

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

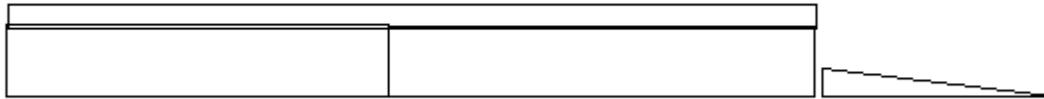
PASS MARK 55.00

DISTINCTION 60.00

VAULT SV 14.00

2 attempts best score to count

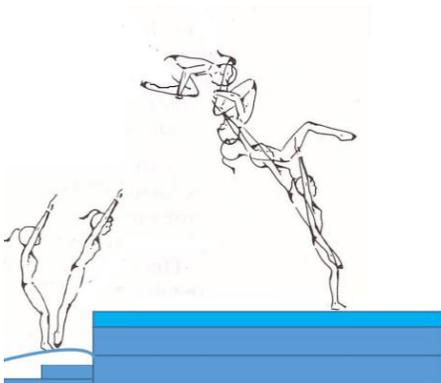
Set up -spring board in front of 2X 20cm safety mats placed end to end with 10cm roll mat over)



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	Handstand not held for 2 secs	0.10
	0.50	Failure to show split handstand	0.30
		Lack of split	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 ½ spin to finish on toes	0.50	Lack of heel height on releve	0.10/0.30
		Releve not held for 2 secs	VM
	0.50	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

