

## Gymnastics For All - Rule Clarifications Boys Routines

Jan 2018 AS

	If skill attempted but not completed = 0.5 deduction from final score If skill not attempted at all = 1.0 deduction from final score <b><i>Height of Table Vault optional but please warm up and compete in Vault height order within Group</i></b>	
	<b>PRIMARY 2</b>	<b>PRIMARY 1</b>
<b>Vault</b> 2 attempts permitted Best to score to count	Squat On – Table Vault	Squat On – Table Vault <b>OR</b> Handstand Flatback – 80cm (Block height + 20cm safety mat)
<b>High Bar</b>	Swings x 3 – Dish shape hold 3 sec Arch shape hold 3sec Trolley swing to initiate the 3 swings. Dismount on 3 <sup>rd</sup> swing	<b>HIGH BAR – COACH ASSIST JUMP TO HIGH BAR</b> Chin x 1 Upward circle Cast Forward circle down 3 swings dismount at back
<b>Parallel Bars</b>	1 Dip ½ lever 2 seconds 3 swings – dismount at back of 3 <sup>rd</sup> swing through middle of bars.	2 dips ½ lever 2 seconds 3 swing Flank off at back to side of bar
<b>Floor</b>	<ul style="list-style-type: none"> <li>- Forward roll into an immediate star jump,</li> <li>- Jump ¼ turn,</li> <li>- 1 side to back cartwheel. <b><i>(This is not a Round Off!)</i></b>,</li> <li>- Show Handstand back to stand,</li> <li>- Jump ½ turn, <b><i>(this has changed the direction)</i></b>,</li> <li>- Side leg lift ( 45 degrees )</li> <li>- Squat down and jump legs forward to back support hold for 3secs,</li> <li>- Turn over to front support hold for 3 secs,</li> <li>- 1 press up,</li> <li>- Jump feet into hands to squat,</li> <li>- Backwards roll to stretch jump to finish.</li> </ul>	<ul style="list-style-type: none"> <li>- Tucked backward roll to front support,</li> <li>- Jump feet into squat to stand,</li> <li>- Arabesque</li> <li>- 2 continuous cartwheels, second cartwheel one handed with a ¼ inwards to finish in lunge <b><i>(This has changed direction)</i></b>,</li> <li>- Step feet together,</li> <li>- Stretch jump ½ turn, <b><i>(To Change Direction)</i></b>,</li> <li>- Handstand forward roll,</li> <li>- Perform a Swedish fall with leg raised,</li> <li>- Lower raised leg to finish in front support</li> <li>- 2 press ups</li> <li>- Squat feet in</li> <li>- Stretch jump to stand,</li> <li>- Skip step into round off, jump half turn jump to land forward roll star jump to finish.</li> </ul>