

Pre-Club

General

Pass Mark 55.00

Age Group 7 year olds only in year of competition.

This grade is designed for gymnasts who are aiming to compete club grade 6 in 2021.

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 – 30cm safety mats + 5cm roll mat

Run and hurdle step with 2 footed take off from springboard to land in a controlled stationary position on 2 feet– one step into handspring flatback. Gymnast may walk forwards or backwards into correct starting position for handspring flatback with no deduction OR start from where the jump has landed.

PHASE	EXECUTION FAULTS	PENALTY		
TAKE OFF BOARD	Poor co-ordination of arm swing	0.10		
	Leaning forwards on the board	0.10		
	Arms already up on jump onto board		0.30	
	Rebound from 1 foot			0.50
JUMP AND LANDING ONTO BLOCK	Body alignment in jump	0.10		
	Lack of height in jump	0.10	0.30	0.50
	Bent legs in jump	0.10	0.30	0.50
	Legs apart	0.10	0.30	
	Lack of control in landing	0.10	0/30	
REPULSION	Shoulder angle on contact with block	0.10	0.30	
	Bent arms	0.10	0.30	0.50
	More than one step into handspring flatback (walk into correct starting position allowed)		0.30 per step	
	Run/jump/hurdle step into handspring flatback			0.50
FLIGHT PHASE FROM HANDSTAND TO FLATBACK	Bent legs	0.10	0.30	0.50
	Failure to maintain straight body position	0.10	0.30	
	Insufficient height	0.10	0.30	0.50
	Insufficient length	0.10	0.30	
	Legs apart in flight phase	0.10	0.30	
FLATBACK LANDING	Landing on mats with legs apart	0.10		
	Failure to land on flat back (landing in dish)		0.30	
GENERAL	Dynamics	0.10	0.30	

Bars

D Score 4.0

Apparatus – Single high wooden bar – 30cm mats underneath + 5cm roll mat

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTY
Assisted by Coach - Jump to catch the bar in reverse grip Show straight hang position with good body shape	0.50	Lack of body extension in jump and hang	0.10 0.30
Chin up (chin over the bar) Lower to straight hang in control	0.50	Failure to make 90° elbow angle Forehead not at the height of bar Chin level with bar Chin resting on bar Poor technique (arch to initiate a swing) Lowering out of control	Non-attempt VM 0.30 0.30 0.10 0.30 0.10 0.30
Leg lift with straight legs (feet to touch bar) Lower to straight hang in control	0.50	Failure to lift legs to horizontal Failure to lift feet to 45° from vertical	Non-attempt VM
Leg lift with straight legs (feet to touch bar) Lower to straight hang in control	0.50	Failure to touch bar with feet Shoulder angle and head back (body alignment) Lack of control in lowering legs Failure to finish in straight hang (finishing in dish)	0.10 0.10 0.10 0.30 0.10
Dish hold – 2 seconds	0.50	Failure to hold for 2 seconds Lack of dish shape	VM 0.10 0.30
Arch hold – 2 seconds	0.50	Failure to hold for 2 seconds Lack of arch shape	VM 0.10 0.30
3 dish/arch swings (fish swings)	0.50	Failure to show 3 consecutive dish/arch shapes	VM
Dismount - release bar at end of forward or backward swing to land	0.50	Lack of co-ordination in fish swings Hang and STOP before releasing to dismount (not releasing at end of forward / backward swing)	0.10 0.30 0.30

Beam

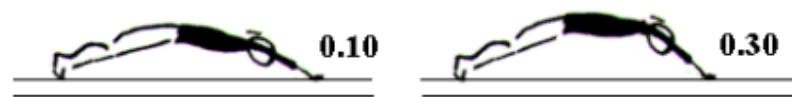
D Score 4.0

Apparatus – Floor beam

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTY
From pike stand at end of beam, lift and lower to straddle lever hold 2 seconds	0.50	Not held for 2 seconds Feet held below horizontal Feet held lower than level of beam Feet touching floor Head not lifted	VM 0.10 0.30 VM + 1.00 (fall) 0.10
Lift back to pike stand	0.50	Legs bent	0.10 0.30
Bunny hop on	0.50	Knees apart	0.10
Caterpillar (from pike stand [show position] and with feet remaining in place, walk hands out to open shoulder front support (dished shape) - HOLD for 2 seconds. With hands remaining in place - walk feet back in to pike stand – show position). Keep legs straight throughout.	0.50	Dish shape not held for 2 seconds Dish shape not low enough Bent legs at any stage Pike position not shown at beginning of element Pike position not shown at end of element Lack of fluency / pace in element (taking too long)	VM See diagram 0.10 0.30 0.50 0.10 0.10 0.10 0.30
Stretched jump from two feet to land on two feet	0.50	Element penalties	As CoP
Balance stand (arabesque) on one flat foot with free leg held behind (minimum 90°) straight legs throughout. HOLD for 2 seconds	0.50	Not held for 2 seconds Back leg held between 45 - 90° Back leg held at 45° Back leg held below 45°	VM 0.10 0.30 VM
Pivot ½ turn on toes	0.50	Turn not completed	VM
Dismount - From centre of beam, run and hurdle step to take off from two feet into stretched jump to dismount	0.50	Take off from one foot Insufficient height in jump Body alignment in jump	VM 0.10 0.30 0.10

		Not starting from the centre of beam	0.10
		Not running along beam	0.10

Diagram - Club Grade 6 – Caterpillar penalties



Floor

D Score 4.0

Apparatus – Use line on floor, start at edge of floor

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTY		
Forward roll	0.50	Element penalties	As CoP		
Chasse step forwards into cat leap	0.50	Missing chasse Element penalties	0.30	As Cop	
Cartwheel ¼ turn inwards	0.50	Element penalties No ¼ turn inwards	As CoP 0.30		
Split jump 135°	0.50	Insufficient split Insufficient height	0.10	0.30	
Handstand - SHOW handstand	0.50	Handstand position not shown Element penalties	0.30 As Cop		
½ spin to finish on toes	0.50	Toe not to knee Not finishing on toes	0.30 0.30		
Backroll to front support (may bend arms without deduction)	0.50	Bent legs at any point Not finishing in front support	0.10	0.30	0.50 VM

Range

D Score 4.0

Apparatus – Strip of firm matting

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTY	
Starting in crouch position, forward roll (bent or straight arms – pause in shoulder stand not necessary) to long sitting with legs together. Keeping back vertical and straight and with arms out sideways, press knees back to lift heels off the floor. HOLD position for 2 seconds	0.50	Not starting in crouch position Heels not lifting off floor in held position Leaning back to create heel lift Hands touching floor in held position Position not held for 2 seconds	0.10 0.10 0.10 0.30 VM	0.30 0.30
Straddle legs to sit in straddle sit, press knees back to lift heels off floor. Take hands off floor and HOLD position for 2 seconds.	0.50	Position not held for 2 seconds Heels not lifting off floor in held position	VM 0.10	0.30
Press to straddle lever HOLD for 2 seconds , lower to straddle sit	0.50	Straddle lever not held Feet not higher than hips in straddle lever	0.10	0.30
Without changing leg position, lift arms above head and keeping back straight, lean forwards to japana HOLD for 2 seconds Sit up with straight back and arms by ears	0.50	Japana not held Back not straight during lean forwards Widening legs before japana fold Torso not close to floor in held position Back not straight during sit back up	0.10 0.10 0.10 0.10 0.10	0.30 0.30
¼ turn to sit in forward split (may use hands without penalty) HOLD for 2 seconds with arms out sideways at horizontal	0.50	Splits not held Lack of flexibility in splits Hands touching floor in held position	0.10 0.10	0.30 0.30
¼ turn to return to straddle sit (may use hands without penalty). Join legs together with arms sideways. Lift arms to ears and pike fold placing hands flat on floor at the sides of feet HOLD for 2 seconds	0.50	Pike fold not held Insufficient pike position Hands not in prescribed position in pike fold Legs bent in pike fold	0.10 0.10 0.10 0.10	0.30 0.30

Lie on back and push to bridge with feet together, straighten legs and HOLD for 2 seconds.	0.50	Bridge not held Insufficient shoulder extension Knees bent in held position Feet apart at any point	0.10 0.10 0.10 0.10	0.30 0.30	0.50
Lower to lie flat on back, lift legs to tucked shoulder stand and rock forward to stand	0.50	Using hands to stand up	0.30		