

## East Midlands Gymnastics For All - Rules and Information 2024

### Boy's Four Piece Competition - Novice and Intermediate Levels

Maximum Training Hours – 4 per week

### Requirements – Floor

Category:	Novice	Intermediate
<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 12m 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> <li>• Bonus values (if any) will be added to the total score</li> </ul>	

### Skills – Floor

Category:	Novice	Intermediate
<b>Routine:</b>	<ul style="list-style-type: none"> <li>• Forwards roll into an immediate star jump,</li> <li>• Jump <math>\frac{1}{4}</math> turn,</li> <li>• Side to back cartwheel (this is not a round off),</li> <li>• Show handstand back to stand,</li> <li>• Jump <math>\frac{1}{2}</math> turn (to change the direction),</li> <li>• Side leg lift (<math>45^\circ</math>),</li> <li>• Squat down and jump legs forward to back support hold for 3 secs,</li> <li>• Turn over to front support hold for 3 secs,</li> <li>• One press up,</li> <li>• Jump feet into hands to squat <b>and stand</b>,</li> <li>• Backwards roll to stretch jump to finish.</li> </ul>	<ul style="list-style-type: none"> <li>• Tucked backward roll to front support,</li> <li>• Jump feet into squat to stand,</li> <li>• Handstand forwards roll,</li> <li>• 2x cartwheels linked, the second to feet together (to change the direction),</li> <li>• Swedish fall with a leg raised,</li> <li>• Lower raised leg to finish in front support,</li> <li>• 2x press ups,</li> <li>• Squat feet in, stretch jump to stand,</li> <li>• Skip step into round off,</li> <li>• Star jump (not linked to round off),</li> <li>• Stretch jump <math>\frac{1}{2}</math> turn.</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		
	Not landing flat (flatback)		X	X	
	Extra steps up to 0.5	X			
	Very large step or jump		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

	Novice	Intermediate
<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:	Novice	Intermediate
<b>1</b> Squat on, into immediate stretch jump off	Table vault (height optional)	10.0	
<b>2</b> Handstand flatback	Block and safety mat = 0.8m		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 – High Bar

Category:	Novice	Intermediate
<b>Specific Information:</b>	<ul style="list-style-type: none"> <li>Set routine.</li> <li>Single high bar or A-Bars with low bar removed</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> <li>Bonus values (if any) will be added to the total score</li> </ul>	

## Skills – High Bar

Category:	Novice	Intermediate
<b>Routine:</b>	<ul style="list-style-type: none"> <li>Coach assistance onto bar into,</li> <li>Immediate chin up, hold (2 seconds), lower down with control,</li> <li>1 x leg lift to 45° from the bar (or higher)</li> <li>Pike Hold (2 secs)</li> <li>Dish Hold (2 secs)</li> <li>Arch Hold (2 secs)</li> <li>3 x fish swings,</li> <li>Release to safe landing.</li> </ul>	<ul style="list-style-type: none"> <li>Coach assist jump to high bar into immediate</li> <li>Upward circle,</li> <li>Cast,</li> <li>Forward circle down,</li> <li>Trolley swing into 3 x swings,</li> <li>Dismount at back of 3<sup>rd</sup> swing.</li> </ul>

## Deductions – High Bar

		0.1	0.3	0.5	1.0
<b>General:</b>	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 – Trampoline

	Novice	Intermediate
<b>Specific Information:</b>	<ul style="list-style-type: none"> <li>The gymnast will perform each of the 3 set jumps in 3 individual runs. (eg run and stretch jump to land, run and tuck jump to land, run and star jump to land)</li> </ul>	
<b>Score:</b>	<ul style="list-style-type: none"> <li>Execution deductions will be taken from a start value of 10.0</li> <li>Deductions will be taken from each jump and all 3 totaled to give final deductions.</li> <li>Specific apparatus deductions can be found in the Deductions table below</li> </ul>	

## Skills – Trampoline

Category:	Novice	Intermediate
<b>Routine:</b>	<ul style="list-style-type: none"> <li>Run and Stretch jump,</li> <li>Run and Tuck jump,</li> <li>Run and Star jump.</li> </ul>	<ul style="list-style-type: none"> <li>Run and Straddle jump,</li> <li>Run and Pike jump,</li> <li>Run and ½ turn stretch jump.</li> </ul>

## Deductions – Trampoline

		0.1	0.3	0.5	1.0
<b>Unclear body shapes:</b>	Hip and knee angle faults	X	X	X	
	Split, crossed legs, head, or feet faults	X			
	Arms are not close to body/ rotation axis	X			
	Under/over rotation		X	X	
<b>Lift off the trampoline:</b>	Lack of lift		X		
	No visible lift			X	
<b>Distance in element:</b>	Too low		X		
	Too long	X			
<b>Body position before landing:</b>	Late opening	X			
	No opening		X		
<b>Landing deductions: (Per skill)</b>	Leaning position	X	X	X	
	Hips/knees bending	X	X	X	
	Loss of control	X	X	X	
	Light touch with one hand/knee	X			
	Light touch with two hands/knees		X		
	Falling (sitting, rolling, etc.)				X
	Not landing feet first				X
Not landing along the center line	X	X			
<b>Coaches' actions:</b>	Supporting				X