



Wellington Regional GFA Competition Routines

**Preschool
Stage 1-7**

March 2017

Introduction

The intention of this programme is to provide an alternative competitive stream for member who prefer to train 1 hour to 5 hours a week rather than through the steps programme.

Preschool, Stage 1 and Stage 2 are the same routines from the 2014 Wellington GFA routines. Stage 3 – 7 are the same as the current 2017 Top of the South / Tots routines, however with different names to make it clear for coaches in Central Region. These routines will be replaced by Gymnastic New Zealand routines in the future when they are published.

If you are traveling to Top of the South for these competition please use the table below to understand what level you need to enter:

Stages		Hours of training
Preschool	Not offered at Tots	Up to 1 Hour
Stage 1	Not offered at Tots	Up to 1 -2 Hours
Stage 2	Not offered at Tots	Up to 1 -2 Hours
Stage 3	Iron	Up to 3 Hours
Stage 4	Bronze	Up to 3 Hours
Stage 5	Silver	Up to 4 Hours
Stage 6	Gold	Up to 4 Hours
Stage 7	Elite	Up to 5 Hours training
Stage 8	Age Group	Up to 5 Hours training

Competitive Gymnast moving to Stage's routines?

Step/ Level 1-3 Gymnast are required to start at staged 3-5, Step / Level 4 and above gymnast are required to start at Stage 6 - 7

As these routines are performance judged clubs are asked to recognise that those who volunteer to act as judges should not be criticised if in the opinion of a coach, they have not correctly assessed a gymnasts routines. Often it is quite different assessing a performance when group around with a group with as a coach compared to when you are assessing as a judge. It often becomes a situation of ranking the gymnast and at the same time ensuring there is an adequate spread in the marks between the awesome, the excellent and the good.

Performance Judging Scale

Score		Characteristics
10 – 9.5	Reasonably Proficient	<ul style="list-style-type: none"> • Performed with virtuosity, excellent technique and form • Exceptional amplitude where applicable. Fluid movement • Optimal utilisation of physical capabilities, particularly flexibility and power
9.5-9.0		<ul style="list-style-type: none"> • Very good, minor errors of form and position. Technique must be excellent • No deviation from the routines
8.9-8.0		<ul style="list-style-type: none"> • Good. Minor errors of form, position and technique. Perhaps minor deviations (such as hand or head positioning) from routine
7.9-7.0		<ul style="list-style-type: none"> • Apply the criteria of reasonable proficiency. Were the essentials features of each element demonstrated? (e.g. was the gymnast able to demonstrate balance in a handstand, lift their legs to hip height in straddle pike for example) • Must be quite "safe" when preformed
6.9-5.0	Unsatisfactory	<ol style="list-style-type: none"> 1. Does not demonstrate the essential featured of one or more major elements (e.g. pronounced bending of body and failure to land safely after a jump with ½ on floor) 2. Gross deviation from Routine. One or more skill missed out 3. Does not appear "safe" when performing alone
4.9 – 0.0		<ol style="list-style-type: none"> 1. Not recognisable due to poor execution or missing a number of skills

Voluntary Floor Music - Stage 7

Stage 7 must have music for their floor routine (Maximum length 70 secs), this can may have vocals but only as an instrument, no words. The music must be on CD and clearly marked with the gymnastics name and stage. There must be one CD per athlete.

Boys Optional Apparatus Swap

If your gym does not have rings boys do have the option to swap to Beam please make sure you make a note on your competition entry.

Vault

For warmup each gymnast should have two warm up for vault. For competition each gymnast should have two vaults with the highest mark of the two vaults counting as their final score

Recommended Training times

Preschool	1 hour a week
Stage 1 -2	1 hour a week
Stage 3 – Stage 6	1 ½ - 3 hour a week
Stage 7	3 – 5 hour a week

Medals

Medals will be for each Stages 3- Stage 7 will be presented in All Around 1st, 2nd and 3rd Male and All Around 1st, 2nd and 3rd Female.

Participation certificates can be awards to all gymnasts.

Uniform / Leotard

Leotards can be either short or long sleeves

Preschool = T-shirts and Shorts – nothing baggy for safety reasons

Stage 1 - Stage 5 = A choice of either own or club leotard, Black bike shorts are also optional at these levels.

Stage 6 – Stage 7 = A choice of either own or club leotard - no bike shorts.

Tracksuits are option however a club t-shirt or hoodie is preferred for those athletes competing in Stage 3- Stage 7.

Judged Qualifications

Although judging is performance judging it is important volunteers understand the routines and have seen them in action in the gym. It is strongly recommended volunteers come into sessions to practice performance judging before volunteer to judge at these competitions.

Coaching Qualifications

It is recommended lead coaches coaching hold the following qualifications

Preschool – Stage 2 – Foundation Coach
(Coaching Today and Understanding Movement)

Stage 3 – Stage 5 – Elementary Coach Artistic – MAG / WAG

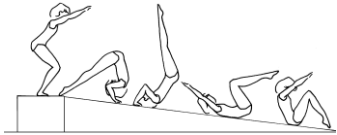
Stage 6 – Stage 7 – Junior Coach Artistic – MAG / WAG

Please use this handbook as your first point of reference and use the videos to help aid the coaching of these routines.

Preschool Showcase (Under 5 Years Old)

Floor

A small routine which includes a forward roll.
Please note: A slope may be used.



Vault

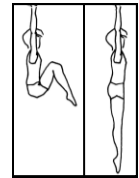
Demonstrate an activity using a vault board, spring and a safe landing.



Low Bar

A small routine (2-3 moves) showing a shape

Please Note: Shape for example: Tuck, Star, Straight, Front Support or Dish



Springing

Demonstrate the ability to spring with and without a rebound ending in a safe landing.

Please Note: (With Rebound: repetitive spring in a row) Without rebound: (one spring) A variety of gymnastic equipment may be used.



Beam

One length of the beam showing movement with confidence and a safe landing.

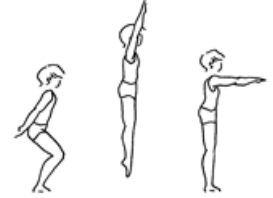


Stage 1 Routines

Floor

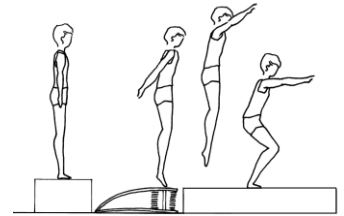
Put together a small routine which includes:

- 2 different rolls
- 1 spring
- 1 balance



Vault

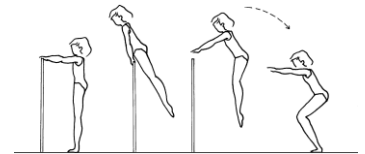
- From a standing start or short run
- Hurdle step to beat board
- Spring to land and stand up



Please note: Two vaults are permitted with the best one to count. A bench or box top (30cm in height) can be put in front of the beatboard for the 'short run'.

Low Bar

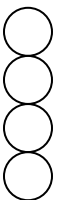
- Show tuck hang off low bar – jump down
- Mount jump to front support show front support (hold)
- Dismount- Push away from bar to land



Please note: Spotting block maybe used to Mount the bar and dismount on to. Bar should be set at shoulder to head height.

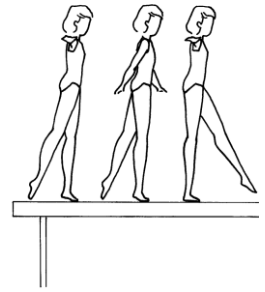
Springing

- Four hoops in a line. Gymnast to spring from hoop to hoop (one spring inside each hoop)
- Half turn outside of the hoop
- Spring back from hoop to hoop (with two springs inside each hoop)
- Finish outside the hoops with a safe landing.



Beam

- Walk with straight legs to the middle of the beam
- Half turn (on toes)
- Three to Four backward steps
- Quarter turn (on toes)
- Jump off the side of the beam
- Stretch jump to land



Stage 2 Routines

Floor

Put together a small routine which includes the following:

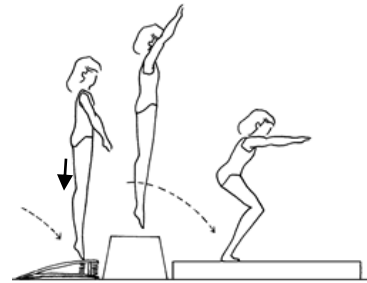
- A rotation backwards
- A rotations forwards
- A spring
- A balance
- And either a handstand or a cartwheel



Vault

Tempo vault :

- From a run
- Hurdle step to beatboard
- Spring to bench/box top
- Rebound to land

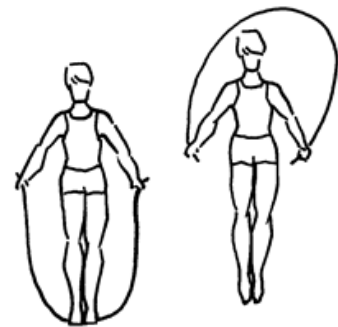


Please note: Two vaults are permitted with the best one to count. A bench or box top (min of 30cm – max of 60cm in height)

Skipping (spring)

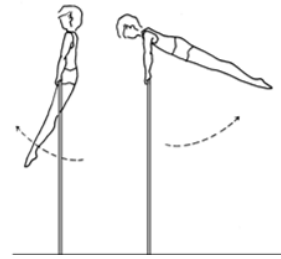
- Put together a small routine of 10-12 skips, with and without rebounds.
- The rope can be circling backwards or forwards.
- Routine to start and finish with the rope on floor in front of gymnast.

Please Note: Gymnast to skip with straight arms and tight knees (With rebound: repetitive spring in a row) (Without rebound: (one spring)



Low Bar

- Step and circle backwards around the bar to front support (can have spotting block to assist)
- Two casts away from the bar
- Roll forward over the bar to tuck position (Hold)
- Lower legs to stand

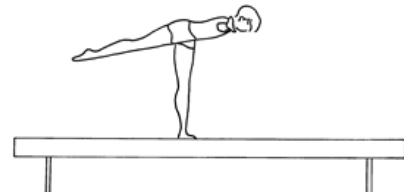


Please Note: Bar to be set at - shoulder to head height of the gymnast

Beam

Put together a voluntary routine which includes the following:

- A mount
- A balance
- A turn
- A raised movement off beam
- Locomotion forwards
- Locomotion backwards
- A dismount



Please Note: Beam to be set low - Raised movements off the beam can be: step hops, jumps, chasses, leaps etc

Stage 3 Routines (Iron)

Vault (Boys and Girls)

Skill:

- 1) Step or lunge into handstand on beat board and land on to 30cm super soft mat (Arms optional)

Coaching/ Judging Tips

- Step into handstand and join legs together before or at vertical
- Maintain open shoulders angle and straight body position
- Maintain a flat back landing during the "fall to back" phase. The body is to remain straight with the shoulder angle completely open.
- All body parts contact the mat at the same time
- Head remains neutral throughout

Uneven Bars (Boys and Girls)

Skill:

- 1) Grasp Lower bar, dish shape for 2 seconds. Bent knee swings x 2 with re grasp (Start can be from the floor or board or 20cm padded box) – Option to preform on high bar for tall children
- 2) Pull over to front support (from box/beat board if needed)
- 3) Cast x 2 (Hip to clear bar)
- 4) Forward roll to tuck hang (2 seconds)
- 5) Present

Coaching/ Judging Tips

- Stand on box with shoulders no high than lower bar height, grasp lower bar
- Hold body in dish shape for minimum 2 seconds with chin in
- Lift or jump feet to bend knees keeping hips open to swings x 2
- Swing with straight arms and long hand with open shoulders and head neutral
- Re grasp at peak of back swings
- Extend legs to stand on floor and release bar at peak of second swing back.

Beam (Girls – Optional for Boys instead of Rings)

Equipment Specifications: 115cm from floor with 20cm matting

Skill:

- 1) Jump to front support mount, lift leg over to straddle, swing legs back to squat and stand
- 2) Pivot walks, one on each leg (forward passé on flat floor with toe to knee)
- 3) Forward walks x 4 (on relevè/ raised feet)
- 4) Walk backwards x 2 (on flat foot) point toes to front and then to back on each step
- 5) ½ turn on two feet on relevè
- 6) Straight jump
- 7) ¼ turn straight jump to dismount

Coaching/ Judging Tips

- Arms by ears during straight Jump and ¼ turn straight jump

Rings (Boys Only) – Optional for Girls in Wellington

Skill:

1. From Hang
2. Tucked lift through to inverted hang (2 seconds)
3. Piked inverted hang (Hold)
4. Lower to L hang (2 seconds)
5. Swing backwards, swing forward
6. Swing backwards, swing forward
7. Swing backwards and release to dismount

Coaching/ Judging Tips

- From hang lift through tucked position to stretched inverted hang
- Lower legs to piked inverted hang
- Lower to a straight arm hang in L position
- Swing legs backwards and forward
- Swing backwards dismount on 3rd backwards swing.

Floor (Boys and Girls)

Skill:

- 1) Cartwheel with $\frac{1}{4}$ turn inward to stand
- 2) Backwards roll
- 3) Candle stand
- 4) Lower down
- 5) Bridge (hold for 2 seconds)
- 6) 180 roll sideways
- 7) Front Support
- 8) Tuck forward roll

Coaching/ Judging Tips

- Raise arms forward to vertical position. Kick leg forward to cartwheel. From straddle stand sideways, step backwards with $\frac{1}{4}$ inwards turn bring feet together to stand
- Tucked backwards roll to squat position
- From squat position, roll backwards to shoulder stand. Arm position optional
- Lower the backwards lying position and circle arms backwards to extended position
- Roll 180 sideways to forward position arms still extended
- Circle arms sideways to bent position by chest push to front support (hold 2 seconds)
- Tuck Forward roll
 - Squat and place hands flat on the floor approx. shoulder width apart.
 - Tuck head and roll forward with control, straight legs move through a pike position to a compact tuck position during the roll
 - On completion of roll, stand without the aid of hands pushing off the floor
 - Arms continue forward and up to a vertical to stretch jump and present in straight standing position at the completion of the jump.

Stage 4 Routines (Bronze)

Vault (Boys and Girls)

Equipment Specifications: Fat Mat minimum height 60cm – for taller gymnast 90cm may be a better height if enough matting is available at competition.

Skill:

- 1) Run, handspring to flat back landing on to 60cm mat

Coaching/ Judging Tips

- The run should be smooth on approach to the board, standing tall with a quick cadence and fast reaction off the floor.
- The hurdle to the board should be flat and joining the feet together at the top of the board, The objective is to perform a maximum repulsion from the vaulting table, while maintaining an open shoulder angle and straight body position, After the repulsion, return to the mats maintaining the straight body position and the open shoulder angle.
- During the “falling” to back phase, the body is to remain straight with the shoulder angle completely open, All body parts should contact the mats at the same time.

Uneven Bars (Boys and Girls)

Skill:

- 1) Glide Swings (Note for Girls: Transitional phase from end of glide to commencing pullover is not judged) (Note for Boys: Boys do not perform glide they start at skill 2)
- 2) Back hip pullover
- 3) Cast x2 toes to bar height
- 4) Forward roll to controlled L hand (2 seconds)
- 5) Stand

Coaching/ Judging Tips

- Cast
 - The legs move forwards into a cast to lift hips off the bar, with a tight, straight body, minimum toes at bar height
 - A dish shape must be shown clearly at cast with the chest/ upper back
The hips must be straight/ open with no back arch
 - Arms straight and body tight

Beam (Girls – Optional for Boys instead of Rings)

Equipment Specifications: 115cm from floor with 20cm matting

Skill:

- 1) Jump to front support, lift leg over to straddle, swing to kneeling scale
- 2) Step forward kicks x 2 (left and right)
- 3) Straight jump with foot change
- 4) Split Jump (Note: Skills 3 and 4 do not have to be connected. Target for split jump is 135 split)
- 5) Lift leg to side passé (toe to knee) forward passé (toe to knee) feet together lift to relevé (on raised feet) ½ turn on two feet
- 6) ¾ handstand (support leg must leave beam)
- 7) ¼ turn straight jump dismount

Coaching/ Judging Tips

- Arms by ears during straight Jump and ¼ turn straight jump
- Arms optional in split jump
- ¾ Handstand
- Begin with correct standing posture with arms vertical with preferred foot pointed forward
- Step on to preferred foot and place hands on beam shoulder width apart
- A straight body line position from hands, shoulders, hips and back foot must be maintained throughout. Head remains neutral.
- Lift one leg to vertical and second leg to horizontal or higher
- In handstand position eyes focus on hand and legs remain straight
- Return to lunge position on the front leg with arms lifting from the beam to forward horizontal

Rings (Boys Only)

Skill:

- 1) Lift with bent arms, bent body and straight legs to inverted hand
- 2) 2 swings
- 3) Swing to inverted hang
- 4) Pike and cast to 2 basic swings
- 5) Dismount

Coaching/ Judging Tips

- Pull with bent arms, bent body and straight legs to stretched inverted hang (2 seconds)
- Cast to swing backwards and forward two times
- Continue to 2nd forward swing to stretched inverted hand – show hold
- Lower legs to piked position and cast to 2 x basic swings
- On 3rd dismount swing – dismount to stand.

Floor (Boys)

Skill:

- 1) Stand upright, hands by side
- 2) Cartwheel, cartwheel with $\frac{1}{4}$ turn outwards
- 3) Tuck backwards roll to stand
- 4) Kick through handstand to roll forward to squat
- 5) Front support, forward roll, jump full turn

Coaching/ Judging Tips

- Stand upright, when ready Raise arms to horizontal
- Raise left leg forward, step to 2 x cartwheel, turn 90 outward to face forward
- Kick through to handstand - Take 2 steps forward(ie left then right, raised leg at least to hip height each time, step forward on to left leg and kick through momentary handstand to roll forward to squat. Place hands on the floor and jump legs backwards to front support
- Jump to squat, tucked forward roll and vertical stretch jump with full turn to stand.

Floor (Girls)

Skill:

- 1) Start – Standing on 1 leg, other leg pointed behind, arms high oblique
- 2) Cartwheel with $\frac{1}{4}$ turn inwards
- 3) Tuck backwards roll to stand
- 4) Forward step hops
 - Stepping forward on a flat foot, perform 2 forward step hops
 - Free leg is in forward passè position
 - Arms pressed back sideways throughout
 - Stomach leg must remain straight, with the foot pushing thought demi point to full point
- 5) Split Jumps (Take off with two feet)
- 6) Passè $\frac{1}{2}$ turn on one foot to finish on both feet in relevè (raised up on feet) to immediate half pivot on raised foot.
- 7) Handstand to forward roll to straight jump (can be joined)
- 8) Forward roll to “L” sit, touch toes, roll back to candle stick, roll forward to stand
- 9) Straight jump connected to straight jump $\frac{1}{4}$ turn
- 10) Step forward to kneel, finishing pose.

Stage 5 Routines (Silver)

Vault (Boys and Girls)

Equipment Specifications: Fat Mat or foam block and mats minimum height 90cm.

Skill:

- 1) Run, handspring to flat back landing on to 90cm mat

Coaching/ Judging Tips

- The run should be smooth on approach to the board, standing tall with a quick cadence and fast reaction off the floor.
- The hurdle to the board should be flat and joining the feet together at the top of the board
- The objective is to perform a maximum repulsion from the vaulting table, while maintaining an open shoulder angle and straight body position
- After the repulsion, return to the mats maintaining the straight body position and the open shoulder angle.
- During the "falling" to back phase, the body is to remain straight with the shoulder angle completely open
- All body parts should contact the mats at the same time.

Bars (Boys only)

Skill:

- 1) (**Low Bar**) Pull over
- 2) (**Low Bar**) Cast, then back hip circle
- 3) (**Low Bar**) Under swing to stand
- 4) (**High Bar**) 2 x basic swings
- 5) (**High Bar**) Dismount

Coaching/ Judging Tips

- Chin up and hip pullover to front support
- Coaches lift gymnast to high bar. Swing forward and backwards x 2 Coaches may help with initiate first swing
- Release to dismount on third back swing to 45

Uneven Bars (Girls)

Skill:

- 1) (**Low Bar**) Glide Swings (Note for Girls: Transitional phase from end of glide to commencing pullover is not judged)
- 2) (**Low Bar**) Back hip pullover
- 3) (**Low Bar**) Cast to horizontal
- 4) (**Low Bar**) Cast Back Hip Circle
- 5) (**Low Bar**) Cast to stoop straddle to clear undershoot dismount
- 6) (**High Bar**) Lift to High Bar

Coaching/ Judging Tips

- Cast
 - After the cast hips return to bar, immediately execute a back hip circle
 - A dish shape must be maintained during the circle with the cast/ upper back. The hips must be straight/ open with no back arch
 - Arms straight and body tight
- Lift to high bar
 - Coaches lift gymnast to high bar. Swing forward and backwards x 2
Coaches may help with initiate first swing

Beam (Girls – Optional for Boys instead of Rings)

Equipment Specifications: 115cm from floor with 20cm matting

Skill:

- 1) Jump to front support, lift let over to straddle hold on beam, swing legs backwards to squat and stand
- 2) Forward high kicks x 2 (left and right)
- 3) Step into arabesque (creating a T shape), hold straight line (from toe through hip to shoulder)
- 4) Straight jump to land squat, stand lift to relevé, straight jump, straight jump
- 5) Step forward lift leg to side passé then forward passé on left and right leg (or vice versa) feet together relevé, ½ turn on 2 feet.
- 6) ¾ handstand (support leg must leave the beam)
- 7) ¼ turn straight jump dismount

Coaching/ Judging Tips

- Arabesque
 - Step forward and lift rear leg upwards and backwards to horizontal at the same time as torso lowers slightly
 - Arms may be held overhead and in line with torso
 - Mark Arabesque position with slightly turned out rear leg, then return to stand or lunge with upright posture.
- $\frac{3}{4}$ Handstand
 - Begin with correct standing posture with arms vertical with preferred foot pointed forward
 - Step on to preferred foot and place hands on beam shoulder width apart
 - A straight body line position from hands, shoulders, hips and back foot must be maintained throughout. Head remains neutral.
 - Lift one leg to vertical and second leg to horizontal or higher
 - In handstand position eyes focus on hand and legs remain straight
 - Return to lunge position on the front leg with arms lifting from the beam to forward horizontal

Rings (Boys Only)

Skill:

- 1) Lift with bent arms, bent body and straight legs to inverted hand
- 2) 2 swings
- 3) Swing to inverted hang
- 4) Pike and cast to 2 basic swings
- 5) Dismount

Coaching/ Judging Tips

- Pull with bent arms, bent body and straight legs to stretched inverted hang (2 seconds)
- Cast to swing backwards and forward two times
- Continue to 2nd forward swing to stretched inverted hand – show hold
- Lower legs to piked position and cast to 2 x basic swings
- On 3rd dismount swing – dismount to stand.

Floor (Girls)

Skill:

- 1) Start – Standing on 1 leg, other leg pointed behind, arms high oblique
- 2) Cartwheel with $\frac{1}{4}$ turn inwards backwards roll to pike or straddle (Roll can be with bent or straight arms)
- 3) Chasse hop, chasse hop (Alternative legs) Step feet together, split jump (Split jump must be from two feet)
- 4) Passè, $\frac{1}{2}$ turn on one foot
- 5) Handstand forward roll to "L" sit, touch toes, roll back to candle stick, roll forward to stand
- 6) Straight jump to jump $\frac{1}{2}$ turn
- 7) Step forward to kneel, finishing pose.

Floor (Boys)

Skill:

- 1) Stand upright, hands by side
- 2) Cartwheel $\frac{1}{4}$ turn inwards backwards roll to pike or straddle (may be joined)
- 3) Step, join feet and jump $\frac{1}{2}$ turn
- 4) Handstand forward roll to squat to forward roll to "L" sit, touch toes, roll back to candle stand roll forward to stand
- 5) Hurdle to round – off jump

Stage 6 Routines (Gold)

Vault (Boys and Girls)

Equipment Specifications: *Vault table set at 100cm with mats 100cm high*

Skill:

- 1) Handspring on vaulting table to flat back on mats (Note: If no vaulting table available at any competition, vault to be done on to fat mats set to 100cm height)

Coaching/ Judging Tips

- Discretion of competition organisers to allow either vault fat mats only option provided request made at the same time as entry. If fat mat set up allowed and vaulting table available then 1.0 deduction to be applied.

Uneven Bars (Girls)

Skill:

- 1) (**Low Bar**) 2 continuous Glide Swings (Note for Girls: Transitional phase from end of glide to commencing pullover is not judged) Straddle glides permitted.
- 2) (**Low Bar**) Pullover
- 3) (**Low Bar**) Cast, then back hip circle
- 4) (**Low Bar**) Under swing to stand
- 5) (**High Bar**) Lift to High Bar – 3 x basic swings
- 6) (**High Bar**) Dismount

Coaching/ Judging Tips

- Pullover
 - Chin up and hip pullover to front support
- Lift to high bar
 - Coaches lift gymnast to high bar. Swing forward and backwards x 2
Coaches may help with initiate first swing
- Releases to dismount on further back swing

Bars (Boys only)

Skill:

- 1) (**High Bar**) Lift to "L" Hang
- 6) (**High Bar**) Tension swing x 2
- 7) (**High Bar**) Hip pullover to support with assistance
- 8) (**High Bar**) Cast to free support
- 9) (**High Bar**) Back circle
- 10) (**High Bar**) Under swing 2 x basic swing
- 11) (**High Bar**) Backswing dismount

Coaching/ Judging Tips

- Hip pullover to support with assistance (Back body pullover with coaches assistance to front support)

Beam (Girls – Optional for Boys instead of Rings)

Equipment Specifications: *115cm from floor with 20cm matting*

Skill:

- 1) Mount – squat on side or end, stand
- 2) Step kicks x 2 (left and right)
- 3) Split jump to straight jump series or vice versa (Note: Jumps are off two feet and should be connected)
- 4) Step, leap progression – landing leg to plié, Back leg help horizontal, repeat on other leg
- 5) ½ turn on one foot, free leg in forward passé, toe to knee (may start in side passé then forward passé)
- 6) Handstand (to be shown but does not have to be held)
- 7) 3-4 steps, punch jump dismount off beam end.

Rings (Boys Only)

Skill:

- 1) Lift with bent arms, bent body and straight legs to inverted hang
- 2) Cast to back swing
- 3) 2 Swings
- 4) Stretched inlocate to back swing
- 5) Swing to inverted hang
- 6) Cast to ½ arm swing
- 7) Cast to swing backwards, swing forward to tucked back salto dismount

Coaching/ Judging Tips

- Pull with bent arms, bent body and straight legs to stretched inverted hang (2 seconds)
- Lower legs to piked position and cast to swing backwards
- Swing forward and backwards two times
- Inlocate with stretched body to inverted hang and swing backwards.
- Swing forward to stretched inverted hang
- Lower legs to piked position and cast with bent arms to swing backwards and forward in chin up position to stretched inverted hang
- Lower legs to piked position and cast to swing backwards. Swing forward directly into tucked back salto

Floor (Girls)

Skill:

- 1) Start – Standing on 1 leg, other leg pointed behind, arms high oblique
- 2) Forward entry Cartwheel, Cartwheel with $\frac{1}{4}$ turn to step on
- 3) Step into arabesque, chest lifted and free leg horizontal –hold position
- 4) Passage of dance to contain 2 leaps, one must be a 180 split leap
- 5) Full turn on one foot
- 6) Spring points x 4 (two on each leg) step hop x 2
- 7) High forward kick to handstand forward roll
- 8) Forward or backwards walkover or flic flac to 2 feet or one foot step down (Note: If walkover or flic flac is omitted deduction of 1.0 / 0.5 deduction for cartwheel instead of walkover or flic flac (not 1.0 omitted as well))
- 9) From 2 feet hurdle to rebound off, rebound
- 10) Straight jump, jump $\frac{1}{2}$ turn
- 11) Step forward to kneel, finishing pose.

Coaching/ Judging Tips

- Spring Step / Step Hop
 - Full ankle stretch and toe point with slight turn out should be shown in spring points
 - Step forward on to flat foot, the spring steps should be executed as 2 spring points in first position one leg followed by 2 spring points on the other leg
 - The free leg will lift slightly to 45 below horizontal without any forward travel
 - Step forward on to flat foot and hop outwards, lifting free leg to forward passé position
 - Support leg must remain straight. With the foot pushing through demi point to full point
 - Repeat on the other leg
 - Arms optional bust should show co-ordinated movement. Arms may remain on hips throughout.

Floor (Boys)

Skill:

- 1) Stand upright, hands by side
- 2) Cartwheel, Cartwheel step inwards
- 3) Scale balance – hold
- 4) Handspring
- 5) Jump Jull turn
- 6) Step into handstand forward roll
- 7) From 2 feet hurdle to round off, rebound

Stage 7 Routines (Elite)

Platform table. Vaulting Table/ Box Horse (100/115cm Height) – Handspring vault is standard 20cm landing mats plus 10cm sting mats. (Note: Coach may stand by vault platform. No Touch = No deduction. Touch means 0.5 Deduction. Assistance means 1.0 deduction))

Vault (Boys and Girls)

Equipment Specifications:

Platform table. Vaulting Table/ Box Horse (100/115cm Height) – Handspring vault is standard 20cm landing mats Plus 10cm sting mats.

Skill:

- 1) Handspring on vaulting table to stand

Coaching/ Judging Tips

- Note: Coach may stand by vault platform. No Touch = No deduction. Touch means 0.5 Deduction. Assistance means 1.0 deduction

Uneven Bars (Girls)

Skill:

- 1) 2 continuous glide swings or glide kip
- 2) Cast to horizontal (min 45 below horizontal)
- 3) Back hip circle
- 4) Bar Change
- 5) Two long swings to long hand pullover on 3rd swing
- 6) Cast to optional under swing (eg clear, toe shoot, straddle on) or cast back hip circle to optional under swing.

Coaching/ Judging Tips

- Skill 1 - Glide swings or Glide kip (Note: Straddle Glide)
- Skill 2 - Cast to horizontal (Note: Cast between horizontal and 45 below horizontal 0.10 – 0.30 deduction. Cast less than 45 below horizontal .50 deduction)
- Skill 5 - The gymnast commences in a hollow body position on the top of the back swing. This position must show shoulders open, chest in the head neutral. This strong position must be maintain throughout the entire swing, particularly during the tap action.
- On the downswing (in the 2nd quadrant/around 45) extension of the hips occur (a tap) in preparation for a strong kick (hip flexion) through the bottom of the swing. The tap action is generated through the hips, not by bending the knees
- Once the body passes the vertical line of the bar into the swing forward, the gymnast then kicks their legs upwards into a hallow shape, the toes should be leading

upswing. At the top (Approx. Horizontal) of this front swing. The body should be in a hollow position, with the toes being the highest point.

- On the backswing, the hollow body shape must be maintained. The gymnast must show rising shoulders and hips, but with the body in a rounded hollow shape with the lower legs and feet pointing downwards at all times. For the Safety of the gymnast; and to prevent unintended releases of the bar on the back swing; the feet are not to point backwards over the lower bar rail.
- Perform the 2nd and 3rd swings in the same manner as the 1st, building height and amplitude
- At the front of the 3rd swing, pullover the bar to a front support position, turning wrists quickly
- Chest remains in with hips open/ extended, arms straight.

Bars (Boys only)

Skill:

- 1) (**High Bar**) Lift to hang
- 2) (**High Bar**) Tension swing
- 3) (**High Bar**) Swing backwards and forwards two times
- 4) (**High Bar**) Kip and assistance
- 5) (**High Bar**) Cast to free support
- 6) (**High Bar**) Back circle
- 7) (**High Bar**) Under Swing dismount

Coaching/ Judging Tips

- Lift to hang – Lift legs to momentary hang
- Tension swing backwards and forwards once
- Swing backwards and forwards two times
- Kip with coaches assistance to support
- Cast to horizontal free support
- Backwards hip circle
- Under swing dismount forward to stand

Beam (Girls – Optional for Boys instead of Rings)

Equipment Specifications: Start Value 10.0 - 115cm from floor with 20cm matting

Skill:

- 1) Optional mount
- 2) Forward entry to handstand
- 3) Forward roll to land on feet (not to straddle) or cartwheel (Optional – Bridge Kick Over / Backward walkover / Tic Toc / Forward Walkover)
- 4) Straight jump, split jump series or vice versa
- 5) Stride Leap or 180 split jump
- 6) Lift leg to side passé 180 pivot on one foot to forward passes x 2, on same foot held relevè for two seconds on two feet at end (if only one 180 pivot is completed 0.5 deduction) – Full turn on one foot
- 7) 2-3 running steps punch jump dismount (Cartwheel straight jump dismount or Cartwheel back salto dismount)
- 8) 3-4 steps, punch jump dismount off beam end.

Coaching/ Judging Tips

Skill 7 - If a gymnast performs either of a cartwheel dismounts the cartwheel will fulfil Core Skills 3 – Front Salto dismount.

NB: the core skills listed are the minimum skills to be performed. If a gymnast is able to perform a bonus skill along the same line, this can be done instead of the core skill. For example, Elite Beam Skill 3 the minimum skill to be performed is a forward roll or cartwheel but the gymnast may instead perform one of the optional skills on the Skill 3 line.

Rings (Boys Only)

Skill:

- 1) Lift with bent arms, bent body to inverted hang
- 2) Cast to back swing
- 3) 2 Swings
- 4) Stretched inlocate to back swing
- 5) Swing to inverted hang
- 6) Cast to ½ arm swing
- 7) Cast to swing backwards, swing forward to tucked back salto dismount

Coaching/ Judging Tips

- Pull with bent arms, bent body and straight legs to stretched inverted hang (2 seconds)
- Lower legs to piked position and cast to swing backwards
- Swing forward and backwards two times
- Inlocate with stretched body to inverted hang and swing backwards.
- Swing forward to stretched inverted hang
- Lower legs to piked position and cast with bent arms to swing backwards and forward in chin up position to stretched inverted hang
- Lower legs to piked position and cast to swing backwards. Swing forward
- directly into tucked back salto

Floor (Girls)

Equipment Requirements: Start Value 10.0- Music – Optional music may be used. Time limit for music is 30 seconds min and 70 seconds max

0.5 deducted for every skill not performed

Skill:

- 1) Starting position
- 2) Cartwheel or Front handspring to two feet rebound
- 3) Round off rebound or Round off flic rebound
- 4) Passage of dance must contain two leaps one of which must be a 180 split leap
- 5) Change leg leap or Tour Jete or Ring leap
- 6) Back roll to front support or to handstand or forward/ backwards walkover or Tic Toc
- 7) Minimum 360 pivot on one foot
- 8) Straight jump with ½ turn

Floor (Boys)

Skill:

- 1) Jump with full turn
- 2) Forward roll, lunge
- 3) Hip pullover to support with assistance
- 4) Kick through handstand
- 5) Handspring
- 6) Scale, cartwheel ¼ turn, round off straight jump

Coaching/ Judging Tips

Skill 1 - Jump vertically with a full turn to stand

Skill 2 – Forward roll to stand with arms vertical. Step forward to momentary lunge, 180 turn backwards, bringing feet together and arms to horizontal

Skill 3- Forward roll, handspring to stand with arms vertical. Step forward to momentary lunge 180 turn backwards, bringing feet together and arms to horizontal

Skill 4- Take one step forward (at least hip height) to scissor kick, step with left leg to momentary handstand, forward roll immediate straight jump

Skill 5- Three steps hurdle handspring

Skill 6- Lift leg backwards to scale (hold 2 seconds) lower leg to stand, high step forward to cartwheel $\frac{1}{4}$ turn immediate round off straight jump to stand.