

# WHGC INVITATIONAL GFA BOYS 2022

Advanced –2013 and older

	<b>Gymnastics For All</b> <b>Gymnasts must not train more than 6 hours a week for this competition</b> Routines are set and from 10.00 See East Midlands GFA rules for full deductions.				
	<b>Vault</b>	<b>Bars</b>	<b>P-Bars</b>	<b>Floor</b>	<b>Trampoline</b>
<b>Apparatus</b>	Vaulting table optional height 1meter + or 1meter flat back set up	High wood bar	Set 130cm from landing mat	Music is NOT required max 1.30 min Full Floor	Trampoline with raised run up
<b>Requirements</b>	Choice of Vault Handsprings Flatback <b>9.20</b> Handsprings <b>10.00</b> Handsprings ½ on ½ off <b>10.60</b>	Set Routine 1. Coach assisted Jump to hang 2. Circle up to front support 3. Cast Back hip circle 4. Cast into 2 swings, 5. Dismount swing forward and release at back of 3 <sup>rd</sup> swing. <b>10.00 or</b> 5. into ¾ giant to front support 6. Straddle undershoot dismount <b>11.00</b>	Set Routine 1. Jump to front support, 2. Pike Lever hold 2 secs 3. 2 x dip 4. 5 swings 5. Face vault dismount  <b>10.00</b>	1. Set moves, make into a routine Backward roll to handstand 2. Handstand forward roll to pike sit 3. Lift to pike lever, 3 secs 4. Acro series min 2 moves 5. Jump series x2 linked different jumps 6. Y balance or arabesque, 3 secs 7. Splits any direction  <b>10.00</b>	Pick 1 from each A, B & C Perform in that order A Straddle Jump A Pike Jump +0.2 B ½ Turn Stretch Jump B Jump Full Turn +.03 C Dive Roll C Front Somersault +.05  <b>10.00</b>
<b>Notes</b>	No other vault permitted	No other elements permitted		<b>Acro series skills</b> Forward roll, Backward roll Cartwheel, Handstand forward roll, Handsprings, Dive roll Round off, Flic, Tuck back somersault	No other elements permitted
	2 attempts best score to count, can perform same or different vaults.	0.5 deduction for each missing element 1.0 deduction for coach assistance	0.5 deduction for each missing element 1.0 deduction for coach assistance		
<b>Bonus</b> Only awarded without a fall		0.5 if cast reaches 45° or above (only given once)	0.5 Bonus – Flank Dismount	0.5 for Round off flic 1.0 for Round off tuck back (with or without flic)	