

WHGC INVITATIONAL GFA BOYS 2022

Primary – 2016, 2015, 2014, 2013, 2012

	Gymnastics For All Gymnasts must not train more than 4 hours a week for this competition Routines are set and from 10.00 See East Midlands GFA rules for full deductions.				
	Vault	Bars	P-Bars	Floor	Trampoline
Apparatus	60cm Block or 80cm Block	High Bar	P-bars 130 cm May have additional 20cm mats if required	Tumble Track or strip of Floor	Trampoline with raised run up
Requirements	Squat on stretch Jump off 60cm or 80cm 10.00 Handstand Flatback 80cm 11.00	Set Routine Coach lift to high bar 1. Immediate Chin, 2. Chin to above the bar 3. Lower down with control 4. Leg Lift x 1 min 45° 5. Fish Swing x 3 6. Drop to good Landing 10.00	Set Routine 1. Jump to front support 2. Walk hands to middle of P-bars (min 4 hand movements) 3. Pike lever 4. 1 x dip 5. 3 x swings 6. Drop to good landing 10.00	Set Routine 1. Tucked backward roll to front support 2. Jump feet into squat to stand 3. Forward roll 4. 2 x cartwheel linked, the second to feet together. 5. Swedish fall with a leg raised 6. Lower leg to front support 7. 2 x press up 8. Jump feet in to squat, jump up to stand. 9. Skip up, round off. 10. Star jump, stretch jump ½ turn (not linked to round off). 10.00	Set Routine 1. Tuck Jump 2. Pike Jump 3. Straddle Jump 10.00
Notes	No other vault permitted	No other elements permitted			No other elements permitted
	2 attempts best score to count	0.5 deduction for each missing element 1.0 deduction for coach assistance			
Bonus Only awarded without a fall		1.00 - Circle up circle down instead of 2 nd chin	0.5 - for Face Vault dismount	0.3 Handstand Forward roll instead of forward roll	