



## Writhlington GfA Girls 4-piece Competition General Information

	Level 1	Level 2	Level 3	Level 4
<b>Floor information</b>	<ul style="list-style-type: none"> <li>This is <b>not to music</b></li> <li>This is a set routine</li> <li>This is performed on a single strip of floor</li> </ul>		<ul style="list-style-type: none"> <li>Maximum floor routine length = 1min 30secs to music</li> <li>To contain no words, not be Disney, Cirque de Soleil, or Lloyd Webber</li> <li>The skills can be performed in any order with added steps to create a floor routine</li> <li>The whole floor can be used</li> </ul>	
<b>Vault information</b>	<ul style="list-style-type: none"> <li>Table vault/blocks /mats height as per category, warm-up vault must suit the group</li> <li>Two attempts permitted on vault, best score to count</li> <li>If a choice, either vault can be used on each attempt</li> </ul>			
<b>Bars information</b>	<ul style="list-style-type: none"> <li>This is a set routine</li> </ul>			
		<ul style="list-style-type: none"> <li>This routine has two parts, both must be completed.</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>
<b>Beam information</b>	<ul style="list-style-type: none"> <li>This is a set routine with some bonus skills or optional skills (listed in skill box for each Age category)</li> <li>Max beam routine length = 2.5 lengths</li> </ul>			
	<ul style="list-style-type: none"> <li>Skills can be repeated</li> </ul>	<ul style="list-style-type: none"> <li>Skills can't be repeated</li> </ul>		
<b>Difficulty Value (DV score)</b>	<ul style="list-style-type: none"> <li>This score is stated at the top of each routine/element on the 'Skills section'</li> <li>Certain apparatus will state where bonus' can be gained</li> </ul>			
<b>Compositional Score (C score)</b>	<ul style="list-style-type: none"> <li>This is not required in this competition</li> </ul>			
<b>Execution Score (E score)</b>	<ul style="list-style-type: none"> <li>Scored out of 10.0</li> <li>See deduction table included within this document for guidance of the type of Execution Deductions judges will make</li> </ul>			
<b>Scoring Information</b>	<ul style="list-style-type: none"> <li>Difficulty Value (DV score) + Execution Score (E score) = Starting Score</li> <li>Starting Score – Execution Deductions = Final Score</li> </ul>			

## Under 7 Girls

	Level 1	Level 2
<b>Floor</b> <i>Set floor (No Music) on Floor Strip.</i>	<ul style="list-style-type: none"> <li>• Forward roll star jump,</li> <li>• Chasse cat leap,</li> <li>• Arabesque,</li> <li>• ½ spin,</li> <li>• Handstand,</li> <li>• Front to back cartwheel,</li> <li>• Squat down to then lie flat on back,</li> <li>• Dish shape 3secs hold – Arms by ears or on thighs,</li> <li>• Roll to lie on front,</li> <li>• Arch shape with arms by ears 3secs hold,</li> <li>• Push to front support,</li> <li>• Jump feet to hands,</li> <li>• Stretch jump from the squat position.</li> </ul>	<ul style="list-style-type: none"> <li>• Handstand forward roll – Arms can be bent,</li> <li>• Forward roll stretch jump,</li> <li>• Immediate tuck jump,</li> <li>• Chasse cat leap</li> <li>• Backward roll to straddle stand,</li> <li>• Roll back to sit in straddle,</li> <li>• Join legs together to show pike sit</li> <li>• Lie down on back and push to bridge,</li> <li>• Lie down from bridge and rock to stand,</li> <li>• Stretch jump ½ turn,</li> <li>• From feet together, jump into cartwheel ¼ turn, finish feet together</li> </ul>
	Bonus: Backwards roll = 0.5	Bonus: Kickover from bridge = 0.5
<b>Vault</b>	Squat-on, stretch jump off (60cm block)	Stretch jump onto 60cm block, kick to handstand flatback.
<b>Bars</b>	<ul style="list-style-type: none"> <li>• Tuck shape 2seconds</li> <li>• Pike shape 2 seconds</li> <li>• Straddle shape 2 seconds</li> <li>• 3 fish swings</li> </ul>	Low bar: Upward circle, Cast, Cast dismount. High bar (coach to assist jump to bar): One chin, One leg lift, Three fish swings, Release to land.
	Bonus: One Chin-up = 0.5 or Two leg lifts with straight legs = 0.5	Bonus: (high bar between leg lift and fish swings) Chin-up to circle around the bar to support, then circle down through chin up = 0.5 Straddle-on, undershoot off low bar = 0.5
<b>Beam</b>	<ul style="list-style-type: none"> <li>• Mount – Jump to front support swing leg over and stand up.</li> <li>• Stretch jump</li> <li>• Single leg balance (arabesque or Y balance)</li> <li>• ½ turn on 2 feet</li> <li>• Dismount – Stretch, tuck, or star jump.</li> </ul>	<ul style="list-style-type: none"> <li>• Mount – Squat on,</li> <li>• Tuck jump</li> <li>• Caterpillar</li> <li>• ½ spin</li> <li>• Cat leap</li> <li>• Arabesque</li> <li>• Dismount – Round off.</li> </ul>
	Bonus: Squat-on = 0.5 or ½ spin (one foot) = 0.5	Bonus: Connected stretch jump, tuck jump = 0.5 or Kick towards split handstand – 0.5

## Writhlington GfA Girls 4-piece Competition Girls 7-8 years

	Level 1	Level 2
<b>Floor</b> <i>Set floor</i> <i>(No Music)</i> <i>on Floor Strip.</i>	<ul style="list-style-type: none"> <li>• Forward roll star jump,</li> <li>• Chasse cat leap,</li> <li>• Arabesque,</li> <li>• ½ spin,</li> <li>• Handstand,</li> <li>• Front to back cartwheel,</li> <li>• Squat down to then lie flat on back,</li> <li>• Dish shape 3secs hold – Arms by ears or on thighs,</li> <li>• Roll to lie on front,</li> <li>• Arch shape with arms by ears 3secs hold,</li> <li>• Push to front support,</li> <li>• Jump feet to hands,</li> <li>• Stretch jump from the squat position.</li> </ul>	<ul style="list-style-type: none"> <li>• Handstand forward roll – Arms straight</li> <li>• Forward roll stretch jump,</li> <li>• Immediate tuck jump,</li> <li>• Chasse assemble jump, stretch jump</li> <li>• Backward roll to pike stand,</li> <li>• Roll back to sit in straddle,</li> <li>• Join legs together to show pike sit</li> <li>• Lie down on back and push to bridge,</li> <li>• Lie down from bridge and kick over to stand,</li> <li>• Stretch jump ½ turn,</li> <li>• From feet together, jump into roundoff</li> </ul>
	Bonus: Backwards roll = 0.5 Bridge kick-over = 0.5	Bonus: Backwards walkover = 0.5 Flic = 0.5
<b>Vault</b>	Squat-on, stretch jump off (60cm block)	Handstand flatback (60cm block)
<b>Bars</b>	<ul style="list-style-type: none"> <li>• Dish hold</li> <li>• Arch hold</li> <li>• Trolley swing to initiate,</li> <li>• Three swings,</li> <li>• Dismount on third swing.</li> </ul>	Low bar: Upward circle, Cast, Cast to dismount High bar (coach to assist jump to bar): One chin up, Trolley swing Three swings, Release to land.
	Bonus: (At start of routine): One Chin-up = 0.5 or One leg lift = 0.5	Bonus: (high bar between leg lift and fish swings) Chin-up to circle around the bar to support, then circle down through chin up = 0.5 Straddle-on undershoot off dismount from low bar = 0.5
<b>Beam</b>	<ul style="list-style-type: none"> <li>• Mount – Jump to front support swing leg over and stand up.</li> <li>• Tuck jump</li> <li>• Single leg balance (arabesque or Y balance)</li> <li>• ½ turn on 2 feet</li> <li>• Dismount – Stretch, tuck, or star jump.</li> </ul>	<ul style="list-style-type: none"> <li>• Mount – Squat on</li> <li>• 2 linked jumps</li> <li>• Caterpillar</li> <li>• ½ spin</li> <li>• Cat leap</li> <li>• Arabesque</li> <li>• Dismount – Round off.</li> </ul>
	Bonus: Squat-on = 0.5 or ½ spin (one foot) = 0.5	Bonus: Kick towards split handstand – 0.5



## Writhlington GfA Girls 4-piece Competition Girls 9-10 years

	Level 1	Level 2	Level 3
<b>Floor</b> (See rules above)	<ul style="list-style-type: none"> <li>•Forward roll star jump,</li> <li>•Chasse cat leap,</li> <li>•Arabesque,</li> <li>•½ spin,</li> <li>•Handstand,</li> <li>•Front to back cartwheel,</li> <li>•Squat down to then lie flat on back,</li> <li>•Dish shape 3secs hold – Arms by ears or on thighs,</li> <li>•Roll to lie on front,</li> <li>•Arch shape with arms by ears 3secs hold,</li> <li>•Push to front support,</li> <li>•Jump feet to hands,</li> <li>•Stretch jump from the squat position.</li> </ul>	<ul style="list-style-type: none"> <li>•Handstand forward roll – Arms straight, immediate stretch jump, then immediate tuck jump,</li> <li>•Chasse split leap</li> <li>•Front to back cartwheel, then backward roll to front support then squat through to sit in pike</li> <li>•Lie down on back and push to bridge, and kick over to stand,</li> <li>•Stretch jump ½ turn,</li> <li>•From feet together, jump into roundoff rebound stretch jump.</li> </ul>	<ul style="list-style-type: none"> <li>•Handspring,</li> <li>•Min. of two skills in an acro series – Both skills can be the same (Accepted skills: cartwheel, roundoff, flic)</li> <li>•Full spin,</li> <li>•Split leap, step, split leap or split leap, cat leap series (may chasse into it)</li> <li>•Stretch jump full turn,</li> <li>•Walkover.</li> </ul>
	Bonus: Backwards roll = 0.5 Bridge kick-over = 0.5	Bonus: Backwards walkover = 0.5 Flic = 0.5	Bonus: two connected flighted acro skills = 0.5
<b>Vault</b>	Squat-on, stretch jump off (100cm vault)	Handstand flatback (60cm block)	Handstand flatback (90cm) Handspring (60cm)
<b>Bars</b>	<ul style="list-style-type: none"> <li>• Dish hold</li> <li>• Arch hold</li> <li>• Trolley swing to initiate,</li> <li>• Three swings,</li> <li>• Dismount on third swing.</li> </ul>	Low bar: Upward circle, Cast, Cast to dismount High bar (coach to assist jump to bar): One chin up, Trolley swing Three swings, Release to land.	<ul style="list-style-type: none"> <li>•Upward circle,</li> <li>•Cast,</li> <li>•Cast back hip circle,</li> <li>•Squat on,</li> <li>•Jump to catch high bar,</li> <li>•Two swings,</li> <li>•Release on third swing back</li> </ul>
	Bonus: (At start of routine): One Chin-up = 0.5 or One leg lift = 0.5	Bonus: (high bar between leg lift and fish swings) Chin-up to circle around the bar to support, then circle down through chin up = 0.5 Straddle-on undershoot off dismount from low bar = 0.5	Bonus: Swing to circle up to support on third swing, straddle undershoot off = 0.5 If cast reaches 45* = 0.5
<b>Beam</b>	Mount – Jump to front support swing leg over and stand up. Tuck jump	Mount – Squat on 2 linked jumps Kick towards split handstand ½ spin	Mount – Jump to free straddle, ¼ turn to sit on beam



	<p>Single leg balance (arabesque or Y balance)  <math>\frac{1}{2}</math> turn on 2 feet            Dismount – Stretch, tuck, or star jump.</p>	<p>Split jump to 90*            Arabesque            Dismount – Round off.</p>	<p>Min two skill leap series – Immediately linked            One split jump – Min 135°, <math>\frac{1}{2}</math> spin,            Handstand (not held)            Forward roll            Dismount – Round off or handspring.</p>
	<p>Bonus: Squat-on = 0.5            or <math>\frac{1}{2}</math> spin (one foot) = 0.5</p>	<p>Bonus: Forward roll = 0.5</p>	<p>Bonus: Cartwheel = 0.5            Full spin instead of <math>\frac{1}{2}</math> spin = 0.5</p>



## Writhlington GfA Girls 4-piece Competition Girls 11-12 years

	Level 2	Level 3	Level 4
<b>Floor</b> <i>See rules above</i>	<ul style="list-style-type: none"> <li>•Handstand forward roll – Arms straight, immediate stretch jump, then immediate tuck jump,</li> <li>•Chasse split leap</li> <li>•Front to back cartwheel, then backward roll to front support then squat through to sit in pike</li> <li>•Lie down on back and push to bridge, and kick over to stand,</li> <li>•Stretch jump ½ turn,</li> <li>•From feet together, jump into roundoff rebound stretch jump.</li> </ul>	<ul style="list-style-type: none"> <li>•Handspring,</li> <li>•Min. of two skills in an acro series – Both skills can be the same (Accepted skills: cartwheel, roundoff, flic)</li> <li>•Full spin,</li> <li>•Split leap, step, split leap or split leap, cat leap series (may chasse into it)</li> <li>•Stretch jump full turn,</li> <li>•Walkover (forwards or backwards)</li> </ul>	<ul style="list-style-type: none"> <li>•Acro series with min. of two <b>different</b> flighted skills</li> <li>•Handspring</li> <li>•Somersault – Forwards or backwards) *,</li> <li>•Min of two skill leap series – Both skills to be immediately linked,</li> <li>•Full spin</li> <li>•Backward roll to handstand (arm bend optional) *.</li> </ul> <p><i>See Skills Box below</i></p>
	Bonus: Backwards walkover = 0.5 Flic = 0.5	Bonus: two connected flighted acro skills = 0.5	If a skill is performed before or after the somersault e.g. front somersault walk out round off * = 0.5  Leap/Jump to 180* = 0.5
<b>Vault</b>	Squat-on, handspring off vault table (100cm)	Handspring flatback (100cm)	Handspring OR ½ on ½ off (100cm)
<b>Bars</b>	Low bar: Upward circle, Cast, back hipcircle Cast to dismount High bar (coach to assist jump to bar): Trolley swing Three swings, Release to land.	<ul style="list-style-type: none"> <li>•Upward circle,</li> <li>•Cast back hip circle,</li> <li>•Squat on,</li> <li>•Jump to catch high bar,</li> <li>•Two swings,</li> <li>•Release on third swing back</li> </ul>	<ul style="list-style-type: none"> <li>•Upward circle,</li> <li>•Cast back hip circle,</li> <li>•Squat on,</li> <li>•Jump to catch top bar,</li> <li>•Immediate ¾ baby giant *</li> <li>•Straddle undershoot dismount.</li> </ul>
	Bonus: Straddle-on undershoot off dismount from low bar = 0.5	Bonus: Baby giant on third swing, straddle undershoot off = 0.5 If cast reaches 45* = 0.5	Upstart instead of upward circle = 0.5 Straddle undershoot ½ turn dismount = 0.5
<b>Beam</b>	Mount – Squat on 2 linked jumps Kick towards split handstand ½ spin	Mount – Jump to free straddle, ¼ turn to sit on beam	•Mount – Squat through to rear support,





	Split jump to 90* Arabesque Dismount – Round off.	Min2 skill leap/jump series – Immediately linked ½ spin One split jump – Min 135° Handstand (not held) Dismount – Round off or handspring.  <i>See Skills Box below</i>	<ul style="list-style-type: none"> <li>•One split leap – Min 135°,</li> <li>•Min two skill acro series – Immediately linked,</li> <li>•Min two skill leap series – Immediately linked and one must be a leap,</li> <li>•Full spin,</li> <li>•Dismount – Handspring.</li> </ul> <i>See Skills Box below.</i>
	Bonus: Forward roll = 0.5	Bonus: Cartwheel = 0.5 Full spin instead of ½ spin = 0.5	If all criteria fulfilled and no falls = 0.5 If the dismount is a somersault * = 0.5
* Skills marked with an asterisk cannot be supervised by a Level 2 General Gymnastics Coach			

Floor Skills	Beam Skills
Walkover – forwards or backwards Somersault – forwards or backwards* Cartwheel Cartwheel ¼ turn Round off Flic Handspring Split leap Cat leap Full turn jump	Stretch jump Tuck jump W jump ½ spin Full spin Cat leap Split leap Split jump Forward roll Handstand Walkover Cartwheel



## Writhlington GfA Girls 4-piece Competition Girls 13-14 years

	Level 2	Level 3	Level 4
<b>Floor</b> <i>See rules above</i>	<ul style="list-style-type: none"> <li>•Handstand forward roll – Arms straight, immediate stretch jump, then immediate tuck jump,</li> <li>•Chasse split leap</li> <li>•Front to back cartwheel, then backward roll to front support then squat through to sit in pike</li> <li>•Lie down on back and push to bridge, and kick over to stand,</li> <li>•Stretch jump ½ turn,</li> <li>•From feet together, jump into roundoff rebound stretch jump.</li> </ul>	<ul style="list-style-type: none"> <li>•Handspring,</li> <li>•Min. of two skills in an acro series – Both skills can be the same (Accepted skills: cartwheel, roundoff, flic, backwards roll)</li> <li>•Full spin,</li> <li>•Split leap, step, split leap or split leap, cat leap series (may chasse into it)</li> <li>•Stretch jump full turn,</li> <li>•Walkover (forwards or backwards)</li> </ul>	<ul style="list-style-type: none"> <li>•Acro series with min. of two <b>different</b> flighted skills</li> <li>•Round off, flic, tuck jump</li> <li>•Walkover (fwds or bwds)</li> <li>•A second and different acro series of 2 elements, 1 must be flighted,</li> <li>•Leap series of min 2 skills, one at 180* split</li> <li>•Full spin</li> <li>•Backward roll to handstand (straight arms) *</li> </ul> <p><i>See skills box below</i></p>
	Bonus: Backwards walkover = 0.5 Flic =0.5	Bonus: two connected flighted acro skills = 0.5	If a skill is performed before or after a somersault e.g. front somersault walk out round off * = 0.5  Free cartwheel = 0.5
<b>Vault</b>	Squat-on, handspring off vault table (100cm)	Handspring flatback (100cm)	Handspring OR ½ on ½ off
<b>Bars</b>	Low bar: Upward circle, Cast, back hipcircle Cast to dismount High bar (coach to assist jump to bar): Trolley swing Three swings, Release to land.	<ul style="list-style-type: none"> <li>•Upward circle,</li> <li>•Cast back hip circle,</li> <li>•Squat on,</li> <li>•Jump to catch high bar,</li> <li>•Two swings,</li> <li>•Release on third swing back</li> </ul>	<ul style="list-style-type: none"> <li>•Upward circle,</li> <li>•Cast back hip circle,</li> <li>•Squat on,</li> <li>•Jump to catch top bar,</li> <li>•Immediate ¼ baby giant *</li> <li>•Straddle undershoot dismount.</li> </ul>
	Bonus: Straddle-on undershoot off dismount from low bar = 0.5	Bonus: Baby giant on third swing, straddle undershoot off = 0.5 If cast reaches 45* = 0.5	Upstart instead of upward circle = 0.5 Straddle undershoot ½ turn dismount = 0.5
<b>Beam</b>	Mount – Squat on 2 linked jumps Kick towards split handstand ½ spin Split jump to 90* Arabesque	Mount – Jump to free straddle, ¼ turn to sit on beam Min2 skill leap/jump series – Immediately linked ½ spin	<ul style="list-style-type: none"> <li>•Mount – Squat through to rear support,</li> <li>•One split leap – Min 135°,</li> <li>•Min two skill acro series – Immediately linked,</li> </ul>





	Dismount – Round off.	One split jump – Min 135° Handstand (not held) Dismount – Round off or handspring.  <i>See skills box below</i>	<ul style="list-style-type: none"> <li>•Min two skill leap series – Immediately linked and one must be a leap,</li> <li>•Full spin,</li> <li>•Dismount – Handspring.</li> </ul> <i>See skills box below</i>
	Bonus: Forward roll = 0.5	Bonus: Cartwheel = 0.5 Full spin instead of ½ spin = 0.5	If all criteria fulfilled and no falls = 0.5 If the dismount is a somersault * = 0.5
* Skills marked with an asterisk cannot be supervised by a Level 2 General Gymnastics Coach			

Floor Skills	Beam Skills
Walkover – forwards or backwards	Stretch jump
Somersault – forwards or backwards*	Tuck jump
Cartwheel	W jump
Cartwheel ¼ turn	½ spin
Round off	Full spin
Flic	Cat leap
Handspring	Split leap
Split leap	Split jump
Cat leap	Forward roll
Full turn jump	Handstand
	Walkover
	Cartwheel



## Writhlington GfA Girls 4-piece Competition Girls 15+ years

	Level 2	Level 3	Level 4
<b>Floor</b> <i>See rules above</i>	<ul style="list-style-type: none"> <li>•Handstand forward roll – Arms straight, immediate stretch jump, then immediate tuck jump,</li> <li>•Chasse split leap</li> <li>•Front to back cartwheel, then backward roll to front support then squat through to sit in pike</li> <li>•Lie down on back and push to bridge, and kick over to stand,</li> <li>•Stretch jump ½ turn,</li> <li>•From feet together, jump into roundoff rebound stretch jump.</li> </ul>	<ul style="list-style-type: none"> <li>•Handspring,</li> <li>•Min. of two skills in an acro series – Both skills can be the same (Accepted skills: cartwheel, roundoff, flic, backwards roll)</li> <li>•Full spin,</li> <li>•Split leap, step, split leap or split leap, cat leap series (may chasse into it)</li> <li>•Stretch jump full turn,</li> <li>•Walkover (forwards or backwards)</li> </ul>	<ul style="list-style-type: none"> <li>•Acro series with min. of two <b>different</b> flighted skills</li> <li>•Round off, flic, tuck jump</li> <li>•Walkover (fwds or bwds)</li> <li>•A second and different acro series of 2 elements, 1 must be flighted,</li> <li>•Leap series of min 2 skills, one at 180* split</li> <li>•Full spin</li> <li>•Backward roll to handstand (straight arms) *.</li> </ul>
	Bonus: Backwards walkover = 0.5 Flic = 0.5	Bonus: two connected flighted acro skills = 0.5	If a skill is performed before or after a somersault e.g. front somersault walk out round off * = 0.5  Free cartwheel = 0.5
<b>Vault</b>	Squat-on, handspring off vault table (100cm)	Handspring flatback (100cm)	Handspring OR ½ on ½ off
<b>Bars</b> <i>Start score 10.00</i>	Low bar: Upward circle, Cast, back hipcircle Cast to dismount High bar (coach to assist jump to bar): Trolley swing Three swings, Release to land.	<ul style="list-style-type: none"> <li>•Upward circle,</li> <li>•Cast back hip circle,</li> <li>•Squat on,</li> <li>•Jump to catch high bar,</li> <li>•Two swings,</li> <li>•Release on third swing back</li> </ul>	<ul style="list-style-type: none"> <li>•Upward circle,</li> <li>•Cast back hip circle,</li> <li>•Squat on,</li> <li>•Jump to catch top bar,</li> <li>•Immediate ¾ baby giant *</li> <li>•Straddle undershoot dismount.</li> </ul>
	Bonus: Straddle-on undershoot off dismount from low bar = 0.5	Bonus: Baby giant on third swing, straddle undershoot off = 0.5 If cast reaches 45* = 0.5	Upstart instead of upward circle = 0.5 Straddle undershoot ½ turn dismount = 0.5
<b>Beam</b> <i>Start score 10.00</i>	Mount – Squat on 2 linked jumps Kick towards split handstand ½ spin Split jump to 90* Arabesque Dismount – Round off.	Mount – Jump to free straddle, ¼ turn to sit on beam Min2 skill leap/jump series – Immediately linked ½ spin One split jump – Min 135° Handstand (not held)	<ul style="list-style-type: none"> <li>•Mount – Squat through to rear support,</li> <li>•One split leap – Min 135°,</li> <li>•Min two skill acro series – Immediately linked,</li> <li>•Min two skill leap series – Immediately linked and one must be a leap,</li> <li>•Full spin,</li> </ul>



		Dismount – Round off or handspring.	•Dismount – Handspring.
	Bonus: Forward roll = 0.5	Bonus: Cartwheel = 0.5 Full spin instead of ½ spin = 0.5	If all criteria fulfilled and no falls = 0.5 If the dismount is a somersault * = 0.5
* Skills marked with an asterisk cannot be supervised by a Level 2 General Gymnastics Coach			

Floor Skills	Beam Skills
Walkover – forwards or backwards	Stretch jump
Somersault – forwards or backwards*	Tuck jump
Cartwheel	W jump
Cartwheel ¼ turn	½ spin
Round off	Full spin
Flic	Cat leap
Handspring	Split leap
Split leap	Split jump
Cat leap	Forward roll
Full turn jump	Handstand
	Walkover
	Cartwheel



## Writhlington GfA Girls 4-piece Competition Judge's Deductions

### Deductions – Floor

Deductions		0.1	0.3	0.5	1.0
<b>Artistry deduction throughout</b>	Insufficient flow/dynamics of routine	X	X	X	
<b>Specific floor deductions</b>	Touch of hair/leotard/clothing	X			
	Missing competition requirements			X	
<b>Execution deductions (Each time)</b>	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			
<b>Landing deductions (Each time)</b>	Landing from tumbles (step)	X	X		
	Trunk movement to maintain balance	X	X		
	Extra steps up to 0.5	X			
	Very large step or jump		X		
	Deep squat			X	
<b>Falls (Each skill)</b>	Falls				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	
	Extra steps on top of the vault (per step)	X			
	Shoulder angle	X	X		
	Touch with one hand				X
	Steps to the end of vault	X	X	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

## Deductions – Bar

Deductions		0.1	0.3	0.5	1.0
General	Body alignment	X	X		
	Adjusted grip position	X			
	Hit on apparatus with feet			X	
	Hit on mat with feet (fall)				X
	Poor rhythm in elements			X	
	Insufficient height	X	X		
	Under rotation	X			
	Insufficient extension in casts	X			
	Intermediate swing	X			
	Empty swing			X	
	Angle of completion of elements	X	X	X	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 (apart from jump to high bar in Primary 1)				X

## Deductions – Beam

Deductions		0.1	0.3	0.5	1.0
General	Poor rhythm/adjustments (each)	X			
	Excessive arm swings (each)	X			
	Pause (more than 2 seconds) (each)	X			
	Body posture/amplitude throughout	X			
	Additional support of leg against the side surface of the beam		X		
	Grasp beam to avoid a fall			X	
	Additional movements to maintain balance			X	
Additional	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X

**Note:** These deductions are in additional 'normal' execution deductions for beam