



28th Annual TAISO CUP
FEBRUARY 8 - 10, 2019
TAISO Gymnastics Training Centre
133 First Lake Drive, Lower Sackville, Nova Scotia

Invitation for Non Competitive Female Gymnasts: Intermediate (Advanced Recreational) – Pre Competitive

This year we will be hosting our 28th 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 8th, 2019.**

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 15, 2019.**

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. 1st, 2nd & 3rd 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 me at taiso.michelle@gmail.com

Thank you.
Michelle DeBay
TAISO Gymnastics, General Gymnastics Director





**2018 TAISO CUP NON COMPETITIVE COMPETITION
(For Intermediate or Pre Competitive Gymnasts)
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>**Pre Comp 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>**Pre Comp Only – may do R.off, bhd, back tuck – may do front tuck</p>
			<p>Maximum – two lengths of beam. Optional choreography can be included.</p>	<p>Maximum – two lengths of floor – NO diagonal use. 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