

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