

East Midlands Compulsory Grade 5 2022

(Target group gymnasts preparing for Compulsory 4 in 2023)

For gymnasts aged 8 years in the year of competition

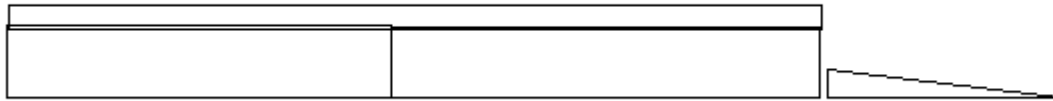
PASS MARK 55.00

DISTINCTION 60.00

VAULT SV 14.00

2 attempts best score to count

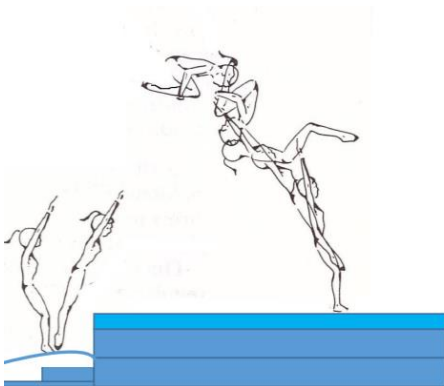
Set up -spring board in front of 2X 20cm safety mats placed end to end with 10cm roll mat over)



Vault - run bounce on board and tuck front somersault onto mats

DEDUCTIONS AS PER COMPULSARY 4

Accelerated run up as per Compulsory 4 (between 17-25 meters)



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. 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)	0.50	Insufficient split	0.10/0.30
		Insufficient amplitude	0.10/0.30
immediate stretch jump	0.50	Insufficient height	0.10/0.30
Releve on one foot and hold for 2 secs step into	0.50	Lack of heel height on releve	0.10/0.30
½ spin to finish on toes	0.50	Releve not held for 2 secs	VM
		Not finishing on toes	0.30
		Toe not to knee	0.30
		Lack of connection at any point	0.30
Split leap (min 135° split)	1.00	Insufficient amplitude	0.10/0.30
		Insufficient split	0.10/0.30
		Insufficient height	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
Backward roll to front support with straight arms	0.50	Bent arms	0.1 /0.30 / 0.5
Transition one leg round 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 through box splits	0.10/0.30
Bring back leg round to long sit show pike fold	0.50	Chest not on knees Bent knees	0.1 /0.3 VM if <30 deg away 0.1 /0.3
Then open legs 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