EASTERN REGION GYMNASTICS ASSOCIATION

PRELIMINARY NATIONAL GRADE

NEW FOR 2019

National Grade 5

This is a new level of National Grade designed to bridge the gap between Club grade 6/ Compulsory Grade 5 and National Grade 4/ Compulsory Grade 4.

It is a Regional level competition only and is intended for gymnasts who will be working towards National Grade 4/ Compulsory Grades in the future.

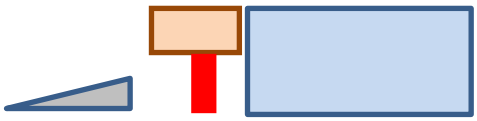
The competition is open to gymnasts aged 9-11 in the year of competition.

Pass Marks:

Pass	**50.00**
Commendation	**55.00**
Distinction	**60.00**

VAULT D Score 4.00

Handspring flat back vault
Height: 110cm safety mats
Run and hurdle step onto springboard, arm swing into a handspring flat back vault on to safety mats.



Run up distance max 25m
Gymnast to perform two vaults with the best score to count.
FIG Deductions for running out apply.
If a VOID vault is performed (Zero) the gymnast may have a second attempt but will incur a penalty of 1.00.

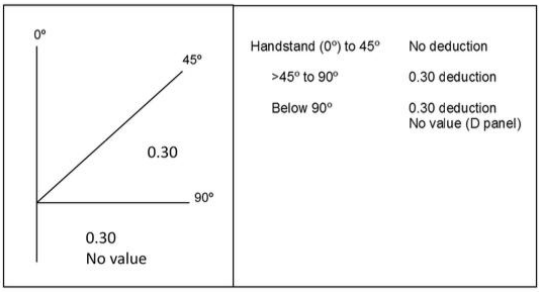
Specific Apparatus Deductions (E Panel)

Faults	0.10	0.30	0.50
Lack of acceleration during run up	x	x	
First phase onto board			
Feet landing off centre in any direction	x		
Arms not behind body in hurdle step	x	x	
Poor co-ordination of arm swing	x	x	
1st Flight			
Hip angle (Excessive dish/pike/arch)	x	x	
Arch	x	x	
Bent legs	x	x	x
Leg or knee separation	x	x	
Failure to pass through vertical	x		
Repulsion			
Shoulder Angle on contact with Vault	x	x	
Bent arms	x	x	x
Walking on hands	X per step		
Double bounce on hands			1.00
2nd Flight			
Height	x	x	x
Failure to maintain stretched body	x	x	
Bent knees	x	x	x
Leg or knee separation	x	x	
Insufficient length	x	x	
Landing with hands still touching vault (or would be if arms were placed down			x
Dynamics throughout	x	x	
Landing faults			
Under or over rotation	x	x	
Deviation from straight position (1st contact)	x	x	
Legs apart	x	x	
Failure to land on flat back (landing in dish)		x	

BARS

Strap bar height 2.50m (approx)	D Score 4.00 maximum	Use FIG deductions throughout except where specified

Value of element as specified in text	no attempt at an element VM + 2.00	casts and circle deductions as per text

Value	Elements (Exercise must be in this order)	Notes
0.50	**Chin up circle over to front support**	Lack of body extension 0.10 – 0.30 Failure to make 90° elbow angle – Non-attempt Chin level with bar – 0.30 Chin resting on bar – 0.30 Poor technique (arch/ leg swing to instigate circle) 0.10 – 0.30 Failure to circle over to front support - VM
0.50	**Cast to 45' (emphasis on shape) and push away into**	Cast penalties as per compulsory 4 book Below 90° – VM Legs straddled or apart – 0.10 – 0.30 Arch – 0.10, 0.30 or 0.50 
0.50 - front swing	**Forward swing to 45'**	**Chest in, flat hips, bum squeezed, ears covered** **Swing deductions:** Above 45° - No deduction › 45° - 65° – 0.10 › 65° – 90° - 0.30 Below Horizontal – VM Body alignment – 0.10 – 0.50 Head out – 0.10 – 0.30 Head too far in – 0.10 Lack of kick/ extended hang under bar 0.10 – 0.30 **Additional swings 0.50 each.**
0.50 - back swing	**Backward swing to 45'**	**Chest in, flat hips, bum squeezed, ears covered** **Swing deductions:** Above 45° - No deduction › 45° - 65° – 0.10 › 65° – 90° - 0.30 Below Horizontal – VM Body alignment – 0.10 – 0.50 Head out – 0.10 – 0.30 Head too far in – 0.10 Lack of kick/ extended hang under bar 0.10 – 0.30 **Additional swings 0.50 each.**
0.50 each	**3 x Backward giant circle through handstand**	GBR Circle penalties except VM = 0.50 Below 90° = No attempt Deductions on upswing Deductions as per swings and: Body alignment in handstand – 0.10 – 0.30 Hip Angle – 0.10 – 0.30
Coach can assist the controlled stopping of the gymnast at the conclusion of the routine BONUS – 0.50 for cast to handstand (Straddle cast not permitted)		

BEAM

Optional routine with compulsory elements on optional order

Time: 1.30m (max)	D Score 4.00 maximum	Use FIG deductions

General	VM and No attempt for missing an element
· If a fall occurs between two connected elements the gymnast must complete the elements after the fall · If the gymnasts falls between the dismount connection, the whole connection may be repeated once · All holds must be 2 seconds	0.30 lack of hold No attempt = VM + 2.00

Value	Elements (optional order)	Notes
0.50	**Mount – Japana hold (2 seconds)**	**Not held - VM** **Torso not close to beam – 0.10/ 0.30** **Lack of flexibility – 0.10/ 0.30**
0.50 + 0.50	**Split jump into stretch jump**	**Linked as per FIG requirements** **Element penalties – As CoP** Series Break – 0.50 Elements performed in a different order – 0.30
0.50 each	**Any 2 of the following (link not required):** Split Leap Sissone Straddle jump	**Element penalties – As CoP**
0.50	**Backward walkover**	**Element penalties – As CoP** **Lack of splits:** ≥0° - 20° - deduct 0.10 ≥20° - deduct 0.30
0.50	**Cartwheel**	**Element penalties – As CoP**
0.50	**Full Spin**	**Element penalties – As CoP**
0.50	**Front Somie Dismount**	**Element penalties – As CoP** **Take off from one foot – VM** **Somie not tucked – VM** **Landing out of line with beam – 0.10/0.30**

Floor

Optional routine with compulsory elements on optional order

Time: 1.30m (max)	D Score 4.00 maximum	Use FIG deductions

General · All elements in an acrobatic series must be completed continuously	VM and No attempt for missing an element Series Break = 0.30 No attempt = VM + 2.00

Value	Elements (optional order)	Notes
0.50 each	**Round off into 3 flics rebound jump**	**Element penalties – As CoP** Stop between any element – 1.00
0.50 + 0.50 + 0.50	**Handspring to 1, run, handspring to 2 into immediate rebound stretch jump**	**Element penalties – As CoP** Lack of flight 0.10/ 0.30 No rebound jump – 0.50
0.50 + 0.50	**Flic into straddle jump**	**Element penalties – As CoP** **Series break – 0.30**
0.50	**Full turn jump**	**Element penalties – As CoP**
0.50 + 0.50	**Dance series: Split leap – Split leap**	**Linked as per FIG dance passage requirements (steps/ chasses/ hops permitted)** **Lack of splits:** ≥0° - 20° - deduct 0.10 ≥20° - 45° - deduct 0.30 Less than 45° = VM **Series break – 0.50**
0.50	**Backward roll to handstand with straight arms**	**Element penalties – As CoP** Bent arms in roll – 0.10/ 0.30/ 0.50 Handstand not achieved – VM
0.50 + 0.50	**1/1 spin step into 1/2 spin** **Can be in either direction but must be on different legs**	**Lack of continuity - 0.30**

Range and Conditioning

Compulsory routine must be performed in this order. Deviation from text – deduct 0.50

D Score 4.00 maximum	Use FIG deductions Unless specified
General • FIG penalties to apply throughout • All holds must be for 2 seconds. Failure to hold – 0.30 each time • If a fall occurs gymnast should await confirmation from the head judge and restart the routine from the next value part.	VM and No attempt for missing an element Lack of hold = 0.30 No attempt = VM + 2.00

RANGE ROUTINE AS PER BG NATIONAL GRADES 4-1

RANGE & CONDITIONING – NATIONAL GRADES 4 – 1

Strip of firm matting or no matting. Gymnast may start off mat then step onto mat for forward roll with no penalty. Time limit of exercise - 1 min 30 sec

DESCRIPTION	*VALUE*	*EXECUTION FAULTS*	*PENALTIES*
Start in pike stand with feet together. Place hands on floor and pike press to handstand. ***HOLD handstand for 2 seconds***	***0.50***	Handstand not held for 2 seconds Jump to handstand instead of lever up Bent legs at any point Bent arms at any point	VM VM 0.10 0.30 0.50 0.10 0.30 0.50
½ turn in handstand, split legs and step down. Join feet together with arms by ears. If fall occurs in handstand – gymnast must kick back up to handstand and perform ½ turn and step down	***0.50***	Handstand ½ turn not performed ½ turn not completed Late turn (after handstand) / lack of control in turn Bent legs	Non attempt VM 0.10 0.30 0.10 0.30 0.50
Starting in crouch position, forward roll (bent or straight arms - pause in shoulder stand not necessary) to straddle ½ lever hold with feet higher than hips. ***HOLD for 2 seconds*** Lower to straddle sit position	***0.50***	Straddle ½ lever position not held for 2 seconds Legs held at horizontal Legs held below horizontal Legs bent in hold	VM 0.10 0.30 0.10 0.30 0.50
Without changing leg position, lift arms above head and keeping back straight, lean forwards to Japana position. ***HOLD for 2 seconds***	***0.50***	Japana position not held for 2 seconds Back not straight during lean forwards Widening legs before Japana fold Torso not close to floor in held position	VM 0.10 0.10 0.30 0.10 0.30
Take legs backwards (may use hands in transition phase) and passing through box splits, join legs together with arms by ears. Push to press up position with toes pointed	***0.00***	Lack of flexibility in box splits Bent legs Flexing foot/feet during transition phase	0.10 0.30 0.10 0.30 0.10
Swing one leg round to sit in (forwards) splits. Take hands off floor and ***HOLD for 2 seconds*** with arms sideways at horizontal	***0.50***	Splits not held for 2 seconds Lack of flexibility in splits Hands touching floor in held position	VM 0.10 0.30 0.30
½ turn to splits on the other leg (may use hands without penalty). ***HOLD for 2 seconds*** with hands off floor and arms sideways at horizontal	***0.50***	Splits not held for 2 seconds Lack of flexibility in splits Hands touching floor in held position	VM 0.10 0.30 0.30
Bring back leg forwards to long sit with legs together. Lift arms to ears and pike fold placing hands flat on floor at the sides of feet. ***HOLD position for 2 seconds***	***0.50***	Pike fold position not held for 2 seconds Insufficient pike position Hands not in prescribed position in pike fold Legs bent in pike fold	VM 0.10 0.30 0.10 0.10 0.30
Lie on back and push to bridge with feet together. Straighten legs and ***HOLD position for 2 seconds***	***0.50***	Bridge not held for 2 seconds Insufficient shoulder extension Knees bent in held position Feet apart at any point	VM 0.10 0.30 0.10 0.30 0.50 0.10
Lift one leg straight to vertical (may move support leg) and ***HOLD position for 2 seconds***. Kick over through split handstand to stand	***0.50***	Position not held for 2 seconds Failure in kick over to stand Lack of split Bent legs	VM 1.00 (fall) 0.10 0.30 0.10 0.30 0.50
		Lack of fluency / pace throughout the exercise (going too slow throughout / holding the holds for too long)	0.10 0.30