

WHGC INVITATIONAL GFA GIRLS 2022



Primary Novice – 2017, 2016, 2015, 2014

	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	60cm Block or 80cm Block Optional Height	High Bar set at	Beam 60cm	Tumble Track.	Trampoline with raised run up
Requirements	Squat on stretch Jump off 10.00	Set Routine 1. Coach lift to bar 2. Immediate Chin hold 2 secs, Lower down with control 3. Leg Lift x 1 min 45° 4. Fish Swing x 3 5. Drop to good Landing 10.00	Set Routine 1. Jump to front support mount 2. 2 x leaps or jumps (not linked) 3. Single leg balance 4. ½ turn on toes 5. Dismount either stretch jump or tuck jump. 10.00	Set Routine 1. Forward Roll, Star Jump 2. Chasse step cat leap 3. Arabesque 4. Stretch jumps ½ turn 5. Handstand 6. Side to side cartwheel 7. Jump ½ turn 8. Squat down to then lie flat on back, Dish shape 3secs hold (arms by ears or on thighs), 9. Roll to lie on front 10. Arch shape with arms by ears held 3 secs 11. Push to front support 12. Jump feet to hands to squat. 13. stretch jump from squat to finish. 10.00	Set Routine 1. Stretch Jump 2. Tuck Jump 3. Star Jump 10.00
Uncoded / Permitted Elements	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	No other elements permitted
Notes	2 attempts best score to count	0.5 deduction for each missing element 1.0 deduction for coach assistance		0.5 deduction for each missing element	
Bonus					