

East Midlands Gymnastics For All - Rules and Information 2024

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

- Age 6 years (born in 2018) & Age 7 years (born in 2017)
- Maximum Training Hours – 4 per week

Requirements – Floor

	6 Years	7 Years
Specific Information:	<ul style="list-style-type: none"> • Music isn't required • This is a set routine. • Performed on a 12m 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 	

Skills – Floor

Category:	6 years	7 years
Routine:	<ul style="list-style-type: none"> • Walk 2 steps stretched on toes and arms by ears, • Squat down, • Forward roll to sit in pike position • Rock back to lie flat on back • Show dish, hands on thighs, hold 3 secs, • Lower to the floor, • Extend arms by ears and log roll on to tummy, • Lift to arch, hold for 3 secs, • Lower to floor and circle arms outwards to finish under shoulders, • Push to kneeling, hold body in a support position for 3 secs, • Jump feet forward to squat, • Stretch jump, • Balance on one leg to the side 45° and hold for 3 secs, • Return to stand perform two chasse steps (both steps on the same leg), • From two feet stretch jump to finish. 	<ul style="list-style-type: none"> • Walk 2 steps stretched on toes and arms by ears, • Squat down and forward roll to stand, • Squat down and roll back to shoulder stand supporting at the hips, hold for 3 secs, • Roll out to flat back with hands on top of thighs, • Show dish shape holding for 5 secs, • Lower to the floor, • Extend arms by ears log roll onto tummy, • Lift into arch shape holding for 5 secs, • Lower to floor and circle arms outwards to finish under shoulders, • Push to front support and hold for 3 secs, • Jump feet into squat, • Stretch jump to stand, • 2 x forward chasse steps with change leg, • From two feet stretch jump ½ turn to finish.

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

	6 Years	7 Years
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:	6 years	7 years
1 Squat on to a 60cm block lengthways, walk with controlled steps to the end, stretch jump off with controlled landing	Block height = 0.6m	10.0	
2 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
First Flight:	Leg separation	X	X		
	Flexed Feet	X			
	Insufficient layout in squat on	X	X	X	
	Staggered altered hand placement	X	X		
Repulsion:	Bent arms	X	X	X	
	Touch with one hand				X

Second flight:	Leg separation	X	X		
	Bent legs	X	X	X	
	Flexed feet	X			
	Lack of height	X	X	X	
	Body posture faults	X			
	Extra steps (each – max 0.5)	X			
	Large steps (over shoulder width)		X		
	Extra arm swing	X			
	Additional trunk movement	X	X		
	Deep Squat			X	
	Deviation from center	X			
	Brush on apparatus			X	
	Fall				X
Support from coach				X	

Requirements – Bench

	6 years	7 years
Specific Information:	<ul style="list-style-type: none"> Set Routine Single bench to be used Can add steps as needed to get to end of bench for dismount (not judged) 	
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 	

Skills – Bench

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

Deductions – Bench

		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			
	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	
Additional:	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