

East Midlands Gymnastics For All - Rules and Information 2024

Girl's Four Piece Team Competition – Novice & Intermediate Level

- Maximum 6 gymnasts per team, 1 team at each level per club (max 12 gymnasts)
- Top 4 scores on each apparatus to count for team total
- Individual club to select team members (no qualifier necessary)
- Maximum Training Hours – 4 per week

Information – 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 	

Requirements – Vault

Element:	Equipment:	Novice	Intermediate
1 Squat on, into immediate stretch jump off	Table vault (height optional)	10.0	
2 Handstand flatback	60cm Block with 20cm safety mat on top = height 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	
Additional:	Fall				X
	Support from coach				X

Information – A Bars

	Novice	Intermediate
Specific Information:	<ul style="list-style-type: none"> Set routine on FIG bar settings. Performed on the high bar of A-bar set or on a single bar at the same height. Optional 20cm additional landing mat 	<ul style="list-style-type: none"> Set routine on FIG bar settings. Routine split into two parts; both must be completed. Bars cannot be lowered and a springboard cannot be used to mount.
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 	

Requirements – A Bars

Category:	Novice	Intermediate
Routine:	<ul style="list-style-type: none"> Routine begins when chin is above the bar Coach assistance onto bar into immediate chin up, hold (2 seconds), lower down with control, Leg lift to 45° from the bar Pike Hold (2 secs) Dish Hold (2 secs) Arch Hold (2 secs) 3 x fish swings, Release to safe landing. 	<ul style="list-style-type: none"> Low bar: <ul style="list-style-type: none"> Upward circle, Cast, Cast dismount. High bar (coach to assist lift to bar): <ul style="list-style-type: none"> Trolley swing into 3 additional swings, Dismount on 3rd swing backwards.

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

Information – Beam

	Novice	Intermediate
Specific Information:	<ul style="list-style-type: none"> Routine to be created using the skills stated below (optional elements are provided) Elements cannot be repeated within the routine Routine to be between 1 and 2 lengths of the beam Beam height 110cm with 20/30cm additional matting underneath. 	
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 	

Requirements – Beam

Category:	Novice	Intermediate
Element group:		
Routine:	<ul style="list-style-type: none"> Jump to front support mount, 2 x leaps or jumps (not linked), Single leg balance, ½ turn on toes, Either: <ul style="list-style-type: none"> Dismount – Stretch jump. Dismount – Tuck jump. Dismount – Star jump. 	<ul style="list-style-type: none"> Squat on or Straddle on mount, 1 x acro skill, 2 x linked skills (1 must be a leap), e.g., cat leap into stretch jump Single leg balance, ½ spin, Dismount – Round off.
Optional Leaps/ jumps/ balance skills:	<ul style="list-style-type: none"> Stretch jump Tuck jump W jump Cat leap Split leap * Split jump * Arabesque Y balance 	<ul style="list-style-type: none"> Stretch jump Tuck jump W jump Cat leap Split leap * Split jump * Arabesque Y balance
Optional Acro skills:		<ul style="list-style-type: none"> Forwards roll Handstand Cartwheel Cartwheel ¼ turn Walkover – Backwards * Walkover – Forwards *

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 (taken once)	X			
	Grasp beam to avoid a fall			X	
	Additional movements to maintain balance	X	X	X	
Additional:	Skill not attempted				X
	Skill attempted but not completed			X	
	Support from coach				X

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

Information – Floor

	Novice	Intermediate
Specific Information:	<ul style="list-style-type: none"> • Music isn't required • This is a set routine. • Performed on a 12m strip of sprung 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 	

Requirements – Floor

	Novice	Intermediate
Routine:	<ul style="list-style-type: none"> • Forward roll star jump, • Chasse cat leap, • Arabesque, • Stretch jump ½ turn, • Handstand, • Side to side cartwheel, • Squat down to then lie flat on back, • Dish shape 3 secs hold (arms by ears or on thighs), • Roll to lie on front, • Arch shape with arms by ears held for 3 secs, • Push to front support, • Jump feet to hands, • Stretch jump from the squat position. 	<ul style="list-style-type: none"> • Handstand forward roll (arms may be bent), • Immediate tuck jump, • Chasse cat leap • ½ spin, • Backward roll to straddle stand, • ¼ turn to slide to splits (either leg splits are allowed, hands may touch floor to assist the slide, but final position must be arms to the side), • From splits, turn to sit in straddle, • Join legs together, • Lie down on back and push to bridge, • Lie down from bridge and rock to stand, • From feet together, jump into round off, jump ½ turn step out into a front to back cartwheel.
Bonus:		<ul style="list-style-type: none"> • If Kick over from the bridge is performed = 0.5 bonus

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)	Landings (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