

East Midlands Gymnastics For All - Rules and Information 2023

Girls Four Piece Competition Advanced, Platinum and Diamond Levels

Requirements – Floor

	Advanced	Platinum	Diamond
Specific Information:	<ul style="list-style-type: none"> • Music is required • Create a routine using the skills listed in the Skills table below • Maximum floor routine length = 1min 30 sec • Whole floor to be used (12m x 12m) 		
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:	Advanced	Platinum	Diamond
Routine:	<ul style="list-style-type: none"> • Either: <ul style="list-style-type: none"> ○ Handstand hop forwards roll with straight arms or. ○ Handspring. • X2 (min) acro skills series, e.g., Round off jump ½ turn cartwheel • Full spin, • Split leap, • Walkover – Forward or backward. 	<ul style="list-style-type: none"> • Round off flic * • Handspring, • Forwards somersault – Tucked, • Leap series – Split leap and cat leap, • Full spin, • Backwards roll to front support into frontal splits (any). 	<ul style="list-style-type: none"> • Round off flick tuck jump • Chasse split leap step split leap • Full Spin, • Either: <ul style="list-style-type: none"> ○ Free cartwheel * ○ Free front walkover * ○ Straight front somersault * • X2 (min.) forwards flighted skills linked, must include a front somersault *, • Backward roll to handstand.
Acro series skills:	<ul style="list-style-type: none"> • Forwards roll • Backward roll • Walkover – forwards/backwards • Cartwheel • Cartwheel ¼ turn • Round off • Flic 		<ul style="list-style-type: none"> • Cartwheel • Cartwheel ¼ turn • Round off • Flic • Handspring • Walkover – forwards/backwards • Somersault – forwards/backwards/ sideways *
Bonus:	<ul style="list-style-type: none"> • If a Round off flic is performed in the acro series * = 0.5 	<ul style="list-style-type: none"> • If a Backwards somersault is performed instead of the flic * = 0.5 	<ul style="list-style-type: none"> • If a Backwards somersault in any shape is performed instead of a tuck jump * = 0.5

Note: Skills marked with a * can't be supervised by a [Level 2 General Gymnastics Coach](#).

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		
	Extra steps, each time up to 0.5	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

	Advanced	Platinum	Diamond
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 Execution deductions will be taken from the start value stated in the Skills table below Specific apparatus deductions can be found in the Deductions table below 		

Skills – Vault

Element:	Equipment:	Advanced	Platinum	Diamond
2 Handstand flatback over Table vault (optional height)	Table vault with block/mats piled level to same height	10.0		
3 Handspring	Table vault height optional		10.0	10.0
4 Handspring ½ on, ½ off *	Table vault height optional			10.5
5 Handspring 1/1 off *	Table vault height optional			11.0

Note: Skills marked with a * can't be supervised by a [Level 2 General Gymnastics Coach](#).

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	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

Requirements – A Bars

	Advanced	Platinum	Diamond
Specific Information:	<ul style="list-style-type: none"> Set Routine 		
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 – A Bars

Category:	Advanced	Platinum	Diamond
Routine:	<ul style="list-style-type: none"> Upward circle, Cast to 45° from horizontal, Backwards hip circle, Squat on, Stretch jump dismount. 	<ul style="list-style-type: none"> Upward circle, Cast into backwards hip circle, Squat on, Jump to catch high bar, 1 swing into swing round to top bar , Circle down under control 	<ul style="list-style-type: none"> Upward circle, Cast into backwards hip circle, Squat on, Jump to catch high bar, Immediate circle up, Cast to baby giant * , Straddle undershoot dismount.
Bonus:	<ul style="list-style-type: none"> If catch the high bar with X1 swing to dismount at the back of the swing = 0.5 	<ul style="list-style-type: none"> If no pauses within routine = 0.5 	<ul style="list-style-type: none"> If Upstart replaces the upwards circle or circle up on the low/ high bar * = 0.5 (only awarded once)

Note: Skills marked with a * can't be supervised by a [Level 2 General Gymnastics Coach](#).

Deductions – A Bars

		0.1	0.3	0.5	1.0
General:	Legs apart	X	X		
	Empty Swing or Pause			X	
	Low amplitude on swings/casts	X	X	X	
	Incorrect body shape on holds/swings/casts	X	X	X	
	Bent arms (each time)	X	X		
	Bent legs (each time)	X	X		
	Body alignment	X	X		
	Steps on landing	X	X		
	Fall				X
	Skill not attempted at all				X
	Support from coach				X

Requirements – Beam

	Advanced	Platinum	Diamond
Specific Information:	<ul style="list-style-type: none"> Routine to be created using the skills as stated below. Optional elements are provided Elements cannot be repeated within the routine Maximum routine length = 2.5 lengths of the beam 		
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 – Beam

Category:	Advanced	Platinum	Diamond
Routine:	<ul style="list-style-type: none"> Mount – Jump to front support, ¼ to straddle lever (can't sit), X2 acro skills (not linked), X2 leaps/ jumps (linked, cannot be a stretch jump) ½ spin into ½ turn, Dismount – Handspring. 	<ul style="list-style-type: none"> Mount – Own choice to create stylish routine start (not marked), X1 acro skill, X1 acro skill & X1 leap/ jump linked, e.g., Cartwheel stretch jump 135° split jump,* Full spin * Dismount – Forwards somersault – Tucked * 	<ul style="list-style-type: none"> Mount – Own choice to create stylish routine start (not marked), X2 (min) acro skills series – Immediately linked, e.g., split handstand into backwards walkover * X2 (min) leap/ jump series (linked), one must be at least 135° split *, Full spin * Dismount Somersault either: <ul style="list-style-type: none"> Forwards - Tucked * Backwards – Tucked *
Optional Skills to Create Routine	<ul style="list-style-type: none"> Tuck jump W jump Cat leap Split leap * Split jump * Forwards roll Handstand Cartwheel Cartwheel ¼ turn Walkover – Backwards * Walkover – Forwards * 	<ul style="list-style-type: none"> Stretch jump Tuck jump W jump Cat leap Split leap * Forwards roll Handstand Cartwheel Cartwheel ¼ turn Walkover – Backwards * Walkover – Forwards * 	<ul style="list-style-type: none"> Stretch jump Tuck jump W jump Cat leap Split leap * Split jump * Forwards roll Handstand Cartwheel Cartwheel ¼ turn Walkover – Backwards * Walkover – Forwards *
Bonus:			If all criteria fulfilled without any falls = 0.5

Note: Skills marked with a * can't be supervised by a [Level 2 General Gymnastics Coach](#).

Deductions – Beam

		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			
	Grasp beam to avoid a fall			X	
	Additional movements to maintain balance	X	X	X	
Additional:	Skill not attempted				X
	Support from coach				X

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