

East Midlands Gymnastics For All - Rules and Information 2023

Boys Floor & Vault Competition Novice and Intermediate Levels

Requirements – Floor

Category:	Novice	Intermediate
Specific Information:	<ul style="list-style-type: none"> • Music isn't required • This is a set routine. • Performed on a strip of floor. 	
Scoring	<ul style="list-style-type: none"> • Execution deductions will be taken from a start value of 10.0 • Specific apparatus deduction can be found in the Deductions table below • Bonus values (if any) will be added to the total score 	

Skills – Floor

Category:	Novice	Intermediate
Routine:	<ul style="list-style-type: none"> • Forwards roll into an immediate star jump, • Jump ¼ turn, • Side to back cartwheel (this is not a round off), • 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 to stretch jump to finish. 	<ul style="list-style-type: none"> • Tucked backward roll to front support, • Jump feet into squat to stand, • Handstand forwards roll, • X2 cartwheels linked, the second to feet together (to change the direction), • Swedish fall with a leg raised, • Lower raised leg to finish in front support, • X2 press ups, • Squat feet in, stretch jump to stand, • Skip step into round off, • Star jump (not linked to round off), • Stretch jump ½ turn.

Deductions – Floor

		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			
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 tumbles (step)	X	X		
	Trunk movement to maintain balance	X	X		
	Not landing flat (flatback)		X	X	
	Extra steps up to 0.5	X			
	Very large step or jump		X		
	Deep squat			X	
Falls: (Each skill)	Falls				X
Additional:	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X

Requirements – Vault

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

Skills – Vault

Element:	Equipment:	Novice	Intermediate
1 Squat on, into immediate stretch jump off	Table vault (height optional)	10.0	
2 Handstand flatback	Block and safety mat = 0.8m		10.0

Deductions – Vault

		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 squat on	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 (if applicable)		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 center	X			
	Brush on apparatus			X	
Fall				X	
Additional:	Support from coach				X