



**2018 TAISO CUP INTERMEDIATE / SENIOR COMPETITION
REQUIRED ELEMENTS INCLUDED IN AN OPTIONAL ROUTINE**



	VAULT	BARS	BEAM	FLOOR
Optional Routines	<p>Vault Height – 105cm</p> <p>Two Vault Options:</p> <p>~ Handspring to Feet</p> <p>~ Handspring flatback 105cm table & stacked mats</p> <p>** A 10cm mat can be placed over the table end to prevent gymnast from landing on it</p>	<p>Choose min. 5 Skills from the list below (First 3 skills are mandatory):</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>Choose 5 Skills from the list below: Beam Height – 105 cm</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>**Senior Class Only – may do Aerial or Salto dismt</p>	<p>Routine to include the following list of skills:</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>Examples: Handstand roll</p> <p>Handstand to bridge</p> <p>Backward roll to Handstand</p> <p>~ Cartwheel or Walkover (any variation)</p> <p>~ Acro series: 2 or 3 acro elements directly connected, one being a roundoff</p> <p>Examples: Round-off, back roll</p> <p>Cartwheel, round-off</p> <p>Round-off, back handspring (or x2)</p> <p>**Senior Class Only – may do R.off, bhd, back tuck – may do front tuck</p>
			<p>Maximum – two lengths of beam.</p> <p>Optional choreography can be included.</p>	<p>Maximum – two lengths of floor</p> <p>– NO diagonal use.</p> <p>Optional Music / choreography can be used by more than one gymnast.</p>

1st Place Ribbon ----- 2nd Place Ribbon ----- 3rd Place Ribbon

No Event or Overall Scores Given