

Acrobatics Pairs

(1)	(2)	(3)
(4)	(5)	(6)
(7)	(8)	(9)
Teddy bear roll 	Forward Roll over Hollow 	Cartwheel over dish
Forward Roll to Stand 	Supported cartwheel 	Leap Frog
Front support 2" 	Back support 2" 	Bent leg Headstand 2"
Forward roll	Forward roll to straddle sit	Forward roll straight Jump
Backward Roll to stand	Backward roll straight jump	Cartwheel

Guidelines for Acrobatics Routine

(Boxes below align with routine drawings)

(1) Position of Bases arms off the floor. Top shows strong front support position	(2) Base sitting on knees with both ankles together. Top in bent leg headstand in tuck position and toes pointed. Base provides minimal support, arms of base straight.	(3) Top in balanced handstand with the base provides minimal support. A straight handstand is required from the top showing extension & good body tension.
(4) Base legs should be straight. The Top should be in chair position supported by the Base in the lower back.	(5) Feet of B placed above knees of A. Arms of the base bent or straight when top is in balance. Base is kneeling with seat resting on heels.	(6) The top forms an extended flat bodyline, with the hands and shoulders over the knees of the base. Both base and top should have straight arms
(7) The arms of the base should be straight. The support on hands can face either direction but should show an extended bodyline.	(8) Arms of the base and top when in balance straight. Base should be sat in straddle, legs straight toes pointed.	(9) Top shows strong front support position. Base supports below the knee, arms straight.
Gymnasts back to back at the start, each completes a full circle. Finishing where they started	A is in arch; head, arms, shoulders and ankles are clear from the floor. B forward rolls over	A in dish, head, arms, shoulders and ankles are clear from the floor. B: Cartwheels over the waist with one arm either side.
Roll of A should be smooth. Hands of B assist stand. Additional steps not permitted	Cartwheel supported throughout.	The legs of the base must be straight. There must be a flight phase from the top after contact with base.



Making up the sequence

(Total value 16.0 marks for each pair of gymnasts)

◆ **Content:** Include 2 balances from green, 2 tempo moves from red and 3 individual moves from blue as shown in the chart above **Worth 3.5 marks)**

◆ **Composition:** Put together sequence with choreography to show:

- * good use of floor with changes in direction and levels (0.5)
- * variety of linking ideas, (leaps, spins, dance) (0.5)
- * artistry & presentation including use of music (0.5)
- * synchronisation (1.0)

(Worth up to 2.5 marks)

◆ **Execution** faults deducted (Worth up to 10.0 marks)

◆ Can be performed with or without instrumental music. (no words) and to last no longer than 1min 30 secs.

◆ Each pairs balance is held for 3 seconds and any individual balance for 2 seconds

How to enter your team (s):

Please forward ALL of the following information in an email to english.entries@bsga.org

Name of School:

Age Group (s) entered:

Name of teacher/coach:

Email address of teacher/coach:

Mobile contact number for teacher/coach

BSGA Affiliation Number for 2018/19

Name of County Sports Partnership (CSP) (You can find your local

CSP name at www.cspnetwork.org/your-csp

* Window for entries will open 8 October 09.00hrs and close 21st December 24.00hrs 2018

(Entries will not be accepted outside this window

but please remember, first come first served)

NOVICE COMPETITION 2018/19

FLOOR, VAULT & ACROBATICS (PAIRS)

Personal information will be handled in accordance with the BSGA Privacy Notice: www.bsga.org/privacy-policy/

Competition Details

Age Groups: Under 9, Under11 & Under 13 (1st September in current academic year - Only one competition per gymnast)

Date: Thursday 6th June 2019

Venue: Fenton Manor SC Stoke-on-Trent

Team Numbers and Make Up : 4 Pupils per team from same school.. All male, all female or any mixed gender combination.

Scoring: Any 3 from a team perform on floor & vault & all 4, (2 pairs) complete acro routines. All scores count to provide overall team score

Entry Regulations: For school teams only. All participating teams must also be affiliated to BSGA - Affiliate online at (www.bsga.org).

Participants must **never** have participated in any:

- ◆ (1) BG regional, national and compulsory grades programme
 - (2) Alternative grades programme created within BG regions
 - (3) BG talent development programme
 - (4) English Championships
 - (5) British Schools (BSGA) national final
- ◆ Up to **15 teams in each age group, (in the first instance one from any partnership), allocated on first come first served basis**, from any of the 43 County Sports Partnerships. (CSP's) Any additional applications will be placed on a reserve list and used to make up the final quota if spaces are still available

Music: (if used.) - instrumental only, no Disney, Andrew Lloyd Webber or any derivative. Music must be emailed, (with name of gymnast, school and number from the programme) to: english.music@bsga.org

Entry Fee £25.00 per team paid by BACS giving name of school to **Acct No: 01035908 Sort Code 60-04-30** or alternatively by cheque made payable to ESGA and forwarded to: Treasurer ESGA 35 Liddle Close Carlisle CA3 0D
*** Closing date for your team entry fee and music will be provided on the BSGA website when teams entered are confirmed in the programme**

Dress: Boys - leotard and shorts or vest and shorts Girls - leotards. Dress to be uniform. No jewellery permitted

Floor Sequence

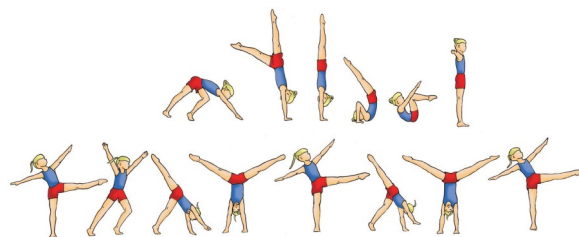
Key Step 3 Moves - 1, 2 and 3 below are **compulsory**



Round-off (1) (2) Backward roll straddle (3) Side-scale



(4) Choose either a full or 1/2 jump turn



(5) Choose either a handstand roll or two cartwheels



Choose one from bridge, OR splits (any), OR half-lever (6)

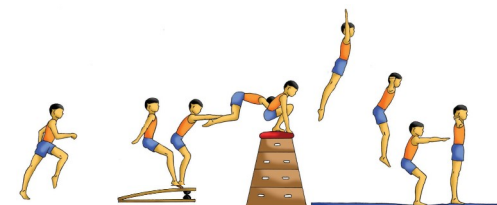
Making up the sequence: (Total value up to 16.0 marks)

Include only the **6 moves from above**. Numbers **1,2 and 3 green** are compulsory then choose **one from 4, (red), one from 5 (blue)** and **one from 6 (purple)** **(Worth 3.0 marks)**

- ◆ **Put sequence together with choreography to show:**
 - *use of the floor space, (0.5)
 - *changes in direction and levels (0.5)
 - *variety of linking ideas, (leaps, spins, dance) (0.5)
 - *musical interpretation and/or rhythm/temp (0.5)
 - *variety and originality (0.5)
 - *artistry and presentation throughout (0.5)(to include not finishing with the music) **(Worth up to 3.0 marks)**
- ◆ Execution faults deducted **(Worth up to 10.0 marks)**
- ◆ Can be performed with or without instrumental music. (no words) and to last no longer than **1 minute**

Vault

Choose one of the following:



1) Squat on, tucked or straight jump off box - (cross ways)
(Worth 4 marks)



2) Squat through vault with box - long ways or cross ways
(Worth 6 marks)

◆ **Execution faults deducted (Worth up to 10.0 marks)**
Total value up to 14 or 16 marks for each gymnast

◆ You have two attempts (the same or different vaults). The highest score counts

◆ The British Schools Gymnastics Association (BSGA) hand-book provides additional judging information and the 2nd Edition of the Key Step resource pack provides advice and support on teaching the required skills

Apparatus: Floor 12m x 12m. Vault long or cross box with springboard - height adjustable to suit individual gymnasts

Awards: Trophy to winning team in each age group plus medals. For 1, 2 and 3 positions. If a tie highest combined acro score counts. If still a tie highest team vault score counts. Certificates for all participants

◆ For any further information please contact: english.info@bsga.org