

Gymnastics For All - Rule Clarifications Girls Routines

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	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. Max 2.5 lengths for a Beam routine Max 1:30 for a Floor routine to music <i>Height of Table Vault optional unless otherwise stated, but please warm up and compete in Vault height order within Group</i>	
	ADVANCED	ADVANCED +
Vault 2 attempts permitted Best to score to count	Handspring To Feet On Block – 60cm OR Handstand Flatback On Table Vault 1.10m Set Height	Handspring Table Vault OR ½ On ½ Off <u>Bonus = 0.5 If Performed ½ On ½ Off</u>
Bars	Upward Circle Cast Cast Back Hip Circle Squat On Jump To Catch High Bar Swing X 2 Release On 3 rd Swing Back <u>Bonus = 0.5 If One Cast Reaches 45 Degrees</u>	Upward Circle Cast Back Hip Circle Squat On Jump To Catch Top Bar ¾ Baby Giant (3/4 giant to be performed immediately after catching the top bar) Straddle Shoot Dismount <u>Bonus = 0.5 If Dismounts Is Straddle Shoot ½ Turn</u>
Beam –suggestion of skills which may be used Stretch Jump, Tuck Jump, W Jump, ½ Spin, Full Spin, Cat Leap, Split Leap, Split Jump, Forward Roll, Handstand, Walkover, Cartwheel	<ul style="list-style-type: none"> - Mount- Jump To Front Support, ¼ To Straddle Lever – CANNOT sit on Beam after the ¼ then lift to lever - Leap Series – 2 Skills Linked And 1 Must Be A Leap e.g cat leap/tuck jump - 1 Split Jump Min 135 Degrees - ½ Spin - 2 Acro Skills - Dismount – Round Off OR Handspring <u>Bonus = 0.5 If Full Spin Performed Instead Of ½ Spin</u>	<ul style="list-style-type: none"> - Mount – Squat Through To Rear Support - 1 Split Leap Min 135 Degrees - 2 Acro Skills - Leap Series – 2 Skills Linked And 1 Must Be A Leap e.g cat leap/tuck jump - Full Spin - Dismount – Handspring <u>Bonus = 0.5 If Dismount Is A Salto</u> <u>Bonus = 0.5 If All Criteria Fulfilled And NO Falls</u>
Floor -Round Off is a flighted skill -Arm bend in the B/Roll to H/stand is optional -Salto in Adv + can be F/wards or B/wards	<ul style="list-style-type: none"> - Handspring - Acro Series E.G Round Off Jump ½ Turn Cartwheel - Full Spin - Leap Series -Split Leap, Cat Leap - Stretch Jump Full Turn - Walkover <u>Bonus = 0.5 If Both Skills Are Flighted In The Acro Series</u>	<ul style="list-style-type: none"> - Acro Series – Both Skills Must Be Flighted - Handspring - Salto - Leap Series – Split Leap, Cat Leap Full Turn - Full Spin - Backward Roll To Handstand <u>Bonus = 0.5 If A Skill Is Performed Before Or After The Salto, e.g. front salto walk out round off</u>