

# Acrobatics Pairs

(1)	(2)	(3)
(4)	(5)	(6)
(7)	(8)	(9)
Teddy bear roll 	Forward Roll over Hollow 	Cartwheel over dish 
Forward Roll to Stand 	Supported cartwheel 	Leap Frog 
Front support 2" 	Back support 2" 	Bent leg Headstand 2" 
Forward roll	Forward roll to straddle sit	Forward roll straight Jump
Backward Roll to stand	Backward roll straight jump	Cartwheel

## Making up the sequence

(Total value 16.0 marks for each pair of gymnasts)

◆ **Content:** Include 2 balances from green, 2 tempo moves from red and 3 individual moves from blue as shown in the chart above **Worth 3.5 marks)**

◆ **Composition:** Put together sequence with choreography to show:

- \* good use of floor with changes in direction and levels (0.5)
- \* variety of linking ideas, (leaps, spins, dance) (0.5)
- \* artistry & presentation including use of music (0.5)
- \* synchronisation (1.0)

(Worth up to 2.5 marks)

◆ **Execution** faults deducted (Worth up to 10.0 marks)

◆ Can be performed with or without instrumental music. (no words) and to last no longer than 1min 30 secs.

◆ Each pairs balance is held for 3 seconds and any individual balance for 2 seconds

# Acrobatics Pairs Guidelines

(Coloured Boxes below relate to routine drawings)

(1) Position of Bases arms off the floor. Top shows strong front support position	(2) Base sitting on knees with both ankles together. Top in bent leg headstand in tuck position and toes pointed. Base provides minimal support, arms of base straight.	(3) Top in balanced handstand with the base provides minimal support. A straight handstand is required from the top showing extension & good body tension.
(4) Base legs should be straight. The Top should be in chair position supported by the Base in the lower back.	(5) Feet of B placed above knees of A. Arms of the base bent or straight when top is in balance. Base is kneeling with seat resting on heels.	(6) The top forms an extended flat bodyline, with the hands and shoulders over the knees of the base. Both base and top should have straight arms
(7) The arms of the base should be straight. The support on hands can face either direction but should show an extended bodyline.	(8) Arms of the base and top when in balance straight. Base should be sat in straddle, legs straight toes pointed.	(9) Top shows strong front support position. Base supports below the knee, arms straight.
Gymnasts back to back at the start, each completes a full circle. Finishing where they started	A is in arch; head, arms, shoulders and ankles are clear from the floor. B forward rolls over	A in dish, head, arms, shoulders and ankles are clear from the floor. B: Cartwheels over the waist with one arm either side.
Roll of A should be smooth. Hands of B assist stand. Additional steps not permitted	Cartwheel supported throughout.	The legs of the base must be straight. There must be a flight phase from the top after contact with base.

**Music: (if used.)** - instrumental only, no Disney, Andrew Lloyd Webber or any derivative. Music must be emailed, (with name of gymnast, school and number from the programme) before 20th May to: [esgamusic@gmail.com](mailto:esgamusic@gmail.com)

**Entry Fee £25.00 per team** paid by BACS immediately after confirmation of a place in the competition. (January) Provide name of school as reference to **Acct No: 01035908 Sort Code 60-04-30** or alternatively by cheque made payable to ESGA and forwarded to: Treasurer ESGA 35 Liddle Close Carlisle CA3 0DS

**Dress:** Boys - leotard and shorts or vest and shorts Girls - leotards. Dress to be uniform. No jewellery permitted

**By entering teams you are confirming all performers meet the criteria listed and that your school will attend the event**



English  
Schools  
Gymnastics



# Key Step Forward Competition

FOR SCHOOLS AND ACTIVE PARTNERSHIP ENTRIES

2019-2020



FLOOR, VAULT & ACROBATIC [PAIRS]



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# Competition Details

**Age Groups:** Under 9, Under11 & Under 13 (1st September in current academic year - Only one competition per gymnast)

**Date:** Thursday 4th June 2020

**Venue:** Fenton Manor SC Stoke-on-Trent

**Team Numbers and Make Up :** 4 Pupils per team from same school.. All male, all female or any mixed gender combination.

**Scoring:** Any 3 from a team perform on floor & vault & all 4, (2 pairs) complete acro routines. All scores count to provide overall team score

**Entry Regulations:** For school teams only. All participating teams must be affiliated to BSGA - Affiliate online at ([www.bsga.org](http://www.bsga.org)). Participants must never have participated in a

- ◆ (1) BG regional, national and compulsory grades programme
- ◆ (2) Alternative grades programme created within BG regions
- ◆ (3) BG/EGA talent development programme or national event
- ◆ (4) British Schools (BSGA) national final
- ◆ (5) Gold medal winning team in this competition in a previous year
- ◆ Up to 15 teams in each age group, (in the first instance one from any partnership), allocated on first come first served basis, from any of the 43 Sports Partnerships. (SP's). Any additional applications will be placed on a reserve list and used to make up the final quota if spaces are still available

**Window for entries will OPEN as follows:**

**(1) Active Partnerships or regions holding a qualifying event Monday 7th October 09:00hrs.**

**(2) Individual Schools Monday 14th October 09:00hrs.**

**Window will CLOSE Friday 20th December 24:00hrs.**

**ENTRIES WILL NOT BE ACCEPTED OUTSIDE THIS WINDOW**

**Individual Schools please forward ALL the following information with entry in an email to [english.entries@bsga.org](mailto:english.entries@bsga.org)**

Name of School:

Age Group (s) entered:

Name of teacher/coach with mobile contact number

Email address of teacher/coach:

BSGA Affiliation Number for 2019/20

Name of Sports Partnership (SP) (You can find your local SP name at

<http://www.activepartnerships.org/active-partnership>

# Floor Sequence

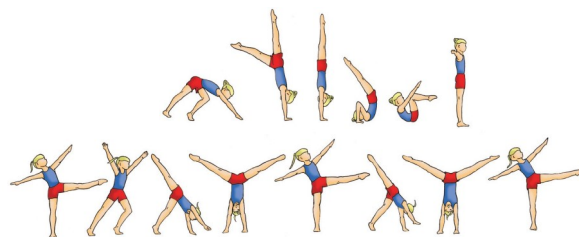
**Key Step 3 Moves** - 1, 2 and 3 below are **compulsory**



**Round-off (1) (2) Backward roll straddle (3) Side-scale**



**(4) Choose either a full or 1/2 jump turn**



**(5) Choose either a handstand roll or two cartwheels**



**Choose ONE from bridge, OR splits (any), OR half-lever (6)**

**Making up the sequence:** (Total value up to 16.0 marks)

Include only the 6 moves from above. Numbers 1,2 and 3 green are compulsory then choose one from 4, (red), one from 5 (blue) and one from 6 (purple) (Worth 3.0 marks)

- ◆ Put sequence together with choreography to show:
  - \*use of the floor space, (0.5)
  - \*changes in direction and levels (0.5)
  - \*variety of linking ideas, (leaps, spins, dance) (0.5)
  - \*musical interpretation and/or rhythm/temp (0.5)
  - \*variety and originality (0.5)
  - \*artistry and presentation throughout (0.5)(to include not finishing with the music) (Worth up to 3.0 marks)
- ◆ Execution faults deducted (Worth up to 10.0 marks)
- ◆ Can be performed with or without instrumental music. (no words) and to last no longer than 1 minute

# Vault

**Choose one of the following:**



**1) Squat on, immediate tucked or straight jump off box - cross ways** (Worth 4 marks)



**2) Squat through vault with box - cross ways** (Worth 6 marks)

◆ Execution faults deducted (Worth up to 10.0 marks)  
**Total value up to 14 or 16 marks for each gymnast**

◆ You have two attempts (the same or different vaults). The highest score counts

◆ The British Schools Gymnastics Association (BSGA) hand-book provides additional judging guidance and the 2nd Edition of the Key Step resource pack provides advice and support on teaching the required skills

**Apparatus:** Floor 12m x 12m. Vault cross box with springboard - height adjustable to suit individual gymnasts

**Awards:** Trophy to winning team in each age group plus medals. For 1, 2 and 3 positions. If a tie highest combined acro score counts. If still a tie highest team vault score counts. Certificates for all participants

◆ For any further information please contact:  
[english.info@bsga.org](mailto:english.info@bsga.org)

