



Gymnastics for All Gymnasteg I bawb

Competition Handbook 2022
Llawlyfr Cystadleuaethau 2022

Introduction

Our mission as a Development Team is to provide positive and inclusive competitive opportunities for all participants across Wales.

Please refer to this handbook for general rules, criteria and contact details for all competitions and events (including Gym Fest Cymru) throughout January-December 2022.

GFA Pathway Clarification: From 1st September 2021 until 31st August 2022, gymnasts entered into GFA competitions will be allowed to move up into a different pathway but will not be able to move down within that membership year. We respect and value the knowledge and experience of our coaches in Wales and therefore it is at the coaches' discretion as to which pathway their gymnasts compete within for that membership year. **Coaches should enter gymnasts into appropriate competitions for the level that they train at.**

All competition within this handbook are inclusive which allows competitive opportunities for all individuals. Criteria can be found within each competition.

Contacts

South East Development Officer: Georgia Pike
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South Central Development Officer: Kathryn Cope
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West Wales Development Officer: Joanne Gould
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North Wales Development Officer: Joy Sumner
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Team clarification

All age groups are now consistent across all competitions, as is the medal ceremony. All teams will be combined per age group. Therefore, teams can be mixed or single sex, but will all compete against each other in their respected age group and level.

Please note age groups for WA GFA will follow the same age groups as the WA pathway competitions.

Poster Competition

Due to gymnasts competing in area and national finals the poster will now include the gymnasts name instead of their number. As mentioned later in the handbook this year's themes will revolve around the Commonwealth Games. Please check individual competition for each specific event theme.

Gymspire Final

Please note due to large numbers, this event will now take place over two days with 8 in year and 11-12 years on Saturday and 9 in year, 10 in year and 13+ on Sunday.

To manage the amount of coaches on the floor, each team must nominate two coaches per team to look after the gymnasts during their competition. We advise the process of selecting the two coaches would be:

- 1- Club with the overall winner
- 2- Club with the majority of team

Judges – Clubs with the highest number of gymnasts qualified for the Gymspire Final will be required to provide a qualified judge. Your area development officer will contact you following the area competition.

Competition Dates 2022

Name of Competition	Theme	Entry Deadline	Venue	Competition Date	Lead Person for event
Area Preliminary Championships					
North	CWG Events	4 th March	Deeside	2 nd & 3 rd April	Joy Sumer
West		4 th March	Llanelli GC	3 rd April 2 nd & 3 rd April	Jo Gould
South East		4 th March	CNGA	19 th & 20 th March	Georgia Pike
South Central		18 th Feb	Penarth LC		Kathryn Cope
National Preliminary Championships		12 th & 13 th March	SWNC	9 th & 10 th April	Georgia Pike
Gym Fest Cymru	CWG Countries	13 th May	Sport Wales, Cardiff	11 th June	Joanne Gould
WA GFA/Disability Comp		13 th May	Sport Wales, Cardiff	12 th June	Maria Gaynor
Area Gymspire Championships					
South Central	Sporting Heroes	TBC	TBC	TBC	Kathryn Cope
West		TBC	Llanelli GC	TBC	Joanne Gould
South East		23 rd September	CNGA	22 nd & 23 rd October	Georgia Pike
North		TBC	Deeside	TBC	Ceri Sass

National Gymspire		Automatic Entry from Area Comp	South Central	November (Date TBC)	Kathryn Cope
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Rules & Code of Conduct

GENERAL

- Competitions are open to all affiliated clubs
- Competitions will be split by gender, age and ability.
- All teams (boys and girls) compete against each other in their respected age and level.
- Teams will consist of 3-5 gymnasts per team
- All gymnasts and coaches must adhere to the British Gymnastics Health, Safety and Welfare Policies
- All clubs must submit a minimum of 1 qualified judge at every competition. Judge to gymnast ratio should be 1:30 per competition per club
- Failure to comply with these rules may result in withdrawal of entries
- All entries must be completed online.
- No judge = no entry. Clubs are responsible for finding a judge prior to entry deadline
- Music by Disney, Andrew Lloyd Webber or Cirque du Soleil is **not permitted** – please follow link <https://www.british-gymnastics.org/clubs/club-membership/music-licensing-ppl-prs>

MEMBERSHIP

- Prelims, Gymspire & WA GFA – Bronze Club Members
- Gym Fest Wales – Any membership type
- Adult Championships – Minimum Bronze competitive
- Disability NDP's- Minimum Silver Members

ELIGIBILITY

- Gymnasts cannot compete in the GFA pathway if they have competed in MA or WA competitions within the same year eg Grading, Classic Challenge Championships
- WG have the right to withdraw an entry if this rule is not followed

AGE GROUPS

The age groups for all development competitions are consistent categories across all competitions:

- 6-7 years (2016/2015) *Area Competitions only*
- 8 in year (2014)
- 9 in year (2013)
- 10 in year (2012)
- 11-12 years (2011/2010)
- 13+ (Born in or before 2009)

Please note age groups for WA GFA will follow the same age groups as the WA Classic Challenge Championships (Zinc & Copper)

ENTRY FEE

- £7.00 per individual or £35.00 per team for 3 – 5 participants
- Please see Gym Fest Cymru for entry fee
- Spectator fees for each competition – Adult - £3.00/Children – free
- All GFA events will be pre-ticketed events

MEDALS

- Every gymnast competing will receive a participation certificate
- Trophies will be awarded to 1st, 2nd and 3rd individual overall positions with ribbons for 4th, 5th and 6th
- Medals will be awarded to 1st, 2nd and 3rd on apparatus with Ribbons for 4th, 5th and 6th
- Medals will be awarded to the Teams who place 1st, 2nd and 3rd overall

GYMNAST ATTIRE

- Male gymnasts must wear sleeveless leotards and shorts
- Female gymnasts must wear a leotard. Shorts are permitted and will not receive a deduction
- Any additional attire requirements please contact the WG office
- When competing as part of the area team it will be the responsibility of the coaches of those gymnasts to communicate and sort accordingly regarding area leotards and tracksuits.

COACHES

- All coaches to remain professional at every GFA event
- All coaches must have a current DBS, SPC and appropriate membership on the day of competition.
- Coaches must be appropriately qualified to the level of the gymnasts competing
- Coaches **MUST NOT** approach judges. If there are any score query this will be dealt with by the competition organiser who will correspond with judges where applicable.
- All coaches **MUST** ensure they are wearing appropriate clothing for coaching which is safe and smart.
- No jewellery to be worn.

GYMNASTS

- Participate within the rules and respect coaches, judges and their decisions
- Respect opponents and fellow club members
- Wear suitable attire. Keep all long hair tied back. Remove all body jewellery

TRAINING HOURS

In the spirit of Gymnastics for All, all gymnasts should be entered into the correct level for their ability. We trust that coaches will adhere to this advice. As a guide we see the following competitions for gymnasts training up to 5 hours per week.

Welsh Gymnastics staff have the right to withdraw gymnasts from the competition if clubs breach the above guidelines.

GymVol

As part of the Commonwealth legacy WG would like to recognise our volunteers who form the Welsh network for community participation and champion development.

The scheme will follow two sets of volunteer to begin with:

- Event Volunteers
- Judges

Both will be given a reward card to collect WG stamps at each competition and events they attend in their volunteer capacity.

Incentives will be available at varying stages of:

- 1st Competition
- 5th Competition
- 10th Competition
- 20th Competition

Event Volunteer				
	At first competition	5 competitions	10 competitions	20 competitions
Rewards	Volunteer Card	Certificate of Recognition	Certificate of Recognition	Certificate of Recognition
	Volunteer t-shirt	Social Media Recognition	Social Media Recognition	Social Media Recognition
		Polo Shirt-Volunteering Team	Hoody- Volunteering Team	Contribution towards CPD (i.e. Sport Leaders) – Up to the course value of £50

Judges				
	At first competition	5 competitions	10 competitions	20 competitions
Rewards	Judge Card	Certificate of Recognition	Certificate of Recognition	Certificate of Recognition
	Pin Badge	Social Media Recognition	Social Media Recognition	Social Media Recognition
		Notebook or Mug	Bag	Contribution towards CPD – Up to of £50 discount

Generic Judging Guidelines

This page outlines the basic principles of judging to ensure consistency across development competitions. It should be used in conjunction with Judging Qualifications and referred to as a guide only.

Where possible, panels will be made up of at least 1 Regional Judge and/or 2 Club Judges. In some circumstances, panels could be made up of the following combinations;

- 1 x Regional Judge & 1 x Club Judge
- 1 x Regional & 1 x First Steps to Judging Judge or Floor & Vault
- 2 x Club Judges & 1 First Steps to Judging Judge or Floor & Vault
- 1 x Club Judge & 1 x First Steps to Judging Judge or Floor & Vault

Routines

All routines are marked out of 10

Deductions range in severity. Here is a guide to some example faults:

Deduction	Explanation	Floor examples	Vault examples
0.1	Minor faults	Slight wobble Slight bend in arms or legs Small step on landing	Slight lack of tension Slight bend in arms or legs Small step on landing
0.3	Medium faults	Deviation Large bend in arms or legs Large step on landing Lack of height / length	Lack of flight on / off Lack of rebound Poor posture / execution of shape Large step on landing Lack of height / length
0.5	Large faults	Deep squat on landing	Deep squad on landing
0.8	Large landing fault only	Large steps taken on landing	Large steps taken on landing
1.0	Interference	Fall or missing element Additional element Support Coach engages with gymnast	Fall

Additional Information

- Baseline score is 5.0 marks
- WRONG VAULT/TRAMPETTE: If the wrong v/t is performed then judges should judge what is performed but 2.0 marks from start value
- TUMBLE /FLOOR – missing element = 1.0 mark from start value also for additional elements 1.0 per extra element

Remember: *The role of a judge is to be fair, honest & to judge the elements you see, not the leotard.*

Preliminary Championships 2022

AGE GROUPS

- 6-7 years (2016/2015) *Area Competitions only*
- 8 in year (2014)
- 9 in year (2013)
- 10 in year (2012)
- 11-12 years (2011/2010)
- 13+ (Born in or before 2009)

VAULT

- Gymnasts will have 1 attempt at each vault
- 6-7 years Level 1 will use a baby springboard and block 60cm
- 6-7 Level 2 and 8 in year age groups will use a large springboard and block (60cm)
- Vaults will be performed on a vaulting table
- Vault heights: 9-10 and 11-12 100cm, 13+ 110cm
- All vaults will be marked out of 10.00

TUMBLE

- Gymnasts will have 1 attempt at each tumble
- All runs will be marked out of 10.00

DISABILITY

- See page 12 for criteria
- Category one is intellectual and category two is physical and sensory
- If you require any further information regarding classifications information will be found on the Welsh Gymnastics website

Preliminary Championships 2022

6-7 years & 8 in year (2016/2015 & 2014)		9-10 years (2013 & 2012)	11-12 years (2011 & 2010)	13+ (2009 & earlier)
PHASE 1				
VAULT 1	Run, squat on block from springboard, walk to end on toes with arms out, star jump off block	Squat on, stretch jump off		
VAULT 2	Run, stretch jump from springboard	Squat on, star jump off		
TUMBLE 1	Forward roll, tuck jump, forward roll, star jump	Forward roll, tuck jump, forward roll, jump half turn, backward roll		
TUMBLE 2	Backward roll down slope (covered springboard), jump half turn, forward roll, star jump	Backward roll, jump half turn, forward roll, stretch jump to one foot, cartwheel		
PHASE 2				
VAULT 1	Run, stretch jump onto block from springboard, walk to end, star jump off block	Squat through		
VAULT 2	Run, tuck jump from springboard	Straddle over		
TUMBLE 1	Forward roll, tuck jump, forward roll, jump half turn, backward roll	Handstand forward roll, forward roll, jump half turn, backward roll, jump half turn		
TUMBLE 2	Backward roll, jump half turn, forward roll, stretch jump to one foot, cartwheel	Forward roll, straight jump to one foot, cartwheel, cartwheel, roundoff		
PHASE 3	NO PHASE 3 FOR 6-7 years & 8 in year	NO PHASE 3 FOR 9-10 years		
VAULT 1			Handspring	
VAULT 2			Handspring	
TUMBLE 1			Handspring stretch jump to one, cartwheel, cartwheel, roundoff	
TUMBLE 2			Round off, back flic, jump half turn to one, cartwheel, roundoff	

Preliminary Disability Championships 2022

	6-7 years & 8 in year (2016/ 2015 & 2014)	9-10 years (2013 & 2012)	11-12 years (2011 & 2010)	13+ (2009 & earlier)
PHASE 1				
VAULT 1	Present, hurdle step, present			
VAULT 2	Present, step onto 1 layer of box top, stretch jump off, land, present			
TUMBLE 1	Present, tuck sit, pike sit, straddle sit, lie on back in straight shape, stand, present			
TUMBLE 2	Vol routine which consists of 5 moves, one element can be repeated twice. Please see page 11			
PHASE 2				
VAULT 1	Run, hurdle step onto springboard, stretch jump off, land			
VAULT 2	Bunny hop onto 2 layers of box, straight jump off, land			
TUMBLE 1	Stretch tall, forward roll to pike sit, lie flat, dish (hold 2 seconds) roll to arch (hold 2 seconds, press up on knees, finish standing tall in stretch shape			
TUMBLE 2	Vol routine which consists of 5 moves, one element can be repeated twice. Please see page 11			
PHASE 3				
VAULT 1	Present, squat onto box, stretch jump off, land			
VAULT 2	Present, Straddle on, straight jump off, land			
TUMBLE 1	Balance (hold for 3 sec) forward roll to stand, tuck jump, star jump, lunge, teeter totter handstand, stretch present.			
TUMBLE 2	Vol routine which consists of 5 moves, one element can be repeated twice. Please see page 11			
PHASE 4				
VAULT 1	Run, squat through, land			
VAULT 2	Run, handstand flat back from spring board			
TUMBLE 1	Backward toll to stand, ½ turn jump, forward roll to stand, cartwheel, cartwheel, finish in star shape			
TUMBLE 2	Vol routine which consists of 5 moves, one element can be repeated twice. Please see page 11			

Preliminary Disability Championships Continued

Phase 1	Phase 2	Phase 3	Phase 4
Lying on back half log roll, kneel to stand	Forward roll to sit	Forward roll to tuck sit	Forward roll
Tuck sit	Front support	Shoulder stand	Cartwheel
Pike sit	Back support	Log roll (360)	Handstand
Stretch jump	Half turn Jump	Tuck jump	Backward roll
Star Jump	Star jump	Half turn jump	Full turn jump
Balance	Arabesque (2 second hold)	Arabesque (3 second hold)	Split leap (Girls) Half Leaver (3 seconds) (Boys)
Chasse, feet joining	Cat leap	Cartwheel	Round off

All voluntary routines must have 5 elements and one element can be repeated.

Gym Fest Cymru 2022

DISPLAYS

- Each display will be a maximum of 8 minutes in length – this includes march on and march off.
- Each club can apply for as many display slots as they wish.
- Any discipline of gymnastics may be performed (Artistic, Acro, Rhythmic etc.)
- Skill levels within displays **MUST** be within the qualification of the lead coach attending the event.
- For insurance purposes, all participants and coaches must be current members of British Gymnastics.
- Depending on the number of performances the day may be split into 2 sessions.

MUSIC

- Music must be sent via GymNet
- Always ensure you have spare copies of each music with you on the day
- Music by Disney, Andrew Lloyd Webber or Cirque du Soleil is limited – please follow link <https://www.british-gymnastics.org/clubs/club-membership/music-licensing-ppl-prs>

EQUIPMENT

- All displays will be performed on a 12m X 12m Gymnova sprung floor.
- Additional equipment is available on request, and should be noted on the application form.
- Clubs are welcome to bring their own equipment if needed.
- Each display group will be allocated warm up time.

ENTRY FEE

- £12 per Gymnast
- This will include a participation medal, certificate and t-shirt
- Spectator Ticket prices will be confirmed at a later date and will be available on the Eventbrite website

WAG GFA & DISABILITY GRADES

AGE GROUPS

- 8 in year
- 9 in year
- 10/11 years
- 12+ years

American style warm up on Bar, Beam and Floor

30 secs warm up per gymnast on beam

WAG GFA – LEVEL 1		
APPARATUS	GENERAL INFO	ROUTINE
VAULT	DV 1.8 Execution from 10.00 2 vaults, best score to count	Run and stretch jump from springboard onto 60cm block – walk to the end of the block on toes, stretch jump off to landing position.
BAR	Low bar @ 175cm Routine – 4 elements @ 0.5 each DV 2.0 (max) Execution from 10.00	<ul style="list-style-type: none"> • Standing with bar at chest height (springboard/s or block may be used) jump to front support • Hold front support position for 2 secs • Cast towards horizontal • Forward circle dismount – controlled lower to floor/hang

<p>BEAM</p>	<p>Beam: 125cm (with 30cm matting along the full length) 1 length maximum 50 secs max Routine - 6 elements @ 0.5 DV 3.0 (max) Execution from 10.00</p> <p>Up to 0.5 awarded for artistry</p>	<p>Routine of 6 elements to include mount and dismount from list below:</p> <ul style="list-style-type: none"> • Mounts: Jump to front support leg over to straddle sit, squat on, straddle on or any 'A' coded mount • Balance (choose 1): Arabesque to 45* (fwd/swd/bwd), Y balance • Leap/jump (choose 1): straight jump, tuck jump, catleap • Turn (choose 1): ½ turn on two feet (releve) in stretched or crouch position • Acrobatic (choose 1): 2 x bunny hops to 45*, kick towards handstand land in lunge, forward roll • Dismount: Straight jump, tuck jump, star jump, roundoff (hands on end of beam, feet on floor) run 3 steps stretch jump from two feet
<p>FLOOR</p>	<p>2 x length of sprung floor (1 length minimum) No music Routine - 6 elements @ 0.5 DV 3.0 (max) Execution from 10.00</p> <p>Up to 0.5 awarded for artistry</p>	<p>Routine of 6 elements from the list below</p> <ul style="list-style-type: none"> • Acro (choose 2): forward roll, cartwheel, handstand, handstand forward roll, 180* teddy roll, backward roll to finish in crouch/pike or straddle stand • Dance (choose 2 max): straight jump, tuck jump, star jump, catleap, chasse, scissor kick • Balance (choose 2 max): Arabesque to 45* (fwd/swd/bwd), V sit using hands, Y balance, frog balance • Turn (choose 1 max): ½ spin on one foot, jump ½ turn

WAG GFA – LEVEL 2		
APPARATUS	GENERAL INFO	ROUTINES
VAULT	DV – 2.0 Execution from 10.00 2 vaults, best score to count	<ul style="list-style-type: none"> • 8/9 Years – Handstand flatback - 60cm • 10/11 Years – Handstand flatback - 90cm • 12+ Years – Handstand flatback – 90/110cm
BAR	Low bar @ 175cm Routine – 4 elements @ 0.5 each DV 2.0 (max) Execution from 10.00	<ul style="list-style-type: none"> • Pull up and over – springboard/s may be used • Cast towards horizontal return to bar • Cast towards horizontal into back hip circle • Cast into choice of dismount: push back away from bar, squat on jump off forwards, straddle undershoot
BEAM	Beam : 125cm 20cm mats underneath 2 length maximum 70 secs max Routine - 6 elements @ 0.5 DV 3.0 (max) Execution from 10.00 Up to 0.5 awarded for artistry	<p>Routine of 6 elements to include mount and dismount from list below:</p> <ul style="list-style-type: none"> • Mounts: Jump to front support leg over to straddle sit, squat on, straddle on or any 'A' mount • Balance (choose 1): Arabesque to 45* (fwd/swd/bwd), Y balance • Leap/jump (choose 1): straight jump, tuck jump, catleap, star jump • Turn (choose 1): ½ spin on one foot, ½ turn in releve on two feet • Acrobatic (choose 1): kick towards handstand land in lunge, forward roll (with or without hands), cartwheel, backward walkover (0.5 bonus) • Dismount: Straddle jump, roundoff (hands on end of beam, feet on floor), handstand stepdown stretch jump backwards off beam

<p>FLOOR</p>	<p>2 x length of sprung floor No music Routine - 7 elements @ 0.5 DV 3.5 (max) Execution from 10.00 Up to 0.5 awarded for artistry</p>	<p>Routine of 7 elements from the list below</p> <ul style="list-style-type: none"> • Acro (choose 2 connected): cartwheel (1 or 2 hands), handstand forward roll, backward roll, forward walkover, backward walkover, tic toc • Flighted acro (Choose min 1): Dive Cartwheel, Roundoff, Handspring to 1 or 2, flick (0.5 Bonus) • Dance (choose 2 connected): tuck jump ½, catleap, chassse, scissor kick, split leap/jump/sissone (135* min), wolf jump/hop, straddle jump, pike jump • Balance (choose 1 min): Arabesque to 90* (fwd/swd/bwd), headstand (tucked or straight legs) Y balance, • Turn (choose 1 min): Full spin on one foot, jump full turn
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Gymspire Championships 2022

GENERAL

- Each area will host a regional competition open to all affiliated clubs
- Teams can consist of 3-5 gymnasts, with the top 3 scores being calculated for the team
- There will be a national final for the overall top 6 competitors in each category
- Gymnasts will perform one floor routine, one vault and one trampette
- A minimum of one coach from each competing club should accompany gymnasts on the floor per category. One coach MUST have a level 2 qualification.
- Gymnasts will perform floor routine on any 12x12 surface. Sprung floor may not be available in all areas due to equipment at the venue.

NATIONAL FINALS

- There is no 6-7's category at National Finals.
- The overall top 6 competitors from each category will go through to National Finals to represent the region. If there are less than 6 competitors in a category, the minimum number in a team that can go through is 3.
- A minimum of one coach from each competing club should accompany gymnasts on the floor per category. One coach MUST have a level 2 qualification.
- Leotards do not need to match those of teammates at National Finals.
- Each area must provide a minimum of three qualified judges. The three clubs who have the most gymnasts through to finals must provide a judge.

AGE GROUPS

- 6-7 years (2016/2015) *Area Competitions only*
- 8 in year (2014)
- 9 in year (2013)
- 10 in year (2012)
- 11-12 years (2011/2010)
- 13+ (Born in or before 2009)

VAULT

Gymnasts will have 1 attempt at the vault

- 6-7 & 8 Level 1: Block 60cm
- 8 in year Level 2: Table Vault 100cm
- 9&10 in year Level 1 & 2: Vaulting table (100cm)
- 11-12 Level 1 & 2: Crashmats (100cm)
- 13+ Level 1 & 2: Vaulting Table (110cm)

FLOOR

- All routines/runs will be marked out of 10.00
- Gymnasts competing up to the age of 10 will perform 1 set routine
- Female gymnasts competing 11+ will perform 1 voluntary routine to music
- Male gymnasts competing 11+ will perform 1 voluntary routine
- Routine needs to be a minimum of 60 seconds and no longer than 90 seconds
- Music must submitted via the online entry system 2 WEEKS PRIOR TO THE EVENT
- Always ensure you have spare copies of each music with you on the day

TRAMPETTE

Gymnasts will have one attempt on trampette

The trampette apparatus for all competitions will be set up as follows:



All landing areas will be a 60cm matted area with the trampette sloping upwards towards the landing area.

Gymspire Championships 2022

6-7	LEVEL 1	LEVEL 2
Trampoline	From block, step to 2 feet on trampoline, star jump onto mat.	From block, step to 2 feet on trampoline, straddle jump onto mat.
Floor	<p>Forward roll to pike sit Move feet to straddle sit Lie back into star shape Join legs to straight shape Shoulder Stand (optional arm position) Roll to stand with one leg in front Cartwheel ¼ turn in Backward roll (tucked or piked) Stretch jump</p>	<p>Forward roll to pike sit Move legs to straddle sit Lie back into star shape Join legs to straight shape Shoulder Stand (optional arm position) Roll to stand with one leg in front Cartwheel ¼ turn in Backward roll (tucked or piked) Stretch jump</p>
Vault	Run, squat onto block (length ways 2m) from baby springboard; walk on toes with arms out to the side to end of the block; star jump off the block to land on mat.	Run, straight jump onto block (length ways 2m) from large springboard; walk on toes with arms out to the side to end of the block; star jump off the block to land on mat.

Gymspire Championships 2022

8 in Year	LEVEL 1	LEVEL 2
Trampette	From block, step to 2 feet on trampette, straddle jump onto mat.	From block, step to 2 feet on trampette, ½ turn jump onto mat.
Floor	Forward roll to pike sit Move legs to straddle sit Lie back into star shape Join legs to straight shape Should stand (optional arm position) Roll to stand with one leg in front Cartwheel ¼ Backward roll (tucked/piked) Stretch jump	Forward roll to pike sit Move legs to straddle sit Lie back to star shape Join legs to straight shape Shoulder stand (optional arm position) Roll to stand with one leg in front Cartwheel ¼ turn Backward roll (tucked/piked) Stretch jump
Vault	Run, squat onto block from large springboard (1m widthways) immediate star jump off the block to land on mat.	Table Vault – 100cm Squat on, straight jump off

Gymspire Championships 2022

9 & 10 in Year	LEVEL 1	LEVEL 2
Trampette	From block, step to 2 feet on trampette, ½ turn jump onto mat.	From block, step to 2 feet on trampette, high dive forward roll. (Preparation for front somersault)
Floor	Forward roll to pike sit Move legs to straddle sit Lie back to star shape Join legs to straight shape Shoulder stand (optional arm position) Roll to stand with one leg in front Cartwheel ¼ turn Backward roll (tucked/piked) Stretch jump	Forward roll to pike sit Move legs to straddle sit Turn to splits (1 leg) Join legs to pike Shoulder stand (arms position optional) Roll to stand with one leg in front Cartwheel Roundoff Stretch jump
Vault	Table Vault – 100cm Squat on, star jump off OR Squat Through (0.5 bonus) OR Straddle over (0.5 bonus)	Table Vault – 100cm Squat Through OR Straddle over

Gymspire Championships 2022

11-12	LEVEL 1	LEVEL 2
Trampette	From block, step to 2 feet onto trampette, high dive forward roll. (Preparation for front somersault)	From block, step to 2 feet onto trampette, tuck front somersault
Floor Girls	<p>Voluntary Routine: Floor routine to music (max 90 secs) to include the following skills:</p> <ul style="list-style-type: none"> • Forward roll, cartwheel, roundoff • Tuck jump, star jump • ½ spin • Chasse cat leap • Backward roll • Handstand forward roll 	<p>Voluntary Routine: Floor routine to music (max 90 secs) to include the following skills:</p> <ul style="list-style-type: none"> • Cartwheel, Cartwheel, round off • Jump full turn • Full spin • Chasse cat leap • Backward roll to front support (straight arms). <p>Bonus Skills (0.5)</p> <ul style="list-style-type: none"> • Backward walkover
Floor Boys	<p>Voluntary Routine: Floor routine (max 90 secs) to include:</p> <ul style="list-style-type: none"> • Forward roll, cartwheel, roundoff • Tuck jump, star jump • ½ jump • Backward roll • Swedish Fall 	<p>Voluntary Routine Floor routine (max 90 secs) to include:</p> <ul style="list-style-type: none"> • Cartwheel, cartwheel, round off • Jump full turn • Arabesque (hold for 2 secs) • Handstand forward roll • Backward roll to front support <p>Bonus Skills (0.5)</p> <ul style="list-style-type: none"> • ½ lever hold (hold for 2 secs)
Vault	Table Vault – 100cm Squat through OR Straddle Over	Mats– 100cm Handspring flat back

13+	LEVEL 1	LEVEL 2
Trampette	From block, step to 2 feet on trampette, dive forward roll (preparation for somersault) Or Tuck front somersault (0.5 bonus)	From block, step to 2 feet onto trampette, tucked front somersault onto mat
Floor Girls	Voluntary Routine: Floor routine to music (max 90 secs) to include the following skills: <ul style="list-style-type: none"> • Cartwheel, Cartwheel, round off • Jump full turn • Full spin • Chasse split leap, chasse cat leap • Handstand forward roll Bonus Skills (0.5) <ul style="list-style-type: none"> • Backward walkover 	Voluntary Routine: Floor routine to music (max 90 secs) to include the following skills: <ul style="list-style-type: none"> • Round off • Flic (out of a roundoff =0.2 Bonus) • Chasse split leap, chasse cat leap full • Full Spin • Backward walkover • Handstand forward roll Bonus Skills (0.5) <ul style="list-style-type: none"> • Front Handspring
Floor Boys	Voluntary Routine Floor routine (max 90 secs) to include the following skills: <ul style="list-style-type: none"> • Cartwheel, Cartwheel, round off • Jump full turn • Handstand forward roll • Backward roll to front support (straight arms) • Swedish Fall • Shoulder stand (hold for 2 secs) 	Voluntary Routine Floor routine (max 90 secs) to include the following skills: <ul style="list-style-type: none"> • Round off • Flic (out of a roundoff = 0.2 Bonus) • Backward roll to handstand • Handstand forward roll • ½ level hold (hold for 2 secs) • Arabesque (hold for 2 secs) Bonus Skills (0.5) <ul style="list-style-type: none"> • Front Handspring
Vault	Table Vault 110cm Squat Through OR Straddle Over OR Handspring (0.5 bonus)	Table Vault 110cm Handspring

Gymspire Disability Championships 2022

	6-7 years & 8 in year (2016/ 2015 & 2014)	9-10 years (2013 & 2012)	11-12 years (2011 & 2010)	13+ (2009 & earlier)
PHASE 1				
VAULT	Present, step onto 1 layer of box top, stretch jump off, land, present			
FLOOR	Present, tuck sit, pike sit, straddle sit, lie on back in straight shape, stand, present			
TRAMPETTE	Step down from block OR start standing on trampette, stretch jump onto crashmats 30cm			
PHASE 2				
VAULT	Bunny hop onto 2 layers of box, straight jump off, land			
FLOOR	Stretch tall, forward roll to pike sit, lie flat, dish (hold 2 seconds) roll to arch (hold 2 seconds, press up on knees, finish standing tall in stretch shape			
TRAMPETTE	Step down from block OR start standing on trampette, tuck jump onto crashmats 30cm			
PHASE 3				
VAULT	Present, Straddle on, straight jump off, land			
FLOOR	Balance (hold for 3 sec) forward roll to stand, tuck jump, star jump, lunge, teeter totter handstand, stretch present.			
TRAMPETTE	Step down from block OR start standing on trampette, star jump onto crashmats 30cm			
PHASE 4				
VAULT	Run, handstand flat back from spring board			
FLOOR	Backward toll to stand, ½ turn jump, forward roll to stand, cartwheel, cartwheel, finish in star shape			
TRAMPETTE	Step down from block OR start standing on trampette high dive roll onto crashmats 60cm			

