



Gymnastics for All
East Midlands Over 8 Years Competition Boys
Advanced
Skills and Tariff sheet

Requirements

		Advanced
Key information		<ul style="list-style-type: none"> Boys and girls will compete together but will be in separate categories Bare feet or gym shoes, leotards preferred if not shorts and correct size T-shirt Matching gymnastic shorts may be worn but not cycling shorts Hair neat and tidy, tied back from the face No jewellery, not even ear studs, this is a BG rule for insurance purpose and must be adhered to Max floor routine length = 1min 30secs This is not to music Table vault height optional, but warm up must suit the group Two attempts permitted on vault, best score to count
Warm up	Floor	5mins
	Vault	2mins
	H bar	1 min
	P bars	1 min
Floor set up		12m x 12m New College – Sprung floor Chesterfield – Matted floor
Vault set up		Table vault (1.20m) Or Block and safety mats (1.20m)
High bar set up		Can be adjusted by coach to suit the gymnast
Parallel bars set up		Can be adjusted by coach to suit the gymnast



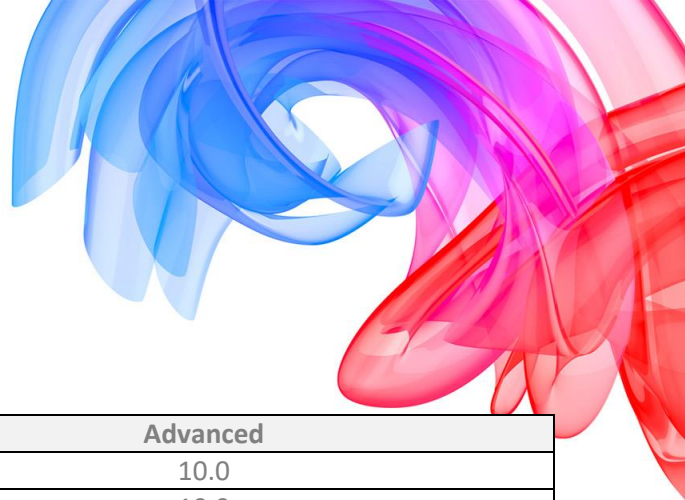
Skills – Floor

Advanced
Max score: 10.00
<p>The following skills can be performed in any order with added steps (creating a floor routine):</p> <ul style="list-style-type: none"> • Backward roll to handstand (arm bend is optional) * • Handstand forward roll to pike sit, lift to pike lever 3secs hold, • Min. two skills acro series – One skill must be flighted, Round off, flic, handspring, cartwheel are accepted • Handspring, • Jump series – Two different jumps linked together, • Handstand ½ pirouette * • Y balance or arabesque 3secs hold, • Splits 3secs hold (forwards or box). • Bonus 0.5 if both skills in the acro series are flighted e.g. round off, flic, handspring.

Note: Skills marked with a * can't be supervised by a Level 2 General Gymnastics coach.

Deductions – Floor

	Deductions	0.1	0.3	0.5	1.0
Artistry deduction throughout	Insufficient flow/dynamics of routine	X	X	X	
Specific floor deductions	Touch of hair/leotard/clothing	X			
	Missing competition requirements			X	
Execution deductions (Each time)	Bent arms or bent knees	X	X	X	
	Balance/flexibility not held for time required	X	X		
	Leg or knee separation	X	X		
	Insufficient height of element	X	X		
	Insufficient tuck, pike or stretch	X	X		
	Feet not pointed/loose/body alignment	X			
Landing deductions (Each time)	Landing from tumblers (step)	X	X		
	Trunk movement to maintain balance	X	X		
	Extra steps up to 0.5	X			
	Very large step or jump		X		
	Deep squat			X	
Falls (Each skill)	Falls				X



Skills – Vault

	Advanced
Handspring	10.0
Handstand flatback (block and safety mat 1.20m)	10.0

Deductions – Vault

	Deductions	0.1	0.3	0.5	1.0
First flight	Incomplete turn	X	X	X	
	Hip angle	X	X		
	Bend knees	X	X	X	
	Leg separation	X	X		
	Arch	X	X		
	Insufficient layout in squad/ straddle	X	X	X	
Repulsion	Staggered altered hand placement	X	X		
	Bent arms	X	X	X	
	Shoulder angle	X	X		
	Touch with one hand				X
	Failure to pass through vertical		X		
Second flight	Lack of height	X	X	X	X
	Incomplete turn	X	X		
	Insufficient length	X	X	X	
	Bent knees	X	X	X	
	Leg separation	X	X		
	Extra steps (each)	X			
Landing	Large steps (over shoulder width)		X		
	Extra arm swing	X			
	Additional trunk movement	X	X		
	Body posture faults	X			
	Deep Squat			X	
	Deviation from centre	X			
	Brush on apparatus			X	
	Fall				X
	Skill attempted but not completed			X	
Additional	Skill not attempted at all				X
	Support from coach				X



Skills – High bar

Advanced
Max score: 10.00
<ul style="list-style-type: none"> • Jump to hang, • Circle up to front support, • Cast back hip circle, • Cast $\frac{3}{4}$ giant to front support, • Cast straddle undershoot dismount. • Bonus 0.5 if one cast reaches 45 degrees.

Note: TeamGym, Women’s Artistic, and General Gymnastics coaches can’t enter boys four-piece competitions as parallel bars aren’t covered within their syllabus.

Deductions – High bar

	Deductions	0.1	0.3	0.5	1.0
General	Legs apart		X		
	Lack of swing or pause	X	X		
	Low amplitude on flight elements	X	X		
	Deviation from plane of movement	X	X		
	Layaway on the back swing		X		
	Bent arms	X	X		
	Bent knees (each time)	X	X		
	Elements not continuing in their intended direction			X	
	Body alignment	X	X		
	Bent arms	X	X		
	Bent legs	X	X		
	Landing	X	X		
Fall				X	
Additional	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X



Skills – Parallel bars

Advanced
Max score: 10.00
<ul style="list-style-type: none"> • Start in upper arm support, • Kip to straddle sit on bars lift to ½ lever 2secs hold *, • Two dips, • Four swings *, • Flank dismount *. • Bonus 0.5 bonus if dismount from handstand *.

Note: TeamGym, Women’s Artistic, and General Gymnastics coaches can’t enter boys four-piece competitions as parallel bars aren’t covered within their syllabus.

Deductions – Parallel bars

	Deductions	0.1	0.3	0.5	1.0
General	One leg step or swing on mount		X		
	Layaway on the back swing		X		
	Excessive hand separation/body deviation (each)	X	X	X	
	Hand adjustments (each)	X			
	Lack of extension	X	X		
	Uncontrolled re-grasping		X	X	
	Depth of the dip	X	X		
	Height of the lever	X	X		
	Body shape within swings	X	X		
	Landing	X	X		
Additional	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X