



## **National, Regional & Club Grades Questions 2017**

### **National 1 Beam**

Can a gymnast do a series of split handstand flic to one tuck back and receive the 2 set requirements.

**Yes**

Where it asks for a B jump with a ½ turn, is this a B only or a minimum B so a split jump ½ can still be used?

**B minimum**

### **Regional 1 Beam**

Where it asks for a B jump with a ½ turn, is this a B only or a minimum B so a split jump ½ can still be used?

**B minimum**

### **National 1 Floor**

Can the additional C salto be a run into a straight front full twist or would you need to have a minimum of 2 elements if this was your last tumble?

**Can just be a salto on its own**

### **National 2 Floor**

The Straight front (with optional handspring) can this be your last acro or would you need to have a minimum of 2 elements if this was your last tumble?

**Can be on its own and your last tumble**

Can the free cartwheel be anywhere in the routine or does this need to be before the last acro line?

**Can be anywhere**

### **National 3 Floor**

For spins connected is a bend of legs being allowed between spins on 2 different legs?

**Yes**

### **Regional 1 Floor**

Registered Office  
Ford Hall, Lilleshall National Sports Centre,  
Newport, Shropshire TF10 9NB

T. 0345 1297129 F. 0845 1249089  
E. [information@british-gymnastics.org](mailto:information@british-gymnastics.org)  
W. [british-gymnastics.org](http://british-gymnastics.org)

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Can the free cartwheel be anywhere in the routine or does this need to be before the last acro line?

Can be anywhere

The Straight front (with optional handspring) can this be your last acro or would you need to have a minimum of 2 elements if this was your last tumble?

Can be on its own and your last tumble

### **Regional 2 Floor**

Can the free cartwheel be anywhere in the routine or does this need to be before the last acro line?

Can be anywhere

Can the round off 3 flics straddle jump be your last acro line?

Yes

### **Club 5 Bars**

Are you allowed to fish swing to initiate the trolley swing?

NO. Just a trolley swing. (Initiate the trolley swing with an arch into a fast leg lift then out forwards)

The grade asks for swing forwards and backwards, swing forwards and backwards, swing forwards and circle over to front support. What is the deduction if you only do one swing forwards and backwards before the baby giant? If this VM and a non-attempt of the second swing?

Yes. 2.0 for non-attempt and 0.5 VM