

East Midlands Compulsory Grade 5 2020

(Target group in age Level 4 gymnasts for 2021)

For gymnasts aged 8 years old in the year of competition

PASS MARK 55.00

DISTINCTION 60.00

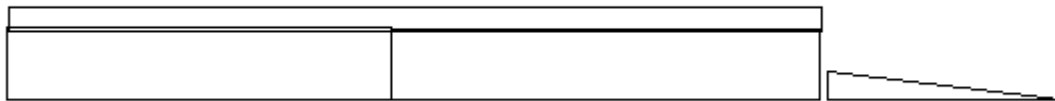
VAULT SV 14.00

1 attempt each vault – both to be performed and score averaged

IF SAME VAULT PERFORMED TWICE THEN SCORE AVERAGED AND 2.0 PENALTY TAKEN FROM TOTAL AS PER COMPULSARY 4

VAULT 1

Set up -spring board in front of 2X 20cm safety mats placed end to end with 10cm roll mat over)



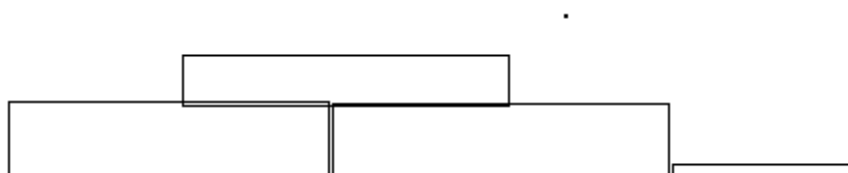
Vault - run bounce on board and straight front somersault onto mats – no deduction for over rotation fwd

DEDUCTIONS AS PER COMPULSARY 4

Max run length 14 meters

VAULT 2

Set up - on tumble track 2X 20cm safety mats end on end with additional 20cm safety mat placed (see diagram below) yurchenko hand placement mat in front



Vault - round off hands on placement mat to land on 20cm mat feet with fall back to dish/tight straight position (over rotation)

14 meter max run up

DEDUCTIONS AS PER FIG AND IN ADDITION

Lack of acceleration in run	0.1	0.3	
Incorrect hand placement on mat	0.1		
Landing roundoff off centre	0.1	0.3	
Feet not passing through vertical in roundoff	0.1	0.3	
Bent arms in round off	0.1	0.3	
Failure to maintain straight body in roundoff	0.1	0.3	
Lack of flight in roundoff	0.1	0.3	0.5
Excessive pike down of roundoff	0.1	0.3	0.5
Arms not by ears on landing roundoff		0.3	
Landing roundoff feet apart	0.1	0.3	
Need to change body shape before fall	01	0.3	0.5
Lack of body tension in fall back	0.1	0.3	
Landing with lack of body tension	0.1	0.3	

BARS S.V. 14.00 No attempt at a element Value of move + 2.00

Routine on single polished bar – gloves and loops starting from hang

2 chins	0.50
2 Leg Lift	0.50
Chin Up to upward circle	0.50
Straight cast	0.50 (VM if straddled)
2 swings or 2 giants circles	0.50 x 2

Bonus 0.5 per giant instead of swings maximum 2 giants (one swing to be allowed if necessary to initiate giants)

Bonus 0.5 if trolley swing into long upstart instead of chin upward circle

Coach to assist gymnast to stop at end of exercise.

NOTE

Routine ends at end of 2nd attempt at a giant circle or after 2 swings if no giants completed. Ie you cannot do a giant then a swing and then another giant.

Beam S.V. 14.00 No attempt at a element Value of move + 2.00

Optional dance

Element	Value		Penalty
Squat on or squat through to ½ lever	0.50	Feet below hips in lever	0.10
Split handstand pause on landing into back walkover	0.50 0.50	Handstand not held for 2 secs Failure to show split handstand Lack of split	0.10 0.30 0.30
Spilt jump (minimum 180° split) LINK NOT REQUIRED BUT MUST BE STRAIGHT AFTER JUMP	0.50 0.50	Insufficient split Insufficient amplitude Insufficient height Lack of heel height on releve Releve not held for 2 secs	0.10/0.30 0.10/0.30 0.10/0.30 0.10/0.30 VM
Releve on one foot and hold for 2 secs step into ½ spin to finish on toes	0.50	Not finishing on toes Toe not to knee Lack of connection at any point	0.30 0.30 0.30
Split leap (min 135° split) immediate stretch jump	0.50	Insufficient amplitude Insufficient split Insufficient height	0.10/0.30 0.10/0.30 0.10/0.30
Cartwheel straight jump dismount	0.50	Pause or arm swing between elements	0.50

(elements can be executed in any order)

General penalties apply
Landing Penalties as per Code of Points

Floor S.V. 14.00 No attempt at a element Value of move + 2.00

Music 30secs min to 90secs max

Element	Value		Penalty
Hurdle step into round off 1 flic rebound into stretch jump on marked line parallel to judging panel 15cm wide. NOTE THIS REQUIREMENT WILL BE AMMENDED IN LINE WITH ANY CHANGES TO COMP 4 WHEN PUBLISHED	0.50	Extra steps Pause between elements Lack of control at the end Jump not landing with both feet touching marked line	0.10 each 0.50 0.30 0.3 one foot only touching Neither touching 0.5
Handspring to one run (max 4 steps) handspring to two feet	0.50	More than 4 steps between Landing in deep squat (each time) Lack of flight	0.1 each 0.10/0.30/0.50 0.10
Cat leap connected to cartwheel	0.50	Passage not continuous (without pauses)	0.50
Full spin to finish on toes	0.50	Not finishing on toes Toe not to knee	0.30 0.30
Split leap 2 steps into split leap on opposite leg Minimum 135° split in both elements	0.50	Insufficient height Insufficient split Additional steps between	0.10/0.30 0.10/0.30 0.1 each

Elements can be executed in any order but it is suggested routine starts with the round off flick stretch jump – no artistry deduction will apply if routine starts with this acro line

General FIG penalties apply

Range and Conditioning

S.V. 14.00

Element	Value		Penalty
Leg hold at 90° fwd, side, back 2 seconds each	0.50	If legs above 90° with misaligned hips If leg not held	0.30 each time 0.10 each hold
On alternate leg as above	0.50	If legs above 90° with misaligned hips If leg not held	0.30 each time 0.10 each hold
Forward roll to straddle sit	0.50	Heels not lifted	0.30
Transition to forward split	0.50	Hips out of alignment	0.10/0.30
Transition to ½ turn to alternative forward split	0.50	Not passing though box splits	0.10/0.30
Return to straddle sit	xx		
Press to straddle lever, hold for 2 seconds, press to straddle stand. 0.5 bonus if lift to handstand from straddle lever	0.50	Straddle lever not held Feet not higher than hips in straddle lever Feet touching floor before getting past hands	0.10 0.30 0.1
lift to handstand and hold for 2 seconds	0.50	Jumping into handstand Not reaching handstand Not held for 2 seconds	0.30 0.50 0.30
Controlled lower to bridge, lift one leg to pass through split handstand to stand	0.50	Lack of control Shoulders not over hands Not passing through split handstand Hips out of alignment throughout kick over	0.10/0.30 0.10/0.30 0.30 0.10/0.30
Split jump immediate straddle jump (jumps to be linked but not rebounding)	0.5	Lack of split Jumps not linked	0.3

LACK OF SPLIT DEDUCTIONS 1-10 deg 0.1
 0-20 deg 0.3
 20-45 deg 0.5
 +45 deg 0.5 + VM

General fig penalties will apply

