

## East Midlands Gymnastics For All - Rules and Information 2023

### Boys & Girls Intro Level 3-Piece Floor, Vault & Bench Festival

Age 6 years (born in 2017) & Age 7 years (born in 2016)

#### Requirements – Floor

	6 Years	7 Years
<b>Specific Information:</b>	<ul style="list-style-type: none"> <li>• Music isn't required</li> <li>• This is a set routine.</li> <li>• Performed on a strip of floor.</li> </ul>	
<b>Scoring</b>	<ul style="list-style-type: none"> <li>• Execution deductions will be taken from a start value of 10.0</li> <li>• Specific apparatus deduction can be found in the Deductions table below</li> </ul>	

#### Skills – Floor

Category:	6 years	7 years
<b>Routine:</b>	<ul style="list-style-type: none"> <li>• Walk four steps stretched on toes and arms by ears,</li> <li>• Squat down,</li> <li>• Tuck roll backwards to shoulders and forward to stand,</li> <li>• Stretch jump to squat down,</li> <li>• Roll out to flat back with hands on top of thighs,</li> <li>• Show dish shape holding for 3secs,</li> <li>• Lower to the floor,</li> <li>• Extend arms by ears and log roll on to tummy,</li> <li>• Lift to arch holding for 3secs,</li> <li>• Lower to floor and circle arms outwards to finish under shoulders,</li> <li>• Push to kneeling hold body in a support position for 3secs,</li> <li>• Jump feet forward to squat,</li> <li>• Jump to stand,</li> <li>• Balance on one leg to the side 45° and hold for 3secs,</li> <li>• Return to stand perform two chasse steps on the same leg,</li> <li>• From two feet star jump to finish.</li> </ul>	<ul style="list-style-type: none"> <li>• Walk X4 steps stretched on toes and arms by ears,</li> <li>• Arabesque leg over 45° hold for 3secs,</li> <li>• Return to stand,</li> <li>• Squat down forward roll to finish in squat,</li> <li>• Roll back to shoulder stand supporting at the hips hold for 3secs,</li> <li>• Roll out to flat back with hands on top of thighs,</li> <li>• Show dish shape holding for 5secs,</li> <li>• Lower to the floor,</li> <li>• Extend arms by ears log roll onto tummy,</li> <li>• Lift into arch holding for 5secs,</li> <li>• Lower to floor and circle arms outwards to finish under shoulders,</li> <li>• Push to front support for 3secs,</li> <li>• Jump feet into squat,</li> <li>• Stretch jump to stand,</li> <li>• X2 forward chasse steps with change leg,</li> <li>• From two feet stretch jump ½ turn to finish.</li> </ul>

## Deductions – Floor

		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			
<b>Execution deductions:</b> (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			
<b>Landing deductions:</b> (Each time)	Landing from tumbles (step)	X	X		
	Trunk movement to maintain balance	X	X		
	Extra steps, each time up to 0.5	X			
	Deep squat			X	
<b>Falls:</b> (Each skill)	Falls				X
<b>Additional:</b>	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X

## Requirements – Vault

	6 Years	7 Years
<b>Specific Information:</b>	<ul style="list-style-type: none"> <li>Warm up vault to suit the group, discussed on the day.</li> <li>Two attempts permitted on vault, best score to count</li> </ul>	
<b>Scoring</b>	<ul style="list-style-type: none"> <li>Execution deductions will be taken from a start value of 10.0</li> <li>Specific apparatus deductions can be found in the Deductions table below</li> </ul>	

## Skills – Vault

Element:	Equipment:	6 years	7 years
<b>1</b> Squat on to a block lengthways, walk with controlled steps to the end, stretch jump off with controlled landing	Block height = 0.6m	10.0	
<b>2</b> Squat on to table vault, stretch jump with controlled landing (no deduction for taking additional steps on vault table)	Table vault height = 1.0m		10.0

## Deductions – Vault

		0.1	0.3	0.5	1.0
<b>First flight:</b>	Incomplete turn	X	X	X	
	Hip angle	X	X		
	Bend knees	X	X	X	
	Leg separation	X	X		
	Arch	X	X		
	Insufficient layout in squat on	X	X	X	
<b>Repulsion:</b>	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 (if applicable)		X		

<b>Second flight:</b>	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		
<b>Landing:</b>	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 center	X			
	Brush on apparatus			X	
	Fall				X
<b>Additional:</b>	Support from coach				X

## Requirements – Bench

	6 years	7 years
<b>Specific Information:</b>	<ul style="list-style-type: none"> <li>Set Routine</li> <li>Single bench to be used</li> <li>Can add steps as needed to get to end of bench for dismount (not judged)</li> </ul>	
<b>Scoring</b>	<ul style="list-style-type: none"> <li>Execution deductions will be taken from a start value of 10.0</li> <li>Specific apparatus deduction can be found in the Deductions table below</li> </ul>	

## Skills – Bench

Category:	6 years	7 years
<b>Routine:</b>	<ul style="list-style-type: none"> <li>Bunny hops over the bench (side-to-side),</li> <li>Straddle on mount from the side.</li> <li>Balance on one leg to the side 45 degrees (2 secs)</li> <li>Stretch jump,</li> <li>Dismount- stretch jump.</li> </ul>	<ul style="list-style-type: none"> <li>Squat on mount from side,</li> <li>Arabesque,</li> <li>1 Stretch jump 1 tuck jump series,</li> <li>X2 travelling bunny hops along the bench.</li> <li>Dismount – Cartwheel ¼ turn.</li> </ul>

## Deductions – Bench

	0.1	0.3	0.5	1.0
<b>General:</b>	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 bench		X	
	Grasp bench to avoid a fall			X
	Additional movements to maintain balance	X	X	X
<b>Additional:</b>	Skill attempted but not completed		X	
	Skill not attempted at all			X
	Support from coach			X

**Note:** Deductions are in addition to 'normal' beam/ bench execution deductions