

LONDON REGION



PRE-EXCEL GRADE

The view of the Pre-Excel Grade is to help prepare athletes who may undertake the Excel Grades further down the line in their gymnastics career. This is a London Regional grade set out by the London Regional WTC/Coaches and is aimed at gymnasts 8 years+.

VAULT



D SCORE: 4.00

Tuck front somersault from springboard to feet.

Height: 30cm safety mat.

Springboard 'safety collar' must be used.

Run up distance between 17- 25m.

Run and hurdle step onto springboard, arm swing into a tuck front somersault to feet to land on safety mat.

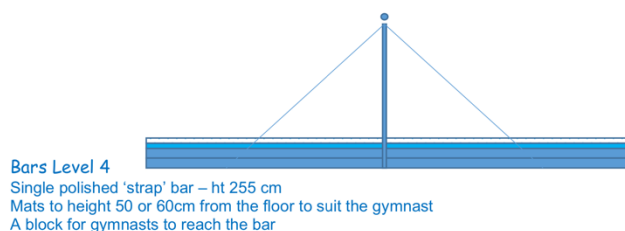
- Gymnasts perform 2 vaults.
- The best score will count towards their all around score.
- FIG deductions to run up apply.
- If a VOID vault is performed (zero) the gymnast may have a second attempt but will occur a 1 mark penalty.

SPECIFIC APPARATUS DEDUCTIONS (E PANEL)

FAULTS	0.1	0.3	0.5
Lack of acceleration or deceleration shown during run up	X	X	
FIRST PHASE ONTO BOARD			
Feet landing off centre in any direction	X		
2ND PHASE TAKE OFF FROM BOARD TO INVERTED POSITION			
Insufficient knee/ankle extension from the board to the point of take off	X	X	
Hands moving forwards and upwards before take off	X	X	
Insufficient height/rotation into the inverted position	X	X	X
Leg or knee separation	X	X	
Hands not placed on front of knee in tuck position		X	
Insufficient tuck position (90 degree at hip and knee)	X	X	X
3RD PHASE FROM INVERTED POSITION TO LANDING			
Lack of extension before landing	X	X	X
Leg or Knee separation	X	X	
LANDING FAULTS			
Under rotation without fall	X		
Under rotation with fall		X	
Steps	X	X	Max 0.8
Fall			1.00
Jump after landing moving the centre of mass in the opposite direction			X
Legs apart on landing	X		
Dynamics throughout	X	X	
Failure to land feet first – invalid vault			0.00

BARS

D SCORE: 4.00



Strap bar height: 2.50m (approx)

Use FIG deductions throughout except where specified.

No attempt at an element VM (2 mark deduction).

SUGGESTED AMENDMENTS

VALUE	ELEMENTS (Exercise must be in this order)	NOTES
0.5	Leg lift – feet hold at bar 2 seconds, slow and controlled lower legs down to hang	-Failure to touch feet to bar 0.3 -Knees bent on the lift up or lower 0.1 – 0.3 -Head out 0.1 – 0.3 -Use of swing to lift legs 0.3 -Feet not held 2 seconds 0.3
0.5	Chin up circle	-Lack of body extension 0.1 – 0.3 -Failure to make 90 degree elbow angle VM -Chin lower than the bar – 0.3 -Chin resting on bar – 0.5 -Poor technique (arch/leg swing to instigate circle 0.1 – 0.3) -Failure to circle over to front support - VM
0.5	Circle forward to chin up position then lower to long hang demonstrating good body alignment	-Lack of body extension 0.1 – 0.3 -Failure to make 90 degree elbow angle VM -Chin lower than the bar – 0.3 -Chin resting on bar – 0.5 -Lack of control 0.1 – 0.3 -Poor alignment in hang 0.1 – 0.3
0.5 Swing 1 0.5 Swing 2 0.5 Swing 3	Trolley swing through to 3 Swings to horizontal (minimum) All swings to be judged. An additional 2 swings maximum can be used with no added value and swing deductions will apply	Chest in, flat hips, ears covered, swing deductions: -Above 45 degree – no deductions -45-65 degrees – 0.1 -65-90 degrees – 0.3 -Below horizontal – 0.5 -Body alignment 0.1 – 0.5 -Head out 0.1 – 0.3 -Head to far in 0.1 Lack of kick / extension under bar 0.1 – 0.3
1.0	Circle over bar to finish in front support with straight arms (baby giant) 0.5 Bonus for backward giant performed through handstand	-Emphasis on shape throughout. <input type="checkbox"/> Head neutral <input type="checkbox"/> Ribs pressed in <input type="checkbox"/> Flat hips <input type="checkbox"/> Knees & toes -Failure to straighten arms 0.3 – 0.5 -Failure to land in front support and falling from the front support position 0.5

Coach can assist the controlled stopping of the gymnast at the conclusion of the routine

BEAM



D SCORE: 4.00

0.5 Bonus if execution is within 2 marks of deductions and can only be awarded if the exercise falls between 1 minute and 30 seconds.

If a fall occurs between two connected elements the gymnast must complete the elements after the fall.

Landing mat 20cm plus safety mat 20cm under beam.

VALUE	ELEMENTS (Performed in optional order)	NOTES
0.5	Swing leg over beam to finish in cross sit and lift to straddle lever hold for 2 seconds facing down the beam (2 springboards permitted)	-Feet below beam 0.5 -Feet below horizontal 0.3 -Bent arms / legs 0.1 – 0.5 -Legs resting on arms 0.3
0.5 Split handstand 0.5 Backward walkover	Kick to split handstand (hold 2 sec) step down one foot then the other to join, lift one leg up backward walkover. No Immediate join necessary	-FIG deductions for backward walkover -FIG deductions apply for split handstand -Tick toc after handstand 0.3
0.5 + 0.5	Straight jump into tuck jump	FIG deductions apply Series break 0.3
0.5	½ Spin	-Spin not completed exactly VM -Turn not on toes 0.3 -Lack of releve 0.1 – 0.3
0.5	Split Jump (135 degrees minimum)	Lack of splits: <input type="checkbox"/> 0-20 degrees deduct 0.1 <input type="checkbox"/> 20-45 degrees deduct 0.3 <input type="checkbox"/> Less than 45 degrees VM
0.5 + 0.5	Cartwheel into straight jump dismount	-Lack of extension in support 0.1 – 0.3 -Lack of height in jump 0.1 – 0.3 -Stop between elements 1.00 -Landing out of line with beam 0.1 – 0.3

FLOOR

D SCORE: 4.0



0.5 Bonus if execution is within 2 marks of deductions.

Music must be between 1 min to 1 min 30 seconds.

VALUE	ELEMENTS (Performed in optional order)	NOTES
0.5	Step hurdle into round off flick to 2 feet	-Lack of flight 0.1 – 0.3 -Lack of length in flick 0.1 – 0.3 -Stop between element 1.0
0.5	Split jump into straddle jump	Lack of splits: <input type="checkbox"/> 0-20 degrees deduct 0.1 <input type="checkbox"/> 20-45 degrees deduct 0.3 <input type="checkbox"/> Less than 45 degrees VM
0.5 + 0.5 + 0.5	Chassé step split leap into two steps split leap on the other leg into a step hop to finish with the leg at horizontal and arms to the ears (may include a chassé/dance steps before the step hop)	Lack of splits: <input type="checkbox"/> 0-20 degrees deduct 0.1 <input type="checkbox"/> 20-45 degrees deduct 0.3 <input type="checkbox"/> Less than 45 degrees VM -Series break 0.3 each time -Arms not to ears in the hop 0.3
0.5	Full Spin	-FIG deductions apply
0.5 + 0.5	Kick to handstand, tap the legs together at vertical then split the legs to an immediate forward walkover step out – finish with arms up Directly into step hurdle handspring to two feet (rebound jump permitted without deduction)	-Failure to join the legs in the handstand before split 0.1 – 0.3 -Lack of flight in the handspring to two feet 0.1 – 0.3 -Failure to keep the arms by the ears coming out of the walkover and out of the handspring 0.3 each

RANGE

D SCORE: 4.00

FIG penalties apply throughout.

If a fall occurs gymnast should await confirmation from the head judge and restart the routine from the next value part.

Missing an element is No attempt = VM + 2.00

VALUE	ELEMENTS (Performed in optional order)	NOTES
0.5 + 0.5	Standing leg lift on first leg, show position, circle free leg to side, show position, continue to circle leg backwards to arabesque, show position, return to stand. Repeat on the other leg.	Focus on hip alignment more so than leg height. -Chest below horizontal in arabesque 0.1 – 0.3 -Hips and shoulders not parallel 0.1 – 0.5 -Lack of control in transitions 0.1 – 0.5 Lack of splits: <input type="checkbox"/> Leg at horizontal – no deduction <input type="checkbox"/> 0-20 degrees below 0.1 <input type="checkbox"/> 20-45 degrees below 0.3 <input type="checkbox"/> More than 45 degrees = VM
0.5	Pike fold hold (2 seconds)	-FIG deductions apply
0.5	Backward roll with straight arms to front support	-FIG deductions apply
0.5	Drag feet in to straddle lever hold (2 seconds)	-Legs resting on arms 0.3 -Feet below hips 0.1 – 0.3
0.5	Lift to straddle stand position	-Feet brushing floor in transition 0.3 -Feet hitting floor in transition 0.5
0.5	Straddle press to handstand , show position with legs together	-Legs apart 0.1 – 0.3 -Straddle jump to handstand = VM
0.5	Controlled lower to bridge	-Lack of control 0.1 – 0.3 -Feet / legs apart 0.1 – 0.3
0.5	Lift leg to show split bridge position and kick over through handstand to stand	-Legs twisted / body alignment 0.1 – 0.5 -Excessive push from support leg 0.1 – 0.3 Lack of splits: <input type="checkbox"/> Leg at horizontal – no deduction <input type="checkbox"/> 0-20 degrees below 0.1 <input type="checkbox"/> 20-45 degrees below 0.3 <input type="checkbox"/> More than 45 degrees = VM
0.5 + 0.5 + 0.5 + 0.5	Straddle jump into immediate split jump into split jump on the other leg into ½ turn jump. Linked but not rebounding. Minimum 135 degrees	-Legs twisted / body alignment 0.1 – 0.5 Lack of splits: <input type="checkbox"/> Leg at horizontal – no deduction <input type="checkbox"/> 0-20 degrees below 0.1 <input type="checkbox"/> 20-45 degrees below 0.3 More than 45 degrees = VM