



Questions and answers for clarification on East Midlands Grades.

Compulsory in age 5

Q. VAULT If a gymnast performs a tucked somersault instead of a straight somersault what is the deduction?

A This would be a void vault if there was no obvious attempt at a straight somersault.

Q. What happens if a gymnast performs a void vault on one of their vaults

A The score for the remaining vault would be divided by 2 as per compulsory 4 rules

Q BARS as you can do an upstart for a bonus instead of chin circle up.... would the upstart option need to go into an immediate cast, or could you stop on the bar - as you would have done from the chin circle up?

A. Yes there would be an empty swing deduction if the gymnast stops either after the upstart or the chin circle up. Even in chin circle up we would expect to see the gymnast immediately beat under the bar and cast and not stop before beating.

Q BARS Can the cast be straddled

A . No the legs cannot be straddled this grade is a progression for Comp 4 and straddled legs are not allowed in Comp 4

Q. BEAM Can the gymnast place their heels down and prepare their arms for the spin after the releve hold (as Compulsory 4)? Or do they need to stay on toes throughout the series?

A. Yes this is a preparation grade for Comp 4 so similar prep to comp 4 is allowed.

Q . FLOOR In the backwards tumble on a line it specifies from a "hurdle step". Is this from 2 feet together or can it be from a step hurdle as Compulsory 4?

A. As comp 4

Q. R & C Should the start value be from 14.00 (not 13.50) as there are now 8 x 0.5 elements?

A Yes will get this updated

Pre National 5

Q. BARS would you consider a heel drive in the back swings a legitimate way to build the swing height? The deductions talk about lack of dish at the back of the bar, but I'm assuming that's on the down swing not upwards?

A. Yes heel tap would be permitted without deduction.

Q. BARS can the cast be straddled up to handstand

A. Yes as this is prep for National 5 and there is no deduction for straddled legs in this grade.

EAST MIDLANDS COMPULSARY 5 QUESTIONS AND ANSWERS 2019.

Q. BARS - is the 0.5 upstart bonus only given if the upstart goes into cast immediately ? Or if you stop do you lose 0.5?

A. Bonus is given if performed. If gymnast stops there would be a 0.5 deduction. Therefore would cancel out the bonus.

Q. FLOOR - it says split leap step split leap (different legs), this either has to be immediate or with 2 steps as otherwise it's the same leg, are both accepted ?

A. 2 steps between – rules have been amended

Q. FLOOR. In WM comp 5 they insert a hop - like a watered down version of the fouette from comp 4 as follows, "*Split leap on one leg, into immediate hop with free leg at horizontal, step into split leap on opposite leg*" would this be acceptable, or do you specifically want two walking / running steps?

A. If performed there would be a deduction of 0.1 for lack of precision – we are expecting to see 2 walking or running steps.

Q. FLOOR "Chasse cat leap connected to cartwheel" Is the chasse here mandatory or could it be optional?

A. Chassee optional and removed from rules.

Q. RANGE - straddle sit press to straddle lever - is this directly from the floor / is there a deduction for lifting legs up off floor then pressing to straddle lever?

A. this is directly from the floor, would not deduct if legs were lifted before full press to straddle lever.