East Midlands Gymnastics For All - Rules and Information 2024

Girl's Four Piece Competition - Novice and Intermediate Levels
Maximum Training Hours – 4 per week

Information – Vault

	Novice	Intermediate
Specific Information:	• Warm up vault to suit the group, discussed on the day. • Two attempts permitted on vault, best score to count	
Scoring	• 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	
	Fall				X
Additional:	Support from coach				X

Information – A Bars

	Novice	Intermediate
Specific Information:	• 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	• 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	• 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:	• 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.
		• Low bar:
		   o Upward circle,
		   o Cast,
		   o Cast dismount.
		• High bar (coach to assist lift to bar):
		   o Trolley swing into
		   o 3 additional swings,
		   o 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:	• 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	• 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: Element group:	Novice	Intermediate

Routine:	• Jump to front support mount,
	• 2 x leaps or jumps (not linked),
	• Single leg balance,
	• ½ turn on toes,
	• Either:
	   ○ Dismount – Stretch jump.
	   ○ Dismount – Tuck jump.
	   ○ Dismount – Star jump.
		• 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:	• Stretch jump • Tuck jump • W jump • Cat leap • Split leap * • Split jump * • Arabesque • Y balance	• Stretch jump • Tuck jump • W jump • Cat leap • Split leap * • Split jump * • Arabesque • Y balance
Optional Acro skills:		• 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:	• Music isn't required • This is a set routine. • Performed on a 12m strip of sprung floor.	
Scoring	• 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:	• 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.	• 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:		• 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