

Gymnastics For All - Rule Clarifications

Dec 2017 AS2.

If skill attempted but not completed = 0.5 deduction from final score If skill not attempted at all = 1.0 deduction from final score Boys and Girls perform the same routines but compete in separate categories			
	5 YEARS	6 YEARS	7 YEARS
Vault For 5 & 6 Yrs ONLY, A Short/Junior Size Springboard May Be Used	<u>Springboard Only</u> Run And Hurdle Step Onto A Springboard, Immediate Stretch Jump Onto A Safety Mat.	<u>Vault/Red Block 60cm</u> Squat Onto The Block. Walk With Controlled Steps To The End Of The Block Stretch Jump Off, Showing A Controlled Landing.	<u>Vault or Box Height 1.00 metre</u> Squat On To The Vault/Box. Immediate Stretch Jump Dismount. Show A Controlled Landing. <i><u>N.B ONLY full size springboard will be used</u></i>
Floor	<ul style="list-style-type: none"> - Walk 4 steps stretched on toes and arms by ears, - Squat down, - Tuck roll backwards to shoulders and forward to finish on feet in the squat position, - Roll out to lie flat on back with hands on top of thighs - Show dish shape for 3 secs, - Lower to the floor, - Extend arms by ears and log roll onto tummy, lift to arch for 3 secs, - Lower to the floor, - Circle arms outwards to finish under shoulders, push to kneeling for 3 secs, - Jump feet forward to squat, - Jump to stand - Balance on 1 leg for 3sec, - Put feet back together to stand, - 3 skips showing high knee lift, - From 2 feet stretch jump to finish. 	<ul style="list-style-type: none"> - Walk 4 steps stretched on toes and arms by ears, - Squat down - Tuck roll backwards to shoulders and forward to stand, - Stretch jump to squat down, - Roll out to flat back with hands on top of thighs - Show dish shape holding for 3sec, - Lower to the floor, - Extend arms by ears and log roll on to tummy, - Lift to arch holding for 3sec, - Lower to floor and circle arms outwards to finish under shoulders, - Push to kneeling hold body in a support position for 3sec, - Jump feet forward to squat, - Jump to stand, - Balance on 1 leg to the side 45 degrees and hold for 3sec, - Return to stand perform 2 chasse steps on the same leg, - From 2 feet star jump to finish. 	<ul style="list-style-type: none"> - Walk 4 steps stretched on toes and arms by ears, - Arabesque leg over 45 degrees hold for 3 sec, - Return to stand - Squat down forward roll to finish in squat, - Roll back to shoulder stand supporting at the hips hold for 3sec, - Roll out to flat back with hands on top of thighs - Show dish shape holding for 5sec, - Lower to the floor - Extend arms by ears log roll onto tummy, - Lift into arch holding for 5sec, - Lower to floor and circle arms outwards to finish under shoulders, - Push to front support for three 3sec, - Jump feet in to squat, - Stretch jump to stand, - 2 forward chasse steps with change leg - From 2 feet stretch jump ½ turn to finish.