

## East Midlands National Preparation Grade 5 (no national final)

### **General**

PASS MARK 50.00

AGE GROUP 9 YEAR OLDS ONLY

THIS EAST MIDLANDS GRADE IS DESIGNED FOR GYMNASTS WHO MAY HAVE COMPETED AT COMPULSARY 5 BUT ARE NOT CAPABLE OF COMP 4, BUT ARE TOO GOOD FOR CLUB GRADE 6 & 5, TO BRIDGE THE GAP ACROSS TO THE NATIONAL GRADES PATHWAY

Omission of an element = VM +2.00

Specific deductions are listed on each apparatus.

All other deductions taken from Table of General Faults in COP 2017-2020

# VAULT

**D Score 4.0**

**APPARATUS – VAULT TABLE AT 110CM WITH SAFETY MATS TO SAME HEIGHT WITH ROLLER MAT OVER**

**HANDSPRING FLAT BACK**

Deductions as per BG Regional Grade 4 Vault.

## **BARS - D Score 4.0**

APPARATUS – METAL POLISHED BAR GYMNAST WEARING GLOVES AND LOOPS

Element	VM	Faults	Deductions
From hang, trolley swing long upstart	0.5		Additional swing before upstart 0.5 empty swing
Cast to 45° straight or straddled legs allowed and push away into a forward swing	0.5	Body alignment in cast Height in cast >45° Height in cast: between 45° and 90° Cast below horizontal	0.1/0.3 No deduction  0.1/0.3 VM +0.3
1 <sup>st</sup> Swing bkd & fwd	0.5	Lack of dish - back and fwd swing Insufficient 'open' position under bar  Performance of Back Giant	0.1/ 0.3 0.1  1.0
2 <sup>nd</sup> Swing bkd & fwd	0.5	As 1 <sup>st</sup> Swing	
3 <sup>rd</sup> Swing bkd & fwd and continue over the bar into	0.5	As 1 <sup>st</sup> Swing	
Back Giant	0.5	As 1 <sup>st</sup> Swing Failure to complete giant (over bar)	VM + 1.00 (fall)

COACH TO STOP GYMNAST AFTER GIANT

## **BEAM – D Score 4.0**

**APPARATUS – FIG REGULATION HEIGHT BEAM NO ADDITIONAL SAFETY MATS**

**CAN BE PERFORMED IN ANY ORDER**

**FIG ARTISTRY DEDUCTIONS APPLY**

<b>Element</b>	<b>VM</b>	<b>Faults</b>	<b>Deductions</b>
Jump to clear straddle hold (2 seconds)	0.5	Brushing beam with feet Not held for 2 secs	0.3 0.3
Dance series: Split Jump	0.5	Deductions as per FIG- dance elements Series Break	0.1/0.3/0.5
Tuck Jump	0.5		0.3
Sissone	0.5	Deductions as per FIG – dance elements	0.1/0.3/0.5
Split Handstand (2 Sec) Optional finish	0.5	Not held for 2 secs	0.3
Cartwheel	0.5		
½ spin	0.5		
½ turn on toes, stretch jump	0.5	Series break	0.3
Fwd salto dismount	0.5	Take off 1 foot	VM

## **FLOOR – D Score 4.0**

**CAN BE PERFORMED IN ANY ORDER**

**MUSIC OPTIONAL MAX 1MIN 30SECS**

**FIG ARTISTRY DEDUCTIONS APPLY**

<b>Element</b>	<b>VM</b>	<b>Faults</b>	<b>Deductions</b>
Back roll to front support (straight arms)	0.5	Failure to finish in front support Bent arms	VM 0.1/0.3
Hurdle step from 2 feet: Round-off 2 flics	0.5 0.5 0.5	Running steps into tumble Stop in acro line (tumble not continuous)	0.3 1.0
Handspring to one, immediate Handstand rebound, forward roll out – roll out should be with straight legs and hand support throughout allowed	0.5 0.5	Series Break Lack of rebound before roll Bent legs on roll out	0.3 VM 0.1 / 0.3 / 0.5
Full spin	0.5	As per FIG – dance elements	0.1/0.3/0.5
Stretch jump with ½ turn	0.5	As per FIG – dance elements	0.1/0.3/0.5
Split leap chasse split leap	0.5 0.5	As per FIG - dance elements Series Break	0.1/0.3/0.5 0.3

## **RANGE and CONDITIONING – D Score 4.0**

**Missing any hold (2 seconds) – 0.3 each**

<b>Element</b>	<b>VM</b>	<b>Faults</b>	<b>Deductions</b>
Kick to Handstand <b>HOLD</b>	0.5	Hand movements during handstand	0.1 ea (max 0.5)
Lower to pike fold <b>HOLD</b>	0.5	Insufficient pike	0.1/ 0.3
Forward roll to straddle lever (feet above hips) <b>HOLD</b>	0.5	Feet below hips	0.1
		Resting legs on arms	0.3
Lower to sit, stretch up and lower chest to floor (JAPANA) <b>HOLD</b>	0.5	Chest not close to floor	0.1/ 0.3
Swim legs through to lie flat, push up to front support <b>HOLD</b>	0.5	Lack of dish shape in hold	0.1/0.3
Swing 1 leg to splits (optional leg) <b>HOLD</b>	0.5	Touching floor with hands in splits Lack of split	0.3 0.1/0.3/0.5
Turn to other leg splits (hand placement allowed in transition) <b>HOLD</b>	0.5	Touching floor with hands in splits Lack of split	0.3 0.1/0.3/0.5
Bring leg round, stretch up to pike fold flat <b>HOLD</b>	0.5	Insufficient pike	0.1/ 0.3
Return to lie flat, push to bridge <b>HOLD</b>	0.5	Insufficient shoulder extension	0.1/ 0.3
Lift one leg, kick through split handstand to stand	0.5	Failure to kick over to stand	1.00 (fall)