



COMPETITION E

Friendly Competition aimed at Beginner to Pre- Developmental gymnasts, with no start values to routines so routines will be ranked by the judge based on their performance. Ribbons will be awarded for gymnasts who have an excellent routine with a RED/WHITE/ BLUE ribbon, gymnasts who were very good with a BLUE ribbon and gymnasts who were good with a RED ribbon (so all gymnasts will receive a different coloured ribbon based on their performance on each apparatus). All gymnasts will also be awarded mini- trophy or medal and certificate for participation.

AGE CATEGORIES: 6 – 9 years and 10 years and over

VAULT	UNEVEN BARS	BEAM	FLOOR
<p>Handspring to flat back</p> <p>2 Vaults – the best to be considered</p> <p>Min. 80cm safety mats</p> <p>1 or 2 springboards</p>	<p><u>SINGLE BAR</u> <u>Height: 150cm</u></p> <p>From stand, hang;</p> <ol style="list-style-type: none"> 1. L- Sit (3 secs) (Half lever) into trolley swing x 3 2. Third swing into pull over (bent or straight arms) 3. Back hip Circle 4. Cast towards maximum 45° angle to push off backwards dismount (landing on mat) 	<p><u>Height:</u></p> <p><u>6 – 9 years: Min. 100cm</u> <u>10 years and over: Min. 110cm</u></p> <p>SEE ATTACHED SHEET</p> <p>The routine has to be a min. of 1 line long</p> <p>Min. 6 elements from the attached sheet</p>	<p><u>Floor Music: Min. 1 minute</u></p> <p><u>The music can be the same or different</u></p> <p>SEE ATTACHED SHEET</p> <p>Min. 8 elements from the attached sheet</p>



COMPETITION E – ATTACHED SHEET

Beam

<u>MOUNTS</u>	<u>JUMPS/ LEAPS</u>	<u>ELEMENTS</u>	<u>BALANCES</u>	<u>DISMOUNTS</u>
1. Squat through to sit 2. Jump to middle split (Japan) 3. Straddle on with ¼ turn	1. Straight jump 2. Tuck jump 3. Cat leap 4. Half turn on 1 or 2 feet 5. Sissone 6. Wolf jump	1. Handstand (cross) to close legs and back down (no need for 2 secs hold) 2. Forward roll 3. Cartwheel 4. Fwd/ Bwd Walkover	1. Back/Side/Fwd straight leg balance at min. horizontal level for 2 secs (not on tip- toes)	1. Cartwheel ¼ turn 2. Round- Off 3. Handspring

Floor

<u>JUMPS/ LEAPS</u>	<u>ELEMENTS</u>
1. Min. Straight jump with ½ turn 2. Min. Cat leap with ½ turn 3. Min. Tuck jump with ½ turn 4. Wolf jump 5. Split jump 6. Sissone 7. Split Leap	1. Handstand, forward roll 2. Dive roll 3. Backward roll to handstand (bent or straight arms) 4. Cartwheel 5. Forward walkover 6. Backward walkover 7. Forward Handspring (step-out or feet together) 8. Round – Off 9. Round- Off, Back Flip



COMPETITION D

AGE CATEGORIES:

- 7 – 9 YRS;
- 10 - 13YRS;
- 14 – 16YRS

N.B: Max Value for SHORT EXERCISE: 10.00 – 5 elements or more

- 8.00 – 4 elements
- 6.00 – 3 elements
- 4.00 – 2 elements
- 2.00 – 1 element

NO ELEMENTS ABOVE B VALUE!

VAULT	UNEVEN BARS	BEAM	FLOOR
<p><u>MIN110 CM – HEIGHT</u></p> <p>Any Vault from the code with 2 springboards</p> <p><u>2 VAULTS</u> Best one to count</p> <p>Value is according to FIG</p>	<p><u>Requirements:</u></p> <ul style="list-style-type: none"> - Swing into; <u>0.5</u> - Swing <u>0.5</u> - Baby Giants <u>0.5</u> - Back Hip Circle <u>0.5</u> - Dismount <u>0.5</u> <p>(from the code)</p> <p style="text-align: right;">CR = <u>2.50</u></p>	<p><u>MIN HEIGHT 110CM</u></p> <p><u>Min. 4 Elements + Dismount</u></p> <p><u>Requirements:</u></p> <ul style="list-style-type: none"> -1 split jump/ leap 180° <u>0.5</u> -1 dance spin 180° (min) <u>0.5</u> <p style="text-align: right;">CR = <u>1.00</u></p>	<p><u>Min. 4 Elements + Dismount</u></p> <p><u>Min. 1 acro element in each tumbling line</u></p> <p><u>Requirements:</u></p> <ul style="list-style-type: none"> -1 FWD tumbling line <u>0.5</u> -1 BWD tumbling line <u>0.5</u> -1 Dance passage with split leap jump (min) 180° <u>0.5</u> -1 full dance spin 360° (min) <u>0.5</u> <p style="text-align: right;">CR = <u>2.00</u></p>
	<p><u>DV + Bonus elements</u></p> <p><u>MAX 3 BONUS ELEMENTS</u></p> <p>A = 0.2 B = 0.4</p>	<p><u>DV + Bonus elements</u></p> <p><u>MAX 5 BONUS ELEMENTS</u></p> <p>A = 0.2 B = 0.4</p>	<p><u>DV + Bonus elements</u></p> <p><u>MAX 5 BONUS ELEMENTS</u></p> <p>A = 0.2 B = 0.4</p>
<p>Penalties according to FIG Rules</p>	<p>Penalties according to FIG Rules</p> <p><u>Every bonus element must be from the code</u></p>	<p>Penalties according to FIG Rules</p> <p><u>Every bonus elements must be from the code</u></p>	<p>Penalties according to FIG Rules</p> <p><u>Every bonus element must be from the code</u></p>



COMPETITION C

AGE CATEGORIES:

- 7 – 9 YRS;
- 10 - 13YRS;
- 14 – 16YRS

N.B: Max Value for SHORT EXERCISE:

- 10.00 – 6 elements or more
- 8.00 – 5 elements
- 6.00 – 4 elements
- 4.00 – 3 elements
- 2.00 – 2 and less elements

VAULT	UNEVEN BARS	BEAM	FLOOR
<p><u>MIN110 CM – HEIGHT</u></p> <p><u>2 VAULTS</u></p> <p>- 2 different vaults which can be from the <u>same group</u> but have <u>different 2nd part</u></p> <p>Best one to count 1 springboard Value is according to FIG</p>	<p><u>6 ELEMENTS</u></p> <p><u>Requirements:</u></p> <ul style="list-style-type: none"> -Kip Cast to 45° <u>0.5</u> -Back Hip circle <u>0.5</u> -Element LB to HB (from the code) <u>0.5</u> -Cast to handstand <u>0.5</u> -Back Giants <u>0.5</u> -Dismount Flyaway (any salto) <u>0.5</u> <p>CR = <u>3.00</u></p>	<p><u>MIN HEIGHT 115CM</u></p> <p><u>Min 5 Elements + dismount</u></p> <p><u>Requirements:</u></p> <ul style="list-style-type: none"> -2 different connecting jumps of which 1 jump must be a split jump of 180° (min) <u>0.5</u> -1 dance spin 360° (min) <u>0.5</u> -1 acrobatic element (min. Group B) <u>0.5</u> <p>CR = <u>1.5</u></p>	<p><u>Min. 5 Elements + dismount</u></p> <p><u>Min. 1 acro element in each tumbling line</u></p> <p><u>Requirements:</u></p> <ul style="list-style-type: none"> -1 acrobatic tumbling with salto BWD <u>0.5</u> -1 acrobatic tumbling with salto FWD <u>0.5</u> - Dance passage – 1 split leap 180° (min) <u>0.5</u> -1 spin (min) 360° <u>0.5</u> <p>CR = <u>2.0</u></p>
	<p><u>DV + Bonus elements</u></p> <ul style="list-style-type: none"> A = 0.1 B = 0.2 C = 0.4 D = 0.6 	<p><u>DV + Bonus elements</u></p> <ul style="list-style-type: none"> A = 0.1 B = 0.2 C = 0.4 D = 0.6 	<p><u>DV + Bonus elements</u></p> <ul style="list-style-type: none"> A = 0.1 B = 0.2 C = 0.4 D = 0.6
<p>Penalties according to FIG Rules</p>	<p>Penalties according to FIG Rules</p> <p><u>Every bonus element must be from the code</u></p>	<p>Penalties according to FIG Rules</p> <p><u>Every bonus element must be from the code</u></p>	<p>Penalties according to FIG Rules</p> <p><u>Every bonus element must be from the code</u></p>



COMPETITION B
JUNIOR CODE

AGE CATEGORIES:
UP TO 15 YEARS OF AGE

N.B: SHORT EXERCISE: 7 or more elements – no deductions
5 – 6 elements - -4.00P
3 – 4 elements - -6.00P
1 – 2 elements - -8.00P
No elements - -10.00P

VAULT	UNEVEN BARS	BEAM	FLOOR
<u>125 CM – FIG VAULT</u> <u>FIG JUNIOR CODE</u>	<u>FIG JUNIOR CODE</u> <u>DMT</u> No DMT; and A = <u>0.00</u> B = <u>0.30</u> C or more = <u>0.50</u>	<u>FIG JUNIOR CODE</u> <u>DMT</u> No DMT; and A = <u>0.00</u> B = <u>0.30</u> C or more = <u>0.50</u>	<u>FIG JUNIOR CODE</u> <u>DMT</u> No DMT; and A = <u>0.00</u> B = <u>0.30</u> C or more = <u>0.50</u>
Penalties according to FIG Rules	Penalties according to FIG Rules	Penalties according to FIG Rules	Penalties according to FIG Rules



COMPETITION A
FIG

AGE CATEGORIES:
OPEN AGE

NB: SHORT EXERCISE: 7 or more elements – no deductions
5 – 6 elements - -4.00P
3 – 4 elements - -6.00P
1 – 2 elements - -8.00P
No elements - -10.00P

VAULT	UNEVEN BARS	BEAM	FLOOR
<u>AS PER FIG</u>	<u>AS PER FIG</u>	<u>AS PER FIG</u>	<u>AS PER FIG</u>