

Welsh Gymnastics

Gymtastic Event

Scheme of Work

V2 2026

Section 1 - Apparatus Specification

- Trampoline
 - Free standing trampoline
- Beam/Bench
 - Bench for Level 1 participants with 30cm mats surrounding
 - Beam (100cm) with 30cm landing mats for Level 2 participants
- Single Wooden Bar (UB)
 - Low or high bar dependent on participant preference/needs
- Vault (Blocks/Mats)
 - Mini springboard available to 5/6/7y participants
 - Landing mats/60cm block vault
- Floor
 - 12m Floor strip
- Rings
 - Ring extensions suspended from MAG Horizontal Bar

Section 2 – Further Rulings Specification

*Please see *Gymtastic Event Handbook**

Available on the Welsh Gymnastics website at:

<https://www.welshgymnastics.org/gymnastics-for-all/>

Section 3 – Scheme of Work

Below is the work that participants will be required to work towards in order to participate at the Gymtastic event.

Participants are required to complete 4 routines across the 6 available apparatus.

Participants may only compete in either Level 1 or Level 2. They cannot complete routines from both levels in the same calendar year.

Beam/Bench

- Bench surrounded with landing mats to be used for Level 1.
- Beam (100cm) with landing mats underneath & in landing area to be used for Level 2.
- There will be a variety of hoop sizes available to suit the needs of the participant.

Bench/Beam		
	<u>Level 1</u>	<u>Level 1</u>
1	<ul style="list-style-type: none"> • Roll hoop to the centre of the bench 	<ul style="list-style-type: none"> • From block, jump to beam,
2	<ul style="list-style-type: none"> • Relevé ½ Turn, Pick up hoop, 	<ul style="list-style-type: none"> • Step and ¼ turn to face sideways from the beam, squat down and touch beam with both hands,
3	<ul style="list-style-type: none"> • Step through Hoop, 	<ul style="list-style-type: none"> • Stand up, Take two steps sideways,
4	<ul style="list-style-type: none"> • Bring hoop <u>over head</u>, 	<ul style="list-style-type: none"> • ¼ Turn to face down the beam,
5	<ul style="list-style-type: none"> • Bring hoop back to bench, roll hoop to end of bench, 	<ul style="list-style-type: none"> • Rise to tip toes, walk 3 steps with arms out to the side,
6	<ul style="list-style-type: none"> • Lift hoop above head and stretch tall onto tip toes (2s), 	<ul style="list-style-type: none"> • Stalk hold with hands on hips (2s),
7	<ul style="list-style-type: none"> • Lower to stand, drop hoop to side of beam, 	<ul style="list-style-type: none"> • Walk to the end of the beam,
8	<ul style="list-style-type: none"> • Dismount – Stretch Jump to landing shape (2s) 	<ul style="list-style-type: none"> • Dismount – Star Jump to landing shape (2s)

Bars (UB)

- Participants will use the Low Bar of the WAG Uneven Bars (UB) to complete routines.
- Participants may use the High Bar in circumstances where the height of the gymnast means they are unable to hang freely without feet touching the ground.

Bars		
	<u>Level 1</u>	<u>Level 2</u>
1	<ul style="list-style-type: none"> • Hang on Low Bar (<u>overgrasp</u>), 	<ul style="list-style-type: none"> • Hang on Low Bar (<u>overgrasp</u>),
2	<ul style="list-style-type: none"> • Knees to chest, Tuck Shape Hold (3s), 	<ul style="list-style-type: none"> • Knees to chest, Tuck Shape Hold (3s),
3	<ul style="list-style-type: none"> • Lower legs to hang, 	<ul style="list-style-type: none"> • Lower legs to Piked ½ Lever in Hang,
4	<ul style="list-style-type: none"> • Straddle Shape Hold (3s), 	<ul style="list-style-type: none"> • Leg lift, touch bar with toes,
5	<ul style="list-style-type: none"> • Dismount – Drop to Finish in Landing Shape (3s) 	<ul style="list-style-type: none"> • Dismount – <u>½</u> Turn in Hang, Change to <u>Undergrasp</u>, Drop to Finish

Vault

- Participants will have a 15m run-up on the vault run.
- 5/6/7y participants may use a Mini Springboard if required.
- Participants will land on 20cm mats + Landing Mat.

Vault		
1	<u>Level 1</u> <i>From 15m vault run,</i> <ul style="list-style-type: none"> • Run, Stretch Jump to Land 	<u>Level 2</u> <i>From 15m vault run,</i> <ul style="list-style-type: none"> • Run, Stretch Jump to Land on 60cm Block

Floor

- Participants will complete routines on a 12m strip of a standard FIG Floor.
- Diagonals are NOT permitted.

Floor		
	<u>Level 1</u>	<u>Level 2</u>
1	<ul style="list-style-type: none"> • Present (2s), 	<ul style="list-style-type: none"> • Present,
2	<ul style="list-style-type: none"> • Show Balance of choice (Stalk/Half Star/Arabesque), 	<ul style="list-style-type: none"> • Show Balance of choice (Stalk/Arabesque),
3	<ul style="list-style-type: none"> • Half Turn Jump, 	<ul style="list-style-type: none"> • Tuck Jump,
4	<ul style="list-style-type: none"> • Bent-Arm Backward Roll to Front Support, 	<ul style="list-style-type: none"> • Star Jump,
5	<ul style="list-style-type: none"> • Press hips to Seal Shape, Jump to Stand, 	<ul style="list-style-type: none"> • Half Turn Jump,
6	<ul style="list-style-type: none"> • Star Jump, Stretch Jump (connected), 	<ul style="list-style-type: none"> • Backward roll to stand with bent legs,
7	<ul style="list-style-type: none"> • Lower to stand, drop hoop to side of beam, 	<ul style="list-style-type: none"> • Stand, forward roll to landing shape (2s),

Rings

- Routines will be completed on Ring Extensions suspended from the MAG Horizontal Bar.
- This is not a MAG specific routine, any participant can complete this routine.

Rings		
	<u>Level 1</u>	<u>Level 2</u>
1	<ul style="list-style-type: none"> • Jump to Hang (3s) (coach may assist), 	<ul style="list-style-type: none"> • Jump to Hang (3s) (coach may assist),
2	<ul style="list-style-type: none"> • Dish Arch Swing x 2 	<ul style="list-style-type: none"> • Tuck Shape Hold (3s)
3	<ul style="list-style-type: none"> • Dismount – Drop from rings to landing 	<ul style="list-style-type: none"> • Dish Arch Swing x 3
4	<ul style="list-style-type: none"> • shape (2s) 	<ul style="list-style-type: none"> • Dismount – Drop from rings to landing shape (2s)

Trampoline

- Participants will complete routines on a Standard FIG Trampoline.

Trampoline		
	<u>Level 1</u> <i>All elements to be completed in the middle of the trampoline (on the cross)</i>	<u>Level 2</u> <i>All elements to be completed in the middle of the trampoline (on the cross)</i>
1	<ul style="list-style-type: none"> • 3 x Stretch Jump 	<ul style="list-style-type: none"> • 3 x Tuck Jump,
2	<ul style="list-style-type: none"> • 1 x Seat Drop 	<ul style="list-style-type: none"> • 1 x Star Jump,
3	<ul style="list-style-type: none"> • Finish at Stand 	<ul style="list-style-type: none"> • 1 x Seat Drop,
4		<ul style="list-style-type: none"> • Finish At Stand