



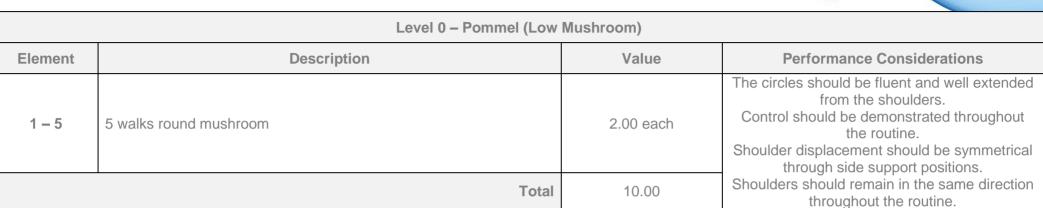


Grimsby Twist & Flip Men's and Women's Artistic Competition 2020 Skills and Tariff sheets

Level 0 – Floor Exercise (12m x 2m strip)			
Element	Description	Value	Performance Considerations
1	Cartwheel ¼ turn immediate backward roll to front support	2.5	Technical excellence in each of the individual elements. Rhythm and artistry throughout the routine. Landings should be controlled and well presented.
2	Jump feet into pike stand, ½ turn jump	0.5	
3	Handstand hop roll forwards, stand up to step turn	1.5	
4	Arabesque	1.0	
5	Forward roll to back lie	0.5	
6	Dish hold (2 secs) roll to arch hold (2 secs) and back to dish hold (2 secs)	2.0	
7	Rock to stand, ⅔ steps into dive roll	2.0	
Total		10.00	







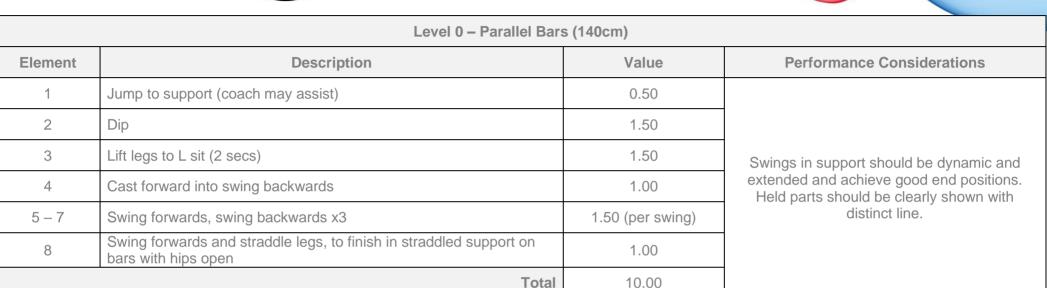






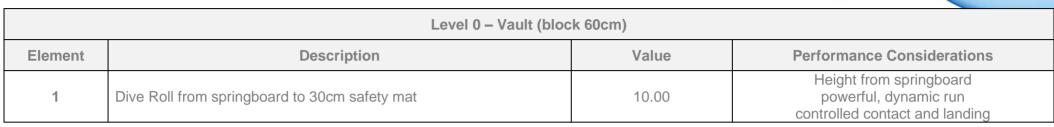












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