



Welsh Gymnastics  
Gymnasteg Cymru

# Gymnastics for All Gymnasteg I bawb

Competition Handbook 2024  
Llawlyfr Cystadleuaethau 2024

## 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 throughout January-December 2024.

GFA Pathway Clarification: From 1<sup>st</sup> September 2023 until 31<sup>st</sup> August 2024, 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 competitions within this handbook are inclusive which allows competitive opportunities for all individuals. Criteria can be found within each competition.

## Contacts

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**Competition Coordinator:**  
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## **CHANGES FOR 2024**

**Entry Fee** – Due to an increase in outgoings, categories, prizes and to improve the overall competition experience, the individual entry fee for Prelims, Gymspire and Annette Brown have all been brought in line and will now be £10.00 per gymnast.

**Judges** – Judges are required for each day of competition. Failure to adhere to this may result in the club being unable to compete.

**Judges** – All judges must have a current DBS and appropriate membership on the day of competition.

**Volunteers** – Anyone aged 16 and over must have a current DBS on the day of the competition.

**Floor Routines (Gymspire)** – the execution of each additional element will be deducted.

### **Floor Routines (Gymspire)**

- Shoulder stand specified as 'Supported' for 6, 7 and 8 in year. Shoulder stand specified as 'Unsupported' in 9 & 10 in year.
- Chasse removed as an element in 11-12 and 13+ age groups

## Competition Dates 2024

Name of Competition	Theme	Entry Deadline	Venue	Competition Date	Lead Person for event
<b>Area Preliminary Championships</b>					
North	<b>Olympics</b>	22/03/24	Deeside	20 <sup>th</sup> & 21 <sup>st</sup> /04/24	Kimberley McHardy
West		15/03/24	TBC	13 <sup>th</sup> /14 <sup>th</sup> /04/24	Jo Gould
South East		08/03/24	CNGA	6 <sup>th</sup> & 7 <sup>th</sup> /04/24	Georgia Pike
South Central		22/03/24	CNGA	20 <sup>th</sup> & 21 <sup>st</sup> /04/24	Kyarna Weed
<b>National Preliminary Championships</b>		12/04/24	SWNC	11 <sup>th</sup> & 12 <sup>th</sup> /05/24	Development Team
<b>Annette Brown Classic 1</b>	<b>N/A</b>	26/04/24	SWNC	25 <sup>th</sup> & 26 <sup>th</sup> /05/24	James Thomas
<b>Annette Brown Classic 2</b>	<b>N/A</b>	14/06/24	SWNC	13 <sup>th</sup> & 14 <sup>th</sup> /07/24	James Thomas
<b>Gymspire Championships</b>					
North	<b>*Gymnast Choice*</b>	11/10/24	Deeside	9 <sup>th</sup> & 10 <sup>th</sup> /11/24	Kimberley McHardy
West		TBC	TBC	TBC	Jo Gould
South East		11/10/24	CNGA	9 <sup>th</sup> & 10 <sup>th</sup> /11/24	Georgia Pike
South Central		TBC	TBC	TBC	Kyarna Weed
<b>National Gymspire</b>		Automatic Entry	North Deeside	23 <sup>rd</sup> & 24 <sup>th</sup> /11/24	Development Team
<b>Annette Brown Classic 3</b>	<b>N/A</b>	01/11/24	SWNC	30 <sup>th</sup> Nov & 1 <sup>st</sup> Dec 2024	James Thomas

**\*Gymnast Choice – During Prelims, we will be welcoming ideas for our Gymspire poster competition. Popular themes will go to a vote and announced at a later date.**

# Rules & Code of Conduct

## GENERAL

- Competitions are open to all Welsh Gymnastics 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 Welsh 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. Judges are required for each day that the club is competing.
- Failure to comply with these rules may result in withdrawal of entries
- All entries must be completed online through Welsh Gymnastics Competition Entry System (Sport80)
- No judge = no entry. Clubs are responsible for finding a judge prior to entry deadline
- All music used in event routines must conform to the relevant licensing requirements. Certain tracks belonging to Disney, Andrew Lloyd Webber and Cirque du Soleil can be used but this should be checked on the PPL website to confirm the track is included within their repertoire. To check tracks, go to [PPL Repertoire Search \(ppluk.com\)](http://ppluk.com) and enter the artists name and title. Any music listed as part of the search can be used. If the track is not included within the listed tracks the club must apply directly to Disney, Andrew Lloyd Webber, or Cirque du Soleil to use the track and pay the relevant licensing fees.

## MEMBERSHIP

- Prelims, Gymspire & Annette Brown – Bronze Member
- Adult Championships – Minimum Bronze
- 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 years (2018) \*Area Competitions only\*
- 7 years (2017) \*Area Competitions only\*
- 8 in year (2016)
- 9 in year (2015)
- 10 in year (2014)

- 11-12 years (2013/2012)
- 13+ (Born in or before 2011)
- Please note age groups for Annette Brown may differ

#### ENTRY FEE

- £10.00 per individual for all GFA entries
- Teams to consist of 3-5 gymnasts
- Spectator fees for Prelims and Gymspire competition – Adult: £3/Children: free
- Spectator fees for Annette Brown – Adult: £10/Children: £5
- All GFA events will be pre-ticketed events.

#### MEDALS

- Every gymnast competing will receive a participation certificate
- Trophies will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> individual overall positions with ribbons for 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup>
- Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> on apparatus with Ribbons for 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup>
- Medals will be awarded to the Teams who place 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> overall (4<sup>th</sup> place will receive a ribbon at National finals for Gymspire)
- Please note Annette Brown may differ

#### 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
- 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

**JUDGES**

- All judges are to remain professional at every GFA event
- All judges must have a current DBS and appropriate membership on the day of competition
- All judges must be wearing appropriate clothing.

**VOLUNTEERS**

- Volunteers aged 16 and over must have a DBS on the day of competition.

**SAFEGUARDING**

- WG wants everyone to enjoy a fun, positive experience where gymnasts can fulfil their potential in an environment safe from any form of abuse. If you have a worry or concern, please contact [safeguarding@welshgymnastics.org](mailto:safeguarding@welshgymnastics.org)

# Opportunities for GFA Gymnasts

Below you will find a list of competitions that GFA gymnasts are eligible to participate in. There are various opportunities from tumble league through to four/six-piece events.

These events all have various levels from low level recreational through to work that will feed into discipline pathways.

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.

## **Area and National Prelims**

Vault & Tumble – GFA Handbook

## **Annette Brown Classic**

Four piece open to girls and boys – GFA Handbook

## **Tumble League**

Tum Handbook

## **MA Apparatus Challenge**

Four/six piece – MA Handbook

## **Novice Agility**

Tum Handbook

## **Area Gymspire**

Vault, Tumble & Trampette – GFA Handbook

## **MA Dragon Cup Floor & Vault**

MA Handbook

List of all competitions can be found within their handbook on the WG website once released.



# 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 Intro to Judge or Floor & Vault
- 2 x Club Judges & 1 Intro to Judge or Floor & Vault
- 1 x Club Judge & 1 x Intro to 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 squat 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(s) 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/additional element = 1.0 mark from start value.
- GYMSPIRE FLOOR ROUTINES– any additional elements will have the execution deducted from the start value

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

# Preliminary Championships 2024

## AGE GROUPS

- 6 years (2018) \*Area Competitions only\*
- 7 years (2017) \*Area Competitions only\*
- 8 in year (2016)
- 9 in year (2015)
- 10 in year (2014)
- 11-12 years (2013/2012)
- 13+ (Born in or before 2011)

## VAULT

- Gymnasts will have 1 attempt at each vault
- 6 & 7 years Phase 1 will use a baby springboard and block 60cm
- 6 & 7 years Phase 2 and 8 years Phase 1 will use a large springboard and block (60cm)
- Vaults will be performed on a vaulting table
- Vault heights: 8 – Phase 2 100cm, 9-10 100cm and 11-12 105cm, 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 12-13 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 2024

<b>PHASE 1</b>	<b>6 &amp; 7 Years (2018 &amp; 2017)</b>	<b>8 Years (2016)</b>	<b>9 &amp; 10 Years (2014 &amp; 2015)</b>	<b>11-12 Years (2013/2012)</b>	<b>13+ (2011)</b>
VAULT 1	Run, squat on block from springboard, walk to end on toes with arms out, star jump off block	Run, stretch jump onto block from springboard, walk to end, star jump off block	Squat on, stretch jump off OR squat through – 0.5 Bonus		
VAULT 2	Run, stretch jump from springboard	Run, squat onto block (widthways) immediate stretch jump off	Squat on, star jump off OR straddle over – 0.5 Bonus		
TUMBLE 1	Forward roll, tuck jump, forward roll, star jump	Forward roll stretch jump, forward roll jump half turn, backward roll	Cartwheel, backward roll, jump half turn, forward roll, tuck jump,		
TUMBLE 2	Backward roll down slope (covered springboard), jump half turn, forward roll, star jump	Backward roll, jump half turn, forward roll, star jump	Backward roll, jump half turn, forward roll, stretch jump to one foot, cartwheel		
<b>PHASE 2</b>	<b>6 &amp; 7 Years (2018/2017)</b>	<b>8 Years (2016)</b>	<b>9 &amp; 10 Years (2014/2015)</b>	<b>11-12 Years (2013/2012)</b>	<b>13+ Years (2011+)</b>
VAULT 1	Run, stretch jump onto block from springboard, walk to end, star jump off block	Squat onto table vault stretch jump off	Squat through OR straddle over		
VAULT 2	Run, tuck jump from springboard	Squat onto table vault star jump off	Handspring Flatback 100cm mats		
TUMBLE 1	Forward roll, stretch jump, forward roll, jump half turn, backward roll	Cartwheel, backward roll, jump half turn, forward roll, tuck jump	Handstand forward roll, cartwheel, backward roll, jump half turn, forward roll, stretch jump		
TUMBLE 2	Backward roll, jump half turn, forward roll, star jump	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 & 8 in year	NO PHASE 3 FOR 9 &10 years	11-12 Years (2013/2012) 13+ Years (2011+)
VAULT 1			Handspring
VAULT 2			Handspring
TUMBLE			<p>2 different voluntary tumbles of 5 elements – each element can only be performed once per tumble:</p> <ul style="list-style-type: none"> <li>• Forward roll</li> <li>• Backward roll</li> <li>• Handstand forward roll</li> <li>• Cartwheel</li> <li>• Roundoff</li> <li>• Handspring to 1 or 2 (0.5 bonus)</li> <li>• Flic (0.5 bonus)</li> <li>• Front somersault (tuck/pike) (0.5 bonus)</li> <li>• Jump half turn*</li> <li>• Stretch jump from springboard to one foot</li> <li>• Shape jump (choice of straight, tuck, star)</li> </ul> <p>* jump half turn can be to 1 foot during the tumble or to two feet at the end</p> <p>Please note a maximum of 1.0 bonus will be added</p>

## Preliminary Disability Championships 2024

	6-7 years & 8 in year (2018/ 2017 & 2016)	9-10 years (2015 & 2014)	11-12 years (2013 & 2012)	13+ (2011 & earlier)
<b>PHASE 1</b>				
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 14			
<b>PHASE 2</b>				
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 14			
<b>PHASE 3</b>				
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 14			
<b>PHASE 4</b>				
VAULT 1	Run, squat through, land			
VAULT 2	Run, handstand flat back from spring board			
TUMBLE 1	Backward roll 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 14			

## Preliminary Disability Championships 2024 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.



# Annette Brown 2024

## AGE GROUPS

- 8 in year
- 9-10 in year
- 11-12 in year
- 13-14 in year
- 15-17 in year
- Adults

## CRITERIA

- Four competitions run through 2024 in a league format. All will be a competition within itself, but points gained by individual members will be added to the Clubs total to determine an annual winner.
- Open to all affiliated clubs
- Four-piece competition
- Girls and boys welcome to compete
- Criteria TBC

## ENTRY FEE

- £10 per gymnast
- Spectator link will be sent out closer to the event

# Gymspire Championships 2024

## GENERAL

- Each area will host a regional competition open to all affiliated clubs
- Teams can consist of 3-5 gymnasts, with the top 3 overall 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.
- **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.**
- Each team must nominate two coaches per team to look after the gymnasts during their competition.
- 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 but they will compete as an individual
- Leotards do not need to match those of teammates at National Finals.
- Each area must provide a minimum of **three** qualified judges per day. The three clubs who have the most gymnasts through to finals must provide a judge.

## AGE GROUPS

- 6 years (2018) \*Area Competitions only\*
- 7 years (2017) \*Area Competitions only\*
- 8 in year (2016)
- 9 in year (2015)



- 10 in year (2014)
- 11-12 years (2013/2012)
- 13+ (Born in or before 2011)

#### **VAULT**

- Gymnasts will have 1 attempt at the vault
- 6, 7 & 8 Phase 1: Block 60cm
- 8 in year Phase 2: Table Vault 100cm
- 9 & 10 in year Phase 1 & 2: Vaulting table (100cm)
- 11-12 Phase 1 & 2: Crashmats (105cm)
- 13+ Phase 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 maximum of 90 seconds
- Music must be 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 2024

6 & 7	PHASE 1	PHASE 2
Trampette	From block, step to 2 feet on trampette, star jump onto mat.	From block, step to 2 feet on trampette, straddle jump onto mat.
Floor	Forward roll to pike sit Move feet to straddle sit Lie back into star shape Join legs to straight shape Supported Shoulder Stand Roll to stand Stretch jump	Forward roll to pike sit Move legs to straddle sit Lie back into star shape Join legs to straight shape Supported Shoulder Stand Roll to stand Jump half turn Backward roll (tucked or piked)
Vault	Run, squat onto block (length ways 2m) from <b>baby</b> 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 <b>large</b> 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 2024

8 in Year	PHASE 1	PHASE 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	<p>Forward roll to pike sit</p> <p>Move legs to straddle sit</p> <p>Lie back into star shape</p> <p>Join legs to straight shape</p> <p>Supported Should Stand</p> <p>Roll to stand</p> <p>Jump half turn</p> <p>Backward roll (tucked/piked)</p>	<p>Forward roll to pike sit</p> <p>Move legs to straddle sit</p> <p>Lie back to star shape</p> <p>Join legs to straight shape</p> <p>Supported Shoulder Stand</p> <p>Roll to stand with one leg in front</p> <p>Cartwheel ¼ turn</p> <p>Backward roll (tucked/piked)</p> <p>Stretch jump</p>
Vault	Run, squat onto block from <b>large springboard</b> (1m widthways) immediate star jump off the block to land on mat.	Table Vault – 100cm Squat on, straight jump off

## Gymspire Championships 2024

9 & 10 in Year	PHASE 1	PHASE 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 Unsupported Shoulder Stand (arms/hands flat by side) 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 Unsupported Shoulder Stand (arms/hands flat by side) 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 2024

11-12	PHASE 1	PHASE 2
<b>Trampette</b>	From block, step to 2 feet onto trampette, <b>high</b> dive forward roll. (Preparation for front somersault)	From block, step to 2 feet onto trampette, tuck front somersault
<b>Floor</b>  <b>Girls to music</b>  <b>Boys without</b>	<b>Voluntary Routine:</b> <ul style="list-style-type: none"> <li>• Floor routine (max 90 secs) to include 8 elements from the list below. Elements can be repeated once but will only count once and will still be open to deduction</li> <li>• Acro forwards: any forward roll variation, handstand forward roll.</li> <li>• Acro Backwards: backward roll to finish in crouch/pike/straddle stand or front support, cartwheel, roundoff,</li> <li>• Non Acro: straight jump (also with ½ turn), tuck jump, star jump, catleap, splitleap, scissor kick, arabesque (2s), V sit using hands (2s), Y balance (2s), shoulder stand (2s), swedish fall, splits (any direction)</li> </ul>	<b>Voluntary Routine:</b> <ul style="list-style-type: none"> <li>• Floor routine (max 90 secs) to include 8 elements from the list below. Elements can be repeated once but will only count once and will still be open to deduction</li> <li>• Acro forwards: forward roll, handstand forward roll, handspring (0.5 bonus), front somersault (tuck/pike) (0.5 bonus)</li> <li>• Acro Backwards: backward roll to finish in crouch/pike/straddle stand or front support, backward roll to handstand, cartwheel, roundoff, flic (0.5 bonus), tuckback (0.5 bonus)</li> <li>• Non Acro: straight jump (also with half or full turn), tuck jump, star jump, catleap, splitleap, arabesque (2s), half/straddle lever (2s) Y balance (2s), swedish fall, splits (any direction)</li> </ul> <p>Please note a maximum of 1.0 bonus will be added</p>
<b>Vault</b>	Table Vault – 105cm Squat through OR Straddle Over	Mats– 100cm Handspring flat back

## Gymspire Championships 2024

13+	PHASE 1	PHASE 2
<b>Trampette</b>	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
<b>Floor Girls</b> <b>Girls to music</b> <b>Boys without</b>	<p><b>Voluntary Routine:</b></p> <ul style="list-style-type: none"> <li>Floor routine (max 90 secs) to include 8 elements from the list below. Elements can be repeated once but will only count once and will still be open to deduction</li> <li>Acro forwards: any forward roll variation, handstand forward roll.</li> <li>Acro Backwards: backward roll to finish in crouch/pike/straddle stand or front support, cartwheel, roundoff,</li> <li>Non Acro: straight jump (also with ½ turn), tuck jump, star jump, catleap, splitleap, scissor kick, arabesque (2s), V sit using hands (2s), Y balance (2s), shoulder stand (2s), swedish fall, splits (any direction)</li> </ul>	<p><b>Voluntary Routine:</b></p> <p>Floor routine (max 90 secs) to include 8 elements from the list below. Elements can be repeated once but will only count once and will still be open to deduction</p> <ul style="list-style-type: none"> <li>Acro forwards: forward roll, handstand forward roll, handspring (0.5 bonus), front somersault (tuck/pike) (0.5 bonus)</li> <li>Acro Backwards: backward roll to finish in crouch/pike/straddle stand or front support, backward roll to handstand, cartwheel, roundoff, flic (0.5 bonus), tuckback (0.5 bonus)</li> <li>Non Acro: straight jump (also with half or full turn), tuck jump, star jump, catleap, splitleap, arabesque (2s), half/straddle lever (2s) Y balance (2s), swedish fall, splits (any direction)</li> </ul> <p>Please note a maximum of 1.0 bonus will be added</p>
<b>Vault</b>	Table Vault 110cm Squat Through OR Straddle Over OR Handspring (0.5 bonus)	Table Vault 110cm Handspring

## Gymspire Disability Championships 2024

	6-7 years & 8 in year (2018- 2017 & 2016)	9-10 years (2015 & 2014)	11-12 years (2013 & 2012)	13+ (2011 & earlier)
<b>PHASE 1</b>				
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			
<b>PHASE 2</b>				
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			
<b>PHASE 3</b>				
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			
<b>PHASE 4</b>				
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			

