

WHGC INVITATIONAL GFA GIRLS 2022

Primary Intermediate – 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	Beam	Floor	Trampoline
Apparatus	80cm Block & Mat	A Bars	Beam 125cm	Tumble Track or strip of Floor	Trampoline with raised run up
Requirements	Handstand Flatback 10.00	Set Routine 1. Upward circle 2. Cast 3. Cast Dismount Coach lift to high bar 4. Trolley swing into 5. 3 swings 6. Dismount on 3 rd swing at back. 10.00	Set Routine 1. Squat on mount 2. Acro skill 3. Leap series linked (1 must be a leap) 4. Single leg balance 5. ½ Spin 6. Round off dismount 10.00	Set Routine 1. Handstand forward roll, Tuck jump 2. Chasse step, cat leap 3. ½ Spin 4. Backward roll to straddle stand 5. ¼ turn to best leg side splits, arms may assist but bring to horizontal to show position. 6. Bring legs to show straddle 7. Join legs together, lie down and push to bridge 8. Lie back down rock to stand or Kickover 9. Jump step round off, jump ½ turn step out into cartwheel (front to back) 10.00	Set Routine 1. Straddle Jump 2. Pike Jump 3. ½ Turn Stretch Jump 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		No other elements permitted
	2 attempts best score to count	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				0.5 for kickover from the bridge.	