



Gymnastics for All
East Midlands Over 8 Years Competition Boys
Primary 2 and 1
Skills and Tariff sheet

Requirements

		Primary 2	Primary 1
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 Table vault height optional, but warm up must suit the group 	
Warm up	Floor	5mins	5mins
	Vault	2mins	2mins
	H bars	1 min	1 min
	P bars	1 min	1 min
Floor set up		12m x 12m New College – Sprung floor Chesterfield – Matted floor	12m x 12m New College – Sprung floor Chesterfield – Matted floor
Vault set up		Table vault (height optional)	Table vault (height optional) or 80cm (block and mat)
High bar set up		Can be adjusted by coach to suit the gymnast	Can be adjusted by coach to suit the gymnast
Parallel bars set up		Can be adjusted by coach to suit the gymnast	Can be adjusted by coach to suit the gymnast



Skills – Floor

Primary 2	Primary 1
Max score: 10.00	Max score: 10.00
<ul style="list-style-type: none"> Forward roll into an immediate star jump, Jump $\frac{1}{4}$ turn, One side to back cartwheel (this is not a round off), Show handstand back to stand, Jump $\frac{1}{2}$ turn (to change the direction), Side leg lift (45 degrees), Squat down and jump legs forward to back support hold for 3secs, Turn over to front support hold for 3secs, One press up, Jump feet into hands to squat, Backwards roll to stretch jump to finish. 	<ul style="list-style-type: none"> Tucked backward roll to front support, Jump feet into squat to stand, Arabesque, Two continuous cartwheels, second cartwheel one handed with a $\frac{1}{4}$ inwards to finish in lunge (to change the direction), Step feet together, Stretch jump $\frac{1}{2}$ turn, (to change the direction), Handstand forward roll, Perform a Swedish fall with leg raised, Lower raised leg to finish in front support, Two press ups, Squat feet in, Stretch jump to stand, Skip step into round off, Jump half turn jump to land, Forward roll, Star jump to finish.

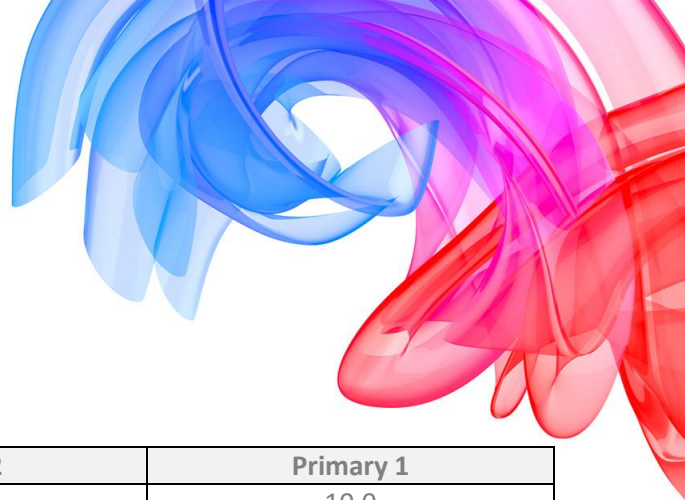
Deductions – Floor

	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

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Skills – Vault

	Primary 2	Primary 1
Squat on	10.0	10.0
Handstand flatback		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 center	X			
	Brush on apparatus			X	
	Fall				X
	Skill attempted but not completed			X	
	Skill not attempted at all				X
Additional	Support from coach				X



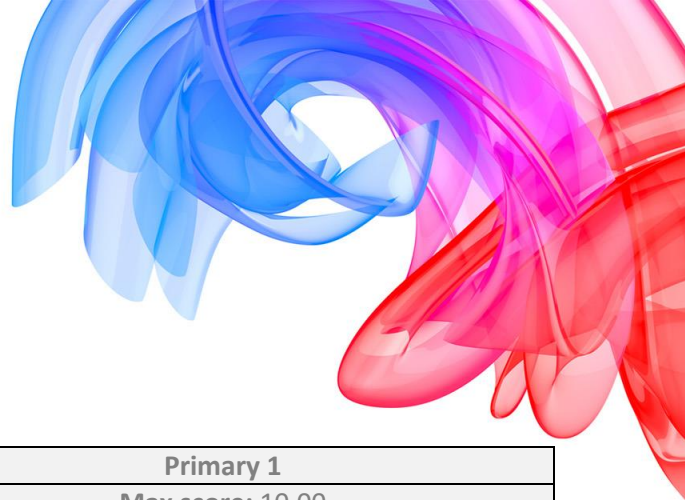
Skills – High bar

Primary 2	Primary 1
Max score: 10.00	Max score: 10.00
<ul style="list-style-type: none"> • Three swings, • Dish shape hold 3secs, • Arch shape hold 3secs, • Trolley swing to initiate the 3 swings, • Dismount on third swing 	<ul style="list-style-type: none"> • Coach assist jump to high bar, • One chin up, • Upward circle, • Cast, • Forward circle down, • Three swings, • Dismount at back of third swing.

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	X	
	Fall				X
Additional	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X



Skills – Parallel bars

Primary 2	Primary 1
Max score: 10.00	Max score: 10.00
<ul style="list-style-type: none"> One dip, ½ lever 2secs, Three swings, Dismount at back of third swing through middle of bars. 	<ul style="list-style-type: none"> Two dips, ½ lever 2secs, Three swings, Flank off at back to side of bar.

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	X	
Additional	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X