

NOTTINGHAMSHIRE COUNTY LEVEL 7 RULES 2018

In age, 2012 born gymnasts. Out of age, 2011+ born gymnasts - Routines have a maximum score of 13.00, each element value = 0.5

Vault D-score: 3.0 Bars, Beam and Floor D-score: 3.0 if all elements completed, Deduct 0.5 for each missing element

	<u>VAULT</u>	<u>BARS</u>	<u>BEAM</u>	<u>FLOOR</u>
APPARATUS	60 cm foam block With level safety mats from block for handspring flat back	Single H bar or H bar on Uneven bars 30cm mats under bar.	Low floor beam	Single strip of floor area required Floor may be sprung or un-sprung
ROUTINE DESCRIPTION	Stretch jump to land on 60cm block, Handspring flat back from block to level mats (British Club Grade 6 vault)	Gymnast lifted to bar by coach to hang in over grasp 1. Chin up 2. Leg lift 3. Dish hold (2 secs) 4. Arch hold (2 secs) 5. 3 x fish swings 6. release bar and hold landing (2 secs)	1. Straddle lever to pike stand and bunny hop onto the end of the Beam 3-5 optional steps 2. With 2 feet together, balance on toes, arms stretched by ears (2 secs) 3. Stretch jump 4. Toe to knee balance with arms by ears (2 secs) 5. Kick towards handstand Optional steps to end of beam 6. Stretch jump dismount	1. Forward roll to straddle sit 2. Straddle lever (2 secs) 3. Lower to japana (2 secs) 4. Bring legs together to pike sit, lower to lying on back and push to Bridge (2 secs) 5. lower and Roll to stand OR kick over through split handstand to lunge 6. split jump towards 135'
BONUSES AND SCORING	2 vaults allowed, best vault to count	BONUS 0.3 bonus for landing without any movement of feet	BONUS 0.3 If kick to handstand performed and has one leg at vertical	BONUS 0.5 Bridge Kick over performed without fall
SPECIFIC APPARATUS DEDUCTIONS	Deductions as per British Club Grade 6, 2018	Chin up, leg lifts, fish swings deductions as per British club grade 6, 2018 Missing any hold (2 seconds) – 0.3 each. Only lose CR if element not shown.	Missing any hold (2 seconds) = 0.3 deduction Only lose CR if element not shown.	Missing any hold (2 seconds) = 0.3 deduction Only lose CR if element not shown.