

WHGC INVITATIONAL GFA GIRLS 2022

Advanced –2013 and older

Gymnastics For All Gymnasts must not train more than 6 hours a week for this competition Routines are set and from 10.00 See East Midlands GFA rules for full deductions.					
	Vault	Bars	Beam	Floor	Trampoline
Apparatus	Vaulting table optional height 1meter + or 1meter flat back set up	A Bars	Beam 125cm	Music is required max 1.30 min Full Floor	Trampoline with raised run up
Requirements	Choice of Vault Handsprings Flatback 9.20 Handsprings 10.00 Handsprings ½ on ½ off 10.60	Set Routine 1. Upward circle 2. Cast to 45° from horizontal 3. Back hip circle 4. Squat on 5. Stretch Jump Dismount 10.00 Or continue 6. Jump to Catch High Bar 7. 1 x Trolley swing 8. Swing over bar 9. Circle down 11.00	Set moves, make into a routine. 1. Jump to front support, ¼ to straddle lever (cant sit) 2. Acro skill x 2 (not linked must be different) 3. Leap series linked 4. ½ Spin ½ turn 5. Handsprings dismount 10.00	Set moves, make into a routine. 1. Either Handstand hop forward roll or Handsprings 2. Acro series min 2 skills 3. Full Spin 4. Split Leap 5. Walkover – Forward or Backward 10.00	Pick 1 from each A, B & C Perform in that order A Straddle Jump A Pike Jump +0.3 B ½ Turn Stretch Jump B Jump Full Turn +.03 C Dive Roll C Front Somersault +.05 10.00
Notes	No other vault permitted	No other elements permitted	Leaps Jumps & Balances Stretch Jump, Tuck Jump W jump, Cat leap, Split leap, Split Jump, Arabesque, Y Balance	Acro series skills Forward roll, Backward roll Cartwheel. Walkover (Forward or back) 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	Acro Skills Forward Roll Handstand Cartwheel Walkover (Forward or back)		
Bonus Only awarded without a fall			0.3 Full Spin 0.5 Forward somersault dismount	0.5 - Round off flic or 1.0 - Round off tuck back (with or without flic)	