

Gymnastics For All - Rule Clarifications Girls 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 Skills cannot be repeated in a Beam routine – exception is Primary 2 <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, Stretch Jump Off – Table Vault Steps may be taken to end of Vault to dismount but they will be deductible	Squat On – Table Vault Steps may be taken to end of Vault to dismount but they will be deductible OR Handstand Flatback – 80cm (Block height + safety mat)
Bars	Swings x 3 - Trolley swing to initiate the 3 swings. Dismount on 3 rd swing	2 Part Routine – <u>BOTH PARTS MUST BE COMPETED</u> LOW BAR Upward Circle Cast Cast Dismount HIGH BAR – <u>COACH ASSIST JUMP TO HIGH BAR</u> Chin x 1 Leg Lift x 1 Fish Swing x 3 – release to land
Beam –suggestion of skills which may be used Stretch Jump, Tuck Jump, W Jump, ½ Spin, ½ Turn on Toes, Cat Leap, Split Leap, Split Jump, Forward Roll, Handstand, Walkover, Cartwheel, Arabesque, Y balance (<i>Chasse P2 ONLY</i>),	<ul style="list-style-type: none"> - Mount- Squat on or Jump to Front Support - Leap Series – 2 leaps/jumps linked - Single Leg Balance - 2 leaps/jumps/hops/turns/spins (Do not have to be linked) - Dismount – Stretch, Tuck or Star Jump 	<ul style="list-style-type: none"> - Mount – Squat on - Leap Series – 2 skills linked and 1 must be a leap e.g cat leap/tuck jump - 1 Acro Skill - 2 leaps/jumps/spins (Do not have to be linked) - Single Leg Balance - Dismount – Round Off
Floor	<ul style="list-style-type: none"> - 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 – 3 sec hold. Arms by ears or on thighs - Roll to lie on front - Arch Shape with arms by ears – 3 sec hold - Push to front support - Jump feet to hands - Stretch Jump from the squat position 	<ul style="list-style-type: none"> - 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 to slide to splits – either leg splits is 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 - 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 <p><u>BONUS – 0.5 if Kickover from the Bridge</u></p>