



Writhlington GfA Boys' 3-piece Competition General Information

	Level 1	Level 2	Level 3
Floor information	<ul style="list-style-type: none"> This is not to music This is a set routine This is performed on a single strip of floor 		<ul style="list-style-type: none"> Max floor routine length = 1min 30secs This is not to music The skills can be performed in any order with added steps to create a floor routine The whole floor can be used
Vault information	<ul style="list-style-type: none"> Table vault height age and level specific, warm up vault must suit the group Two attempts permitted on vault, best score to count Vault can be the same or different used on each attempt 		
High bar information	<ul style="list-style-type: none"> This is a set routine 		
Difficulty Value (DV score)	<ul style="list-style-type: none"> Certain apparatus will state where bonus' may be gained 		
Compositional Score (C score)	<ul style="list-style-type: none"> This is not required in this competition 		
Execution Score (E score)	<ul style="list-style-type: none"> Scored out of 10.0 See deduction table included within this document for guidance of the type of Execution Deductions judges will make 		
Scoring Information	<ul style="list-style-type: none"> Difficulty Value (DV score) + Execution Score (E score) = Starting Score Starting Score – Execution Deductions = Final Score 		



Boys Under 7

	Level 1	Level 2
Floor	<p>Forward roll into an immediate star jump, Jump $\frac{1}{4}$ turn, One side to side cartwheel Show handstand back to stand, Jump $\frac{1}{2}$ turn – To change the direction, Side leg lift – 45°, Squat down and jump legs forward to back support hold for 3secs, Turn over to front support hold for 3secs, One press up, Jump feet into hands to squat,</p>	<p>Tucked backward roll to front support, Jump feet into squat to stand, Arabesque, Two continuous cartwheels, second cartwheel one handed with a $\frac{1}{4}$ inwards to finish in lunge – To change the direction, Step feet together, Stretch jump $\frac{1}{2}$ turn – To change the direction, Handstand forward roll, Perform a Swedish fall with leg raised, Lower raised leg to finish in front support, Two press ups, Squat feet in, Stretch jump to stand, Skip step into round off, Jump half turn jump to land, Forward roll, Star jump to finish</p>
Bonus	Backwards roll = 0.5	Roundoff = 0.5
Vault	Squat-on (60cm Block), stretch jump off	Squat-on (60cm Block), kick to handstand flatback (level matting)
Bar	<ul style="list-style-type: none"> • Dish shape hold 3secs, • Arch shape hold 3secs, • 3 fish swings 	<ul style="list-style-type: none"> • Coach assist jump to high bar, • One chin up, • Upward circle, • Cast, • Forward circle down, • Three swings, Dismount at back of third swing.
Bonus	Chin-up = 0.5 (start of routine)	Back hipcircle = 0.5



Boys 7-8 years

	Level 1	Level 2
Floor	<p>Forward roll into an immediate star jump, Jump ¼ turn, One side to side cartwheel Show handstand back to stand, Jump ½ turn – To change the direction, Side leg lift – 45°, Squat down and jump legs forward to back support hold for 3secs, Turn over to front support hold for 3secs, One press up, Jump feet into hands to squat,</p>	<p>Tucked backward roll to front support, Jump feet into squat to stand, Arabesque, Two continuous cartwheels, second cartwheel one handed with a ¼ inwards to finish in lunge – To change the direction, Step feet together, Stretch jump ½ turn – To change the direction, Handstand forward roll, Perform a Swedish fall with leg raised, Lower raised leg to finish in front support, Two press ups, Squat feet in, Stretch jump to stand, Skip step into round off, Jump half turn jump to land, Forward roll, Star jump to finish</p>
Bonus	Backwards roll = 0.5	Roundoff = 0.5
Vault	Squat-on (90cm vault), stretch jump off	Handstand flatback (60cm)
Bar	<ul style="list-style-type: none"> • Dish shape hold 3secs, • Arch shape hold 3secs, • Trolley swing into 3 swings, dismount at back of third swing 	<ul style="list-style-type: none"> • Coach assist jump to high bar, • One chin up, • Upward circle, • Cast, • Forward circle down, • Three swings, Dismount at back of third swing.
Bonus	Chin-up = 0.5 (start of routine)	Back hipcircle = 0.5

Boys 9-10

	Level 1	Level 2	Level 3
Floor	<p>Forward roll into an immediate star jump, Jump ¼ turn, One side to side cartwheel Show handstand back to stand, Jump ½ turn – To change the direction, Side leg lift – 45°, Squat down and jump legs forward to back support hold for 3secs, Turn over to front support hold for 3secs, One press up, Jump feet into hands to squat, Backwards roll</p>	<p>Tucked backward roll to front support, Jump feet into squat to stand, Arabesque, Two continuous cartwheels, second cartwheel one handed with a ¼ inwards to finish in lunge – To change the direction, Step feet together, Stretch jump ½ turn – To change the direction, Handstand forward roll, Perform a Swedish fall with leg raised, Lower raised leg to finish in front support, Two press ups, Squat feet in, Stretch jump to stand, Skip step into round off, Jump half turn jump to land, Round-off Star jump to finish</p>	<p>•Backward roll to handstand (arm bend is optional) *, •Handstand forward roll to pike sit, lift to pike lever 3secs hold, •Min. two skills acro series – One skill must be flighted •Handspring, •Jump series – Two different jumps linked together, •Handstand ½ pirouette *, •Y balance or arabesque 3secs hold, •Splits 3secs hold (forwards or box).</p> <p>Acro skills for floor: Cartwheel Roundoff Flic Handspring Somersault forward or backward)</p>
Bonus	Round-off = 0.5	Handspring = 0.5	Acro series with 2 flighted skills (e.g. roundoff into flic) = 0.5
Vault	Squat-on (100cm vault), handspring off	Handstand flatback (100cm)	Handspring (100cm)
Bar	<ul style="list-style-type: none"> Dish shape hold 3secs, 	<ul style="list-style-type: none"> Coach assist jump to high bar, 	<ul style="list-style-type: none"> Jump to hang,



	<ul style="list-style-type: none"> • Arch shape hold 3secs, • Trolley swing into 3 swings, dismount at back of third swing 	<ul style="list-style-type: none"> • One chin up, • Upward circle, • Cast, • Forward circle down, • Three swings, Dismount at back of third swing. 	<ul style="list-style-type: none"> • Circle up to front support, • Cast back hip circle, • Cast ¾ giant to front support, • Cast straddle undershoot dismount
Bonus	Chin-up = 0.5 (start of routine)	Back hipcircle = 0.5	Cast to 45* = 0.5 Upstart = 0.5
Skills marked with an * cannot be supervised by a Level 2 General Gymnastics coach			

Boys 11-12

	Level 1	Level 2	Level 3
Floor	<p>Forward roll into an immediate star jump, Jump ¼ turn, One side to side cartwheel Show handstand back to stand, Jump ½ turn – To change the direction, Side leg lift – 45°, Squat down and jump legs forward to back support hold for 3secs, Turn over to front support hold for 3secs, One press up, Jump feet into hands to squat, Backwards roll</p>	<p>Tucked backward roll to front support, Jump feet into squat to stand, Arabesque, Two continuous cartwheels, second cartwheel one handed with a ¼ inwards to finish in lunge – To change the direction, Step feet together, Stretch jump ½ turn – To change the direction, Handstand forward roll, Perform a Swedish fall with leg raised, Lower raised leg to finish in front support, Two press ups, Squat feet in, Stretch jump to stand, Skip step into round off, Jump half turn jump to land, Round-off Star jump to finish</p>	<p>•Backward roll to handstand (arm bend is optional) *, •Handstand forward roll to pike sit, lift to pike lever 3secs hold, •Min. two skills acro series – One skill must be flighted •Handspring, •Jump series – Two different jumps linked together, •Handstand ½ pirouette *, •Y balance or arabesque 3secs hold, •Splits 3secs hold (forwards or box).</p> <p>Acro skills for floor:</p> <p>Cartwheel Roundoff Flic Handspring Somersault (forward or backward)</p>
Bonus	Round-off = 0.5	Handspring = 0.5	Acro series with 2 flighted skills (e.g. roundoff into flic) = 0.5
Vault	Squat-on (100cm vault), handspring off	Handstand flatback (100cm)	Handspring (110cm)
Bar	<ul style="list-style-type: none"> Dish shape hold 3secs, 	<ul style="list-style-type: none"> Coach assist jump to high bar, 	<ul style="list-style-type: none"> Jump to hang,



	<ul style="list-style-type: none"> • Arch shape hold 3secs, • Trolley swing into 3 swings, dismount at back of 3rd swing 	<ul style="list-style-type: none"> • One chin up, • Upward circle, • Cast, • Forward circle down, • Three swings, Dismount at back of third swing. 	<ul style="list-style-type: none"> • Circle up to front support, • Cast back hip circle, • Cast ¾ giant to front support, • Cast straddle undershoot dismount
Bonus	Chin-up = 0.5 (start of routine)	Back hipcircle = 0.5	Cast to 45* = 0.5 Upstart = 0.5
Skills marked with an * cannot be supervised by a Level 2 General Gymnastics coach			

Boys 13-14

	Level 1	Level 2	Level 3
Floor	<p>Forward roll into an immediate star jump, Jump ¼ turn, One side to side cartwheel Show handstand back to stand, Jump ½ turn – To change the direction, Side leg lift – 45°, Squat down and jump legs forward to back support hold for 3secs, Turn over to front support hold for 3secs, One press up, Jump feet into hands to squat, Backwards roll</p>	<p>Tucked backward roll to front support, Jump feet into squat to stand, Arabesque, Two continuous cartwheels, second cartwheel one handed with a ¼ inwards to finish in lunge – To change the direction, Step feet together, Stretch jump ½ turn – To change the direction, Handstand forward roll, Perform a Swedish fall with leg raised, Lower raised leg to finish in front support, Two press ups, Squat feet in, Stretch jump to stand, Skip step into round off, Jump half turn jump to land, Round-off Star jump to finish</p>	<p>•Backward roll to handstand (arm bend is optional) *, •Handstand forward roll to pike sit, lift to pike lever 3secs hold, •Min. two skills acro series – One skill must be flighted •Handspring, •Jump series – Two different jumps linked together, •Handstand ½ pirouette *, •Y balance or arabesque 3secs hold, •Splits 3secs hold (forwards or box).</p> <p>Acro skills for floor: Cartwheel Roundoff Flic Handspring Somersault (forward or backward)</p>
Bonus	Round-off = 0.5	Handspring = 0.5	Acro series with 2 flighted skills (e.g. roundoff into flic) = 0.5
Vault	Squat-on (100cm vault), handspring off	Handstand flatback (100cm)	Handspring (100cm)
Bar	<ul style="list-style-type: none"> Dish shape hold 3secs, 	<ul style="list-style-type: none"> Coach assist jump to high bar, 	<ul style="list-style-type: none"> Jump to hang,



	<ul style="list-style-type: none"> • Arch shape hold 3secs, • Trolley swing into 3 swings, dismount at back of third swing 	<ul style="list-style-type: none"> • One chin up, • Upward circle, • Cast, • Forward circle down, • Three swings, Dismount at back of third swing. 	<ul style="list-style-type: none"> • Circle up to front support, • Cast back hip circle, • Cast ¾ giant • Cast straddle undershoot dismount
Bonus	Chin-up = 0.5 (start of routine)	Back hipcircle = 0.5	Cast to 45* = 0.5 Upstart = 0.5
Skills marked with an * cannot be supervised by a Level 2 General Gymnastics coach			



Boys 15+

	Level 2	Level 3
Floor	<p>Tucked backward roll to front support, Jump feet into squat to stand, Arabesque, Two continuous cartwheels, second cartwheel one handed with a ¼ inwards to finish in lunge – To change the direction, Step feet together, Stretch jump ½ turn – To change the direction, Handstand forward roll, Perform a Swedish fall with leg raised, Lower raised leg to finish in front support, Two press ups, Squat feet in, Stretch jump to stand, Series: Skip step into round off, Rebound jump half turn jump to step, round-off, rebound star jump to finish</p>	<ul style="list-style-type: none"> • Backward roll to handstand (arms straight) * • Handstand forward roll to pike stand, tuck through to pike lever 3secs hold, • Min. two-skill acro series – One skill must be flighted • Handspring • Jump series – Two different jumps linked together, • Handstand ½ pirouette * • Y balance or arabesque 3secs hold, • Splits 3secs hold (forwards or box). <p>Acro skills for floor</p> <p>Cartwheel Roundoff Flic Handspring Somersault (forward or backward)</p>
Bonus	Handspring = 0.5	Acro series with 2 flighted skills (e.g. roundoff into flic) = 0.5
Vault	Handstand flatback (110cm)	Handspring (110cm)
Bar	<ul style="list-style-type: none"> • Coach assist jump to high bar, • One chin up, • Upward circle, • Cast, • Forward circle down, • Three swings, Dismount at back of third swing. 	<ul style="list-style-type: none"> • Jump to hang, • Circle up to front support, • Cast back hip circle, • Cast ¾ giant to front support, • Cast straddle undershoot dismount
Bonus	Back hipcircle = 0.5	Cast to 45* = 0.5 Upstart = 0.5
Skills marked with an * cannot be supervised by a Level 2 General Gymnastics Coach		



Writhlington Boys' 3-piece competition Judge's Deductions

Deductions – Floor

Deductions		0.1	0.3	0.5	1.0
Artistry deduction throughout	Insufficient flow/dynamics of routine	X	X	X	
Specific floor deductions	Touch of hair/leotard/clothing	X			
	Missing competition requirements			X	
Execution deductions (Each time)	Bent arms or bent knees	X	X	X	
	Balance/flexibility not held for time required	X	X		
	Leg or knee separation	X	X		
	Insufficient height of element	X	X		
	Insufficient tuck, pike or stretch	X	X		
	Feet not pointed/loose/body alignment	X			
Landing deductions (Each time)	Landing from tumblers (step)	X	X		
	Trunk movement to maintain balance	X	X		
	Extra steps up to 0.5	X			
	Very large step or jump		X		
Falls (Each skill)	Deep squat			X	
	Falls				X

Deductions – High bar

Deductions		0.1	0.3	0.5	1.0
General	Legs apart		X		
	Lack of swing or pause	X	X		
	Low amplitude on flight elements	X	X		
	Deviation from plane of movement	X	X		
	Layaway on the back swing		X		
	Bent arms	X	X		
	Bent knees (each time)	X	X		
	Elements not continuing in their intended direction			X	
	Body alignment	X	X		
	Bent arms	X	X		
	Bent legs	X	X		
	Landing	X	X		
	Fall				X
Additional	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X

Deductions – Vault

Deductions		0.1	0.3	0.5	1.0
First flight	Incomplete turn	X	X	X	
	Hip angle	X	X		
	Bend knees	X	X	X	
	Leg separation	X	X		
	Arch	X	X		
	Insufficient layout in squad/ straddle	X	X	X	
Repulsion	Staggered altered hand placement	X	X		
	Bent arms	X	X	X	
	Shoulder angle	X	X		
	Touch with one hand				X
	Failure to pass through vertical		X		
Second flight	Lack of height	X	X	X	X
	Incomplete turn	X	X		
	Insufficient length	X	X	X	
	Bent knees	X	X	X	
	Leg separation	X	X		
Landing	Extra steps (each)	X			
	Large steps (over shoulder width)		X		
	Extra arm swing	X			
	Additional trunk movement	X	X		
	Body posture faults	X			
	Deep Squat			X	
	Deviation from centre	X			
	Brush on apparatus			X	
Fall				X	
Additional	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X