

## Rules & Information

- 1/ There should be **five gymnasts** per team (male, female or mixed).
- 2/ Each gymnast must **present to the judge** at the beginning and end of each performance (the judge will indicate when s/he is ready)
- 3/ Each gymnast must **perform two vaults and a floor sequence** from the suggested tariffs. A scorecard for each tariff and each discipline has been sent with this information.
- 4/ Gymnasts may add extra moves including dance choreography but will be penalised for exceeding the time limit of **one minute and 30 seconds**. Teachers will be responsible for their Gymnasts music (start and finish).
- 5/ The floor space consists of 4 x 4 mat (TBC) area, gymnasts will be **penalised for stepping out of this area** during a sequence.
- 6/ All balances must be held for three seconds
- 7/ The gymnast may perform the same vault twice or choose a different technique. The highest score will be recorded.
- 8/ **Once a gymnast has touched the springboard/trampette it counts as one technique/vault.**
- 9/ A certificate will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> position for each discipline in the individual competition.
- 10/ A certificate will be awarded for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> position in the team competition for each discipline.
- 11/ A teacher from each school will be asked to help judge the competition.
- 12/ Points can be **deducted** on the floor for:  
**Bent legs** (-0.2), if legs are not completely straight during moves.  
**Out of Area** (-0.2), if a gymnast step of the mats during the sequence.  
**Poor body tension** (-0.2), if toes are not pointed, arms are bent, or poor tension within the stomach and truck.  
**Incomplete move** (-0.5) if a move is started but not finished or not held for 3 seconds.  
**Missing move** (-1.0), if a gymnast forget to perform a move or balance in their sequence.
- 13/ Points can be deducted on the vault for:  
**Bent Legs** (-0.2), if legs are not completely straight during moves.  
**Poor Body Tension** (-0.2), if toes are not pointed, arms are bents, or poor tension within the stomach and truck.  
**One Step** (-0.1), a gymnast land and takes one step.  
**Two Steps** (-0.2), a gymnast lands and takes two steps.  
**Three Steps** (-0.3), a gymnast lands and takes three steps.  
**Incomplete Vault** (-0.3), a gymnast hit the board or vault but does not complete any move or a the gymnast start a move (half on half off) but does not finish it.

## Floor

Floor sequence to include: one compulsory set combination, three moves and two balances. Sequence to be no longer than one minute and thirty seconds.

### Tariff 3 Marked out 10.00

Set combination:

- Round Off, Half Turn, Dive Forward Roll

Moves:

- Backward Roll to Handstand
- Handstand Forward Roll
- Backward Walkover
- Forward Walkover
- Handspring
- Backflip

Balances:

- Y-Balance
- Spilts
- Half Lever
- Wide Press-ups

### Tariff 2 Marked out of 9.5

Set Combination:

- Forward Roll, Cartwheel, Star Jump

Moves:

- Forward Roll
- Backward Roll
- Bridge
- Cartwheel
- Headstand
- Spilt Leap

Balances:

- Arabesque
- Jappana
- Half Press-up (90 degree bend)

### Tariff 1 Marked out of 9.0

Set Combination:

- Forward Roll to Straddle Sit, Teddy Bear Roll, V-Sit

Moves:

- Log Roll
- Shoulder Stand
- Half Turn
- Forward Roll
- Dive Forward Roll
- Backward Roll

Balances:

- Front Support, 3 Point

- Back Support, 3 Point

### **Vault**

One vault must be picked from one tariff. Each Vault will be performed three times with the highest score taken.

#### **Tariff 3** Marked out 10.00

Choice of either:

- Handspring.
- Headspring.

#### **Tariff 2** Marked out of 9.5

Choice of either:

- Squat through.
- Straddle through.

#### **Tariff 1** Marked out of 9.0

Choice of either:

- Squat on Straight Jump off.

Team Sheet

Please return by **Friday 20<sup>h</sup> November** indicating the chosen tariff for each gymnast on each discipline.

**The Gymnasts will compete in this order.**

SCHOOL NAME \_\_\_\_\_

**DISCIPLINE: FLOOR**

NAME	TARIFF	C.D TRACK
1/		
2/		
3/		
4/		
5/		

**DISCIPLINE: VAULT**

NAME	TARIFF VAULT ONE	TARIFF VAULT TWO
1/		
2/		
3/		
4/		
5/		