



Solihull and Birmingham Invitational Floor and Vault Competition 2020

Age Categories:

- 7 and under - (2013 – 2014) **Beginner category only**
- 9 and under - (2011 – 2012)
- 11 and under - (2009 – 2010)
- 13 and under - (2007 – 2008)
- 15 and under - (2005 – 2006)

Teams:

- Girls – 4 to 6 gymnasts – Highest four scores are added to give the total team score.
- Boys – 4 to 6 gymnasts – Highest four scores are added to give the total team score.

FLOOR

On a straight line of mats without music. All routines are marked out of 10.00. Some routines are given bonus marks for difficulty (Set B, C and D)

Routine Choices:

Beginners – A or B

Intermediate – B or C

Advanced – C or D

Set A (10.0 SV)

1. Forward roll
2. Straight jump
3. 'h' balance (hold for two seconds)
4. Forward roll to pike sit
5. Back support (hold for two seconds)
6. Tuck shoulder stand (hold for two seconds) roll up to stand
7. Star jump
8. Cartwheel (front to side or front to back)

Set B (10.5 SV)

1. Leg lifted in front at least 45° (hold for two seconds)
2. Forward roll
3. Handstand (hold for two seconds)
4. Half turn jump
5. Backward roll
6. Tuck Jump
7. Tucked headstand
8. Cartwheel (front to back)

Set C (11.0 SV)

1. Handstand forward roll
2. Double cartwheel
3. Backward roll to pike stand or backward roll to handstand
4. Full turn jump or full spin
5. Round off flick
6. One handed cartwheel
7. Forward roll to straddle stand
8. Straddle up to headstand

Set D (11.5 SV)

1. Round off double flick
2. Arabesque
3. Cartwheel linked into one handed cartwheel
4. Backward roll to handstand
5. Full turn jump or full spin
6. Free cartwheel or Handspring
7. Tuck jump linked into
8. W jump (wolf jump)

Vault

Vault	Start Value
Squat on/Straddle on (Cross Vault)	8.0
Squat through/Straddle through (Cross Vault)	9.0
Squat through/Straddle through (Long Vault)	9.5
Handspring/Half on	10.0

Vault Heights are approximate.

Age Category	Vault Height
7 and under	80cm
9 and under, 11 and under	1.00m - 1.10m
13 and under	1.10m - 1.20m
15 and under	1.20m - 1.30m

- Gymnasts will get no more than two warm up vaults before competing.
- Each Gymnast must attempt two of the **SAME** vault.
- The highest score out of the two vault attempts will be the gymnasts vault score.
- Coaches are to ensure safety and quality of the attempted vaults.
- Beginners under 9 and under 11 are **NOT** allowed to attempt handspring or half on vaults.
- 7 and under category are **NOT** allowed to attempt long vault or handspring/Half on vaults.

Further Information:

- Clubs should ensure that appropriately qualified coaches are on the competition floor.
- Only Judges/officials, coaches and gymnasts competing in the current round are allowed on the competition floor.