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

Requirements

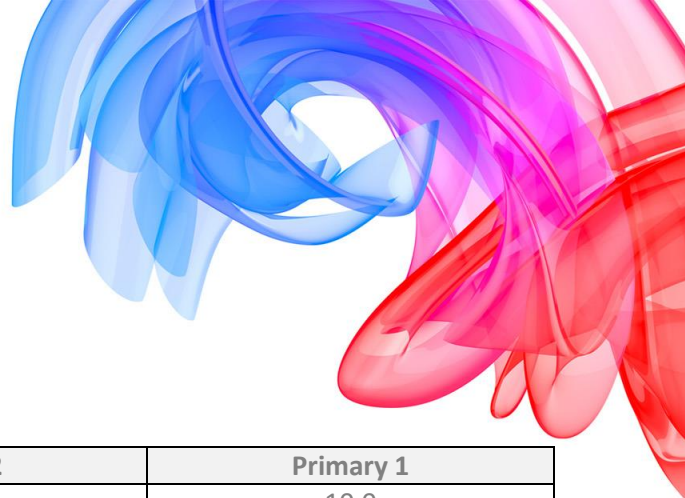|		Primary 2	Primary 1
Key information		- Boys and girls will compete together but will be in separate categories - Bare feet or gym shoes, leotards preferred if not shorts and correct size T-shirt - Matching gymnastic shorts may be worn but **not** cycling shorts - Hair neat and tidy, tied back from 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 - Two attempts permitted on vault, best score to count - Beam skills can't be repeated (except Primary 2)	
Warm up	**Floor**	5mins	5mins
	Vault	2mins	2mins
	Beam	45secs	45secs
	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)
Beam set up		As per FIG Apparatus Norms brochure Length: 500cm Width: 10cm	As per FIG Apparatus Norms brochure Length: 500cm Width: 10cm
Bars set up		As per FIG Apparatus Norms brochure Height of bar: adjusted to suit gymnast Distance between bars: min 130cm – 180cm max	As per FIG Apparatus Norms brochure Height of bar: adjusted to suit gymnast Distance between bars: min 130cm – 180cm max

Skills – Floor

Primary 2	Primary 1
Max score: 10.00	**Max score:** 10.00
• Forward roll star jump, • Chasse cat leap, • Arabesque, • ½ spin, • Handstand, • Front to back cartwheel, • Squat down to then lie flat on back, • Dish shape 3secs hold (arms by ears or on thighs), • Roll to lie on front, • Arch shape with arms by ears 3secs hold, • Push to front support, • Jump feet to hands, • Stretch jump from the squat position.	• Handstand forward roll (arms may be bent), • Forward roll stretch jump, • Immediate tuck jump, • Chasse cat leap ½ turn, • Backward roll to straddle stand, • ¼ turn to slide to splits (either leg splits are allowed, hands may touch floor to assist the slide but final position must be arms to the side), • From splits, turn to sit in straddle, • Join legs together, • Lie down on back and push to bridge, • Lie down from bridge and rock to stand, • Stretch jump full turn, • From feet together, jump into round off, jump ½ turn step out into a front to side cartwheel. • **Bonus** 0.5 if kick over from the bridge.

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 tumbles (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

	Primary 2	Primary 1
Squat on, stretch jump off (table vault)	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	
	Extra steps on top of the vault (per step)	X			
	Shoulder angle	X	X		
	Touch with one hand				X
	Steps to the end of vault	X	X	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		
Landing	Extra steps (each)	X			
	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
Additional	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X

Skills – Bar

Primary 2	Primary 1
Max score: 10.00	**Max score:** 10.00

• Trolley swing to initiate,
• Three swings,
• Dismount on third swing.
	Note: Two-part routine, both must be completed.
	• Low bar:
	    ○ Upward circle,
	    ○ Cast,
	    ○ Cast dismount.
	• High bar (coach to assist jump to bar):
	    ○ One chin,
	    ○ One leg lift,
	    ○ Three fish swings,
	    ○ Release to land.

Note: TeamGym and Men's Artistic coaches can't enter girls four-piece competitions as A-bars and beam aren't covered within their syllabus.

Deductions – Bar

	Deductions	0.1	0.3	0.5	1.0
General	Body alignment	X	X		
	Adjusted grip position	X			
	Hit on apparatus with feet			X	
	Hit on mat with feet (fall)				X
	Poor rhythm in elements			X	
	Insufficient height	X	X		
	Under rotation	X			
	Insufficient extension in casts	X			
	Intermediate swing	X			
	Empty swing			X	
	Angle of completion of elements	X	X	X	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 (apart from jump to high bar in Primary 1)				X
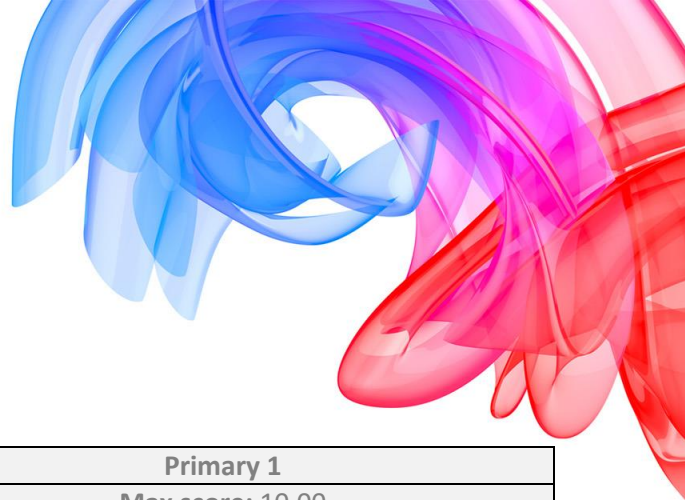
Skills – Beam

Primary 2	Primary 1
Max score: 10.00	**Max score:** 10.00
Routine	
• Mount – Squat on or jump to front support, • Leap series – Two leaps or jumps linked, • Single leg balance, • Two leaps or jumps or hops or turns or spins (don't have to be linked), • Dismount – Stretch, tuck, or star jump.	• Mount – Squat on, • Leap series – Two skills linked (one must be a leap e.g. cat leap or tuck jump), • One acro skill, • Two leaps or jumps or spins (don't have to be linked), • Single leg balance, • Dismount – Round off.
Skills for series	
• Stretch jump • Split jump • Tuck jump • Forward roll • W jump • Handstand • ½ spin • Walkover • ½ turn on toes • Cartwheel • Cat leap • Arabesque • Split leap • Y balance	• Stretch jump • Forward roll • Tuck jump • Handstand • W jump • Walkover • ½ spin • Cartwheel • ½ turn on toes • Arabesque • Cat leap • Y balance • Split leap • Chasse • Split jump

Note: TeamGym and Men's Artistic coaches can't enter girls four-piece competitions as A-bars and beam aren't covered within their syllabus.

Deductions – Beam

	Deductions	0.1	0.3	0.5	1.0
General	Poor rhythm/adjustments (each)	X			
	Excessive arm swings (each)	X			
	Pause (more than 2 seconds) (each)	X			
	Body posture/amplitude throughout	X			
	Additional support of leg against the side surface of the beam		X		
	Grasp beam to avoid a fall			X	
	Additional movements to maintain balance			X	
Additional	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X

Note: These deductions are in additional 'normal' execution deductions for beam