

## 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			
	<b>5 YEARS</b>	<b>6 YEARS</b>	<b>7 YEARS</b>
<b>Vault</b> For 5 & 6 Yrs ONLY, A Short/Junior Size Springboard May Be Used	<u><b>Springboard Only</b></u>  Run And Hurdle Step Onto A Springboard, Immediate Stretch Jump Onto A Safety Mat.	<u><b>Vault/Red Block 60cm</b></u>  Squat Onto The Block. Walk With Controlled Steps To The End Of The Block Stretch Jump Off, Showing A Controlled Landing.	<u><b>Vault or Box Height 1.00 metre</b></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>
<b>Floor</b>	<ul style="list-style-type: none"> <li>- Walk 4 steps stretched on toes and arms by ears,</li> <li>- Squat down,</li> <li>- Tuck roll backwards to shoulders and forward to finish on feet in the squat position,</li> <li>- Roll out to lie flat on back with hands on top of thighs</li> <li>- Show dish shape for 3 secs,</li> <li>- Lower to the floor,</li> <li>- Extend arms by ears and log roll onto tummy, lift to arch for 3 secs,</li> <li>- Lower to the floor,</li> <li>- Circle arms outwards to finish under shoulders, push to kneeling for 3 secs,</li> <li>- Jump feet forward to squat,</li> <li>- Jump to stand</li> <li>- Balance on 1 leg for 3sec,</li> <li>- Put feet back together to stand,</li> <li>- 3 skips showing high knee lift,</li> <li>- From 2 feet stretch jump to finish.</li> </ul>	<ul style="list-style-type: none"> <li>- Walk 4 steps stretched on toes and arms by ears,</li> <li>- Squat down</li> <li>- Tuck roll backwards to shoulders and forward to stand,</li> <li>- Stretch jump to squat down,</li> <li>- Roll out to flat back with hands on top of thighs</li> <li>- Show dish shape holding for 3sec,</li> <li>- Lower to the floor,</li> <li>- Extend arms by ears and log roll on to tummy,</li> <li>- Lift to arch holding for 3sec,</li> <li>- Lower to floor and circle arms outwards to finish under shoulders,</li> <li>- Push to kneeling hold body in a support position for 3sec,</li> <li>- Jump feet forward to squat,</li> <li>- Jump to stand,</li> <li>- Balance on 1 leg to the side 45 degrees and hold for 3sec,</li> <li>- Return to stand perform 2 chasse steps on the same leg,</li> <li>- From 2 feet star jump to finish.</li> </ul>	<ul style="list-style-type: none"> <li>- Walk 4 steps stretched on toes and arms by ears,</li> <li>- Arabesque leg over 45 degrees hold for 3 sec,</li> <li>- Return to stand</li> <li>- Squat down forward roll to finish in squat,</li> <li>- Roll back to shoulder stand supporting at the hips hold for 3sec,</li> <li>- Roll out to flat back with hands on top of thighs</li> <li>- Show dish shape holding for 5sec,</li> <li>- Lower to the floor</li> <li>- Extend arms by ears log roll onto tummy,</li> <li>- Lift into arch holding for 5sec,</li> <li>- Lower to floor and circle arms outwards to finish under shoulders,</li> <li>- Push to front support for three 3sec,</li> <li>- Jump feet in to squat,</li> <li>- Stretch jump to stand,</li> <li>- 2 forward chasse steps with change leg</li> <li>- From 2 feet stretch jump ½ turn to finish.</li> </ul>