

,Gymnastics For All - Rule Clarifications Boys Routines

Jan 2018 AS

	<p>If skill attempted but not completed = 0.5 deduction from final score If skill not attempted at all = 1.0 deduction from final score Max 1:30 for a Floor routine <i>Height of Table Vault optional unless otherwise stated, but please warm up and compete in Vault height order within Group</i></p>
	ADVANCED
<p>Vault 2 attempts permitted Best to score to count</p>	<p>Handspring OR Handstand Flatback On 1.20m Set Height (blocks + safety mats)</p>
<p>High Bar</p>	<p>Jump to hang, Circle up to front support, Cast back hip circle, Cast ¾ Giant to front support, Cast straddle undershoot dismount.</p> <p><u>Bonus = 0.5 If One Cast Reaches 45 Degrees</u></p>
<p>Parallel Bars</p>	<p>Start in upper arm- kip to straddle sit on bars lift to ½ lever 2 seconds 2 dips 4 swings Flank dismount <u>0.5 bonus if from handstand</u></p>
<p>Floor -Round Off is a flighted skill -Arm bend in the B/Roll to H/stand is optional</p>	<p>Voluntary exercise, set elements and can be performed in any order to build a floor routine.</p> <ul style="list-style-type: none"> - Backward roll to handstand - Handstand forward roll to pike sit, lift to pike lever 3sec hold - Acro Series – 1 Skill must be flighted - Handspring s - Jump Series – 2 different jumps linked together - Handstand ½ pirouette - Y balance or arabesque 3sec hold - ½ pike lever 3secs hold <p><u>Bonus = 0.5 if both skills in the Acro Series are flighted e.g. Round Off, Flick</u></p>