105cm</b></p> <p>Two Vault Options:</p> <p>~ Handspring to Feet</p> <p>~ Handspring flatback 105cm table &amp; stacked mats</p> <p>** A 10cm mat can be placed over the table end to prevent gymnast from landing on it</p>	<p><b>Choose min. 5 Skills from the list below (First 3 skills are mandatory):</b></p> <p>~ Kip or Pull over mount (2 legs)</p> <p>~ One cast – feet at bar</p> <p>~ Back hip circle or Front hip circle – LB or HB</p> <p>~ Basket Swing or Mill Circle</p> <p>~ Squat on jump to catch HB</p> <p>~ Long Kip or Swing Pull over</p> <p>Dismount: 3 options</p> <p>~ Underswing from LB with or without feet</p> <p>~ Underswing from HB with or without feet</p> <p>~ Swing ½ turn off HB</p>	<p><b>Choose 5 Skills from the list below: Beam Height – 105 cm</b></p> <p>~ Mount: Scissor Kick or Squat On</p> <p>~ Turn: ½ turn – pivot turn or 1/1 turn</p> <p>~ Dance Series: 2 Leaps / Jumps, must be different</p> <p>~ Acro Element: Handstand, Cartwheel, or Walkover</p> <p>~ Dismount: Handstand ¼ turn, Roundoff or Front handspring</p> <p>**Pre Comp Only – may do Aerial or Salto dismt</p>	<p><b>Routine to include the following list of skills:</b></p> <p>~ Turn: 1/1 turn on 1 foot</p> <p>~ Dance Series: 2 different leaps, directly connected</p> <p>~ Handstand Skill: any skill that shows a “marked” handstand (legs must be together in handstand)</p> <p><b>Examples: Handstand roll</b></p> <p><b>Handstand to bridge</b></p> <p><b>Backward roll to Handstand</b></p> <p>~ Cartwheel or Walkover (any variation)</p> <p>~ Acro series: 2 or 3 acro elements directly connected, one being a roundoff</p> <p><b>Examples: Round-off, back roll</b></p> <p><b>Cartwheel, round-off</b></p> <p><b>Round-off, back handspring ( or x2)</b></p> <p><b>**Pre Comp Only – may do R.off, bhd, back tuck – may do front tuck</b></p>
			<p><b>Maximum – two lengths of beam.</b></p> <p>Optional choreography can be included.</p>	<p><b>Maximum – two lengths of floor</b></p> <p><b>– NO diagonal use.</b></p> <p>Optional Music / choreography can be used by more than one gymnast.</p>

**1<sup>st</sup> Place Ribbon ----- 2<sup>nd</sup> Place Ribbon ----- 3<sup>rd</sup> Place Ribbon**

**No Event or Overall Scores Given**