

East Midlands National Preparation Grade 5 (no national final)

General

PASS MARK 50.00

AGE GROUP 9 YEAR OLDS ONLY

THIS EAST MIDLANDS GRADE IS DESIGNED FOR GYMNASTS WHO MAY HAVE COMPETED AT COMPULSARY 5 BUT ARE NOT CAPABLE OF COMP 4, BUT ARE TOO GOOD FOR CLUB GRADE 6 & 5, TO BRIDGE THE GAP ACROSS TO THE NATIONAL GRADES PATHWAY

Omission of an element = VM +2.00

Specific deductions are listed on each apparatus.

All other deductions taken from Table of General Faults in COP 2017-2020

VAULT

D Score 4.0

APPARATUS – VAULT TABLE AT 110CM WITH SAFETY MATS TO SAME HEIGHT WITH ROLLER MAT OVER

HANDSPRING FLAT BACK

Deductions as per BG Regional Grade 4 Vault.

BARS - D Score 4.0

APPARATUS – METAL POLISHED BAR GYMNAST WEARING GLOVES AND LOOPS

Element	VM	Faults	Deductions
From hang, trolley swing long upstart	0.5		Additional swing before upstart 0.5 empty swing
Cast to 45° straight or straddled legs allowed	0.5	Body alignment in cast Height in cast >45° Height in cast: between 45° and 90° Cast below horizontal	0.1/0.3 No deduction 0.1/0.3 VM +0.3
1 st Swing bkd & fwd	0.5	Lack of dish - back and fwd swing Insufficient 'open' position under bar Performance of Back Giant	0.1/ 0.3 0.1 1.0
2 nd Swing bkd & fwd	0.5	As 1 st Swing	
3 rd Swing bkd & fwd	0.5	As 1 st Swing	
Back Giant	0.5	As 1 st Swing Failure to complete giant (over bar)	VM + 1.00 (fall)

COACH TO STOP GYMNAST AFTER GIANT

BEAM – D Score 4.0

APPARATUS – FIG REGULATION HEIGHT BEAM NO ADDITIONAL SAFETY MATS

CAN BE PERFORMED IN ANY ORDER

FIG ARTISTRY DEDUCTIONS APPLY

Element	VM	Faults	Deductions
Jump to clear straddle hold (2 seconds)	0.5	Brushing beam with feet Not held for 2 secs	0.3 0.3
Dance series: Split Jump	0.5	Deductions as per FIG- dance elements Series Break	0.1/0.3/0.5 0.3
Tuck Jump	0.5		
Sissone	0.5	Deductions as per FIG – dance elements	0.1/0.3/0.5
Split Handstand (2 Sec) Optional finish	0.5	Not held for 2 secs	0.3
Cartwheel	0.5		
½ spin	0.5		
½ turn on toes, stretch jump	0.5	Series break	0.3
Fwd salto dismount	0.5	Take off 1 foot	VM

FLOOR – D Score 4.0

CAN BE PERFORMED IN ANY ORDER

MUSIC OPTIONAL MAX 1MIN 30SECS

FIG ARTISTRY DEDUCTIONS APPLY

Element	VM	Faults	Deductions
Back roll to front support (straight arms)	0.5	Failure to finish in front support Bent arms	VM 0.1/0.3
Hurdle step from 2 feet: Round-off 2 flics	0.5 0.5 0.5	Running steps into tumble Stop in acro line (tumble not continuous)	0.3 1.0
Handspring to one, immediate Handstand rebound, forward roll out – roll out should be with straight legs and hand support throughout allowed	0.5 0.5	Series Break Lack of rebound before roll Bent legs on roll out	0.3 VM 0.1 / 0.3 / 0.5
Full spin	0.5	As per FIG – dance elements	0.1/0.3/0.5
Stretch jump with ½ turn	0.5	As per FIG – dance elements	0.1/0.3/0.5
Split leap chasse split leap	0.5 0.5	As per FIG - dance elements Series Break	0.1/0.3/0.5 0.3

RANGE and CONDITIONING – D Score 4.0

Missing any hold (2 seconds) – 0.3 each

Element	VM	Faults	Deductions
Kick to Handstand HOLD	0.5	Hand movements during handstand	0.1 ea (max 0.5)
Lower to pike fold HOLD	0.5	Insufficient pike	0.1/ 0.3
Forward roll to straddle lever (feet above hips) HOLD	0.5	Feet below hips Resting legs on arms	0.1 0.3
Lower to sit, stretch up and lower chest to floor (JAPANA) HOLD	0.5	Chest not close to floor	0.1/ 0.3
Swim legs through to lie flat, push up to front support HOLD	0.5	Lack of dish shape in hold	0.1/0.3
Swing 1 leg to splits (optional leg) HOLD	0.5	Touching floor with hands in splits Lack of split	0.3 0.1/0.3/0.5
Turn to other leg splits (hand placement allowed in transition) HOLD	0.5	Touching floor with hands in splits Lack of split	0.3 0.1/0.3/0.5
Bring leg round, stretch up to pike fold flat HOLD	0.5	Insufficient pike	0.1/ 0.3
Return to lie flat, push to bridge HOLD	0.5	Insufficient shoulder extension	0.1/ 0.3
Lift one leg, kick through split handstand to stand	0.5	Failure to kick over to stand	1.00 (fall)