



Community Games Activities Rulebook

GYMNASTICS

Boys & Girls

U/8, U/10, U/12, U/14, U/16 years

Team Event U/14 years (Over 8) Mixed Panel of 6 (3 boys & 3 girls).

Judging procedures:

The judging team will consist of a head judge and four judges. This group will be supervised by the gymnastics co-ordinator. On completion of a routine, each judge will display the allotted mark at the same time, whereupon the highest and lowest marks will be eliminated and the average of the remaining will constitute the score.

At the National Finals judges will not display the allotted marks. After scrutiny by the head judge the marks will be forwarded to the co-ordinator who will display the final mark. The head judge will ensure that the markings of the judges are co-ordinated to a reasonable degree. The co-ordinator will announce the scores and supervise the competition. In no instance will more than first, second, third and fourth prize be awarded for any single age group competition. In the case of a tie the head judge's marking will be utilised to determine the final placing. In the instance of a tie still prevailing, a further competition with the same routine will be used to determine placings.

Boys U/ 8 – FLOORWORK ONLY

Cartwheel left one quarter, left turn, forward roll, high jump with half turn to stand, feet together, arms upwards raised. Forward roll to back lying, arms above head, - raise to sitting position and stretch forward to touch toes, and immediately backward roll tucked to stand.

Boys U/ 10 – FLOORWORK ONLY

Cartwheel left half turn, forward roll, high jump with half turn to stand. backward roll straddled, backward roll tucked to stand. Forward roll to back lying, raise legs and trunk to inverted shoulder stand. Roll forward to stand. Short run, dive forward roll straddled jump to stand.

Boys U/12 – FLOORWORK ONLY

Step forward on right foot, skip, place left foot forward and cartwheel left, one quarter left turn dive forward roll, straddled jump to stand. Backward roll, straddled to low

straddled stand. Headstand (2 secs). Forward roll high jump with half turn to stand. Short run, round off high jump.

Boys U/14 – FLOORWORK

Step right, skip, place left foot forward and cartwheel left, one quarter left turn, dive forward roll to stand, kick to momentary handstand. Lower one leg to ground and half turn to stand, feet together. Cartwheel left. Step on left foot, one quarter right turn, join right foot to left, backward roll, straddled, backward roll tucked to stand. Short run, dive forward roll, straddled jump to stand.
Vault:Squat. Height: 110 cm.

Boys U/16 – FLOORWORK

Step right, skip, and place left foot forward and cartwheel left, one quarter left turn, dive forward roll to stand. Kick to momentary handstand. Lower one leg to ground and half turn to stand feet together. Cartwheel left, step on left foot, one quarter right turn, join right foot to left, backward roll straddled, backward roll tucked to squat position. High jump with half turn. Step forward into arabesque. Half turn to stand, feet together. Short run, dive forward roll straddled jump to stand.
Vault:Squat. Height: 110 cm.

Girls U/8 FLOORWORK ONLY

Four skipping steps forward, right, left, right, left, right, left. Lift right leg high and cartwheel right, one quarter right turn, join “left foot to right forward” roll to back lying. push to bridge, lower to back lying. Backward roll tucked to stand, arms opening forwards and side ways.

FINISH: - Step forward on right foot, on toes close left foot behind right. Step forward on right foot, place left foot forward on toes, with knee bent, raising left arm upwards, right arm down and forwards, with a flick of the wrists. Head turned to the right.

Girls U/10 – FLOORWORK ONLY

Feet together, arms sideways at shoulder level. Four skipping steps, forward, right, left, right, left. Lift right leg high and cartwheel right one quarter left turn. Join left foot to right, bend to crouch and backward roll straddled, backward roll tucked to back lying, push to bridge. Lower to back lying, raise legs to vertical, bend left knee and roll forward, kick to handstand. Forward roll to stand feet together, arms reaching forward and opening sideways.

FINISH: - Two steps forward, left then right, left leg stretched backwards, toes on ground, arms moving to right, arms low and forward in front of body and left arm backward, overhead, arms round head turned to right.

Girls U/12 – FLOORWORK ONLY

Stand with weight on left foot, right leg bent and behind left foot, arms raised to the left. Left arm sideways, right arm rounded in front of body. Two Pas de Basque steps starting on the right foot (right, left right, then left, right, left). Step forward on right

foot with one quarter turn to right, lift left leg sideways and cartwheel left. One quarter left turn, forward roll tucked to back lying. Push to bridge lower to back lying. Raise to sitting, reaching forward to grasp ankles and place head on knees then backward roll tucked to stand. Step forward and kick to handstand. Forward roll to stand.

FINISH: - Step sideways on right foot, placing left foot forward on toes, left arm upwards, right arm downwards and forward. Head turned to the right.

Note: - Pas de Basques steps: - Spring to side, onto right foot, weight on right foot, bring left foot behind right, bend, transfer weight to left foot, step side ways on right foot, weight on right foot. Repeat to left.

Girls U/14 – FLOORWORK

Feet together, arms side ways. Two jete steps, right, then left, step forward on right foot with one quarter turn to right, raise left leg side ways and cartwheel left, half left turn, dive forward roll to back lying push to bridge, lower to back lying. Raise legs to vertical roll forward bending right leg to stand on right foot and step forward on left to arabesque, arms forward and low. Lower right leg to stand, step backwards on left and sit into backward roll joining legs together then opening to straddle then backward roll tucked to stand, arms reaching forwards and opening sideways.

FINISH:- Two steps forward, left then right, left leg stretched backwards, toes on ground, arms moving to right arm low and forward in front of body and left arm backward, overhead, arms rounded. Head turned to right.

VAULT: Squat. Height: 100 cm.

Note: - Jete steps - spring forward on right foot, left leg raised behind, knees bent, arms forward and low, palms upward. Repeat on left foot.

Girls U/16 – FLOORWORK

Feet together, arms side ways. Two jete steps, right then left. Step forward on right foot, place hands on floor and swing left leg the right to momentary handstand. Lower left then right leg to stand. Step backwards on right foot arms forward and sit into backward roll, joining legs together then opening to straddle. Backward roll tucked to stand. Two Pas de Basque steps, left, then right. Step forward on left foot, skip. Place right foot forward and cartwheel right. One quarter right turn, dive forward roll straddle (hollowed) to stand. Step forward into arabesque balance, half turn to stand feet together.

FINISH: - Step forward on right foot, on toes, close left foot behind right. Step forward on right foot, place left foot forward on toes, with knee bent, raising left arm upwards and backwards, right arm down and forwards with a flick of the wrists. Head turned to the right.

VAULT: Squat. Height: 110 cm.

RULES

1. Routines as outlined must be followed in National Finals Competitions. This rule to be applied at discretion of organisers in Area and County competitions.
2. ALL ROUTINES MAY BE REVERSED AS A WHOLE BUT NOT IN PART.
3. COMPETITIONS WILL BE DECIDED ON SET WORK ONLY.
4. NO MUSIC.
5. NO TIME LIMIT.

6. TWO ATTEMPTS AT VAULT ALLOWED. HIGHEST SCORING VAULT TO COUNT.
7. DRESS:
 - Girls - shorts and shirt, or leotard.
 - Boys—shorts and singlet or T-shirt.
8. FOOTWEAR: - Optional.

SCORING

Boys U/8

Cartwheel one quarter left turn	.6 value of part judging
Bent legs	Up to .3
Deviation in direction	.2
Lack of extension	.2
Lack of extension in cartwheel	.2
Forward Roll Value of part	.4
Feet not together	.2
Lack of speed or direction	.2
Unsteady landing on feet	.2
High jump half turn to stand	Value .6
In jump:	
Feet not together	.2
Lack of extension	Up to .4
Feet not together on landing	.2
Lack of extension in landing to stand	Up to .3
Forward roll to back lying	.4
Legs not straight in roll	.2
Back off floor in lying	.2
Lack of extension	Up to .3
Arms above head raised to sitting	Value .6
Not holding position: -	
In sit up	Up to .3
Feet lifting off floor in sit up	.2
Stretch forward to touch toes	Value .4
Knees bent	.2
Lack of extension	Up to .3
Imitate backward roll tucked to stand	Value .4
Lack of speed in roll	.2
Knees touching floor	.2
Extra steps on standing	.1 each
Lack of extension	Up to .3

Girls U/8

Lift leg high and cartwheel	Value .6
Bent legs in left	.2
Lack of height in lift	.2
Lack of extension	.2
Cartwheel not in straight line	.2
Legs bent	.2
Lack of extension	Up to .3

Forward roll to back lying	Value .6
Feet apart	.2
Legs bent	.2
Back not on floor	.2
Roll too slow	.2
Lack of extension in lying	.2
Push to bridge	Value .6
Feet apart	.2
Arms not shoulder width	.2
Arms very wide	.3
Feet apart	.3
Knees bent	.3
Shoulders below vertical	.2 to .5
Shuffling feet to bridge	Up to .3
Shoulders at vertical	.1
Knees passing ahead of feet in lift	.2
Lower to back lying backward roll tucked	Value .6
Back not on floor	.2
Lack of extension in lying	.2
Feet apart	.2
Roll not tucked	Up to .4
Finish	.6
Step not on toes	.1 each time
Lack of extension	Up to .3
Lack of flow	Up to .3

Boys U/10

Cartwheel one-quarter turn left	Value .6
Forward roll	Value .4
High jump half turn to stand	Value .6
<i>Deductions as for Boys U/8</i>	
Backward roll straddled	Value .4
Legs bent	.2
Feet not together on landing	.2
Extra push on hands to complete move	.2
Backward roll	Value .4
Feet apart in roll	.2
Extra push on hands to complete roll	.2
Extra steps on standing	.1 each
Lack of extension	Up to .3
Forward roll to back lying	Value .4
<i>Deduction as for Boys U/8</i>	
Raise legs and trunk to inverted shoulder stand	Value .6
Legs bent	.2
Body not straight in shoulder stand	.2
Lack of extension	Up to .3
Roll forward to stand	Value .4
Pike or tuck too early in roll	.2
Extra push on hands to stand	.2
Dive forward roll	Value .4

Lack of height	Up to .3
Lack of length	Up to .3
Feet not together	.2
Landing heavily on back	.2
Straddle jump to stand Value	.4
Lack of height	Up to .3
Bent legs	Up to .3
Unsteady landing	Up to .3

Girls U/10

Skipping steps to high leg into cartwheel	Value .6
Lack of extension in skipping steps	Up to .3
<i>Deduct as for U/8 cartwheel</i>	
Bend to crouch and backward roll straddle	Value .4
Legs bent in roll	.2
Extra push on hands	.2
Legs not together on landing	.2
Backward roll tucked to back lying	Value .4
Feet apart in roll	.2
Extra push on hands	.2
Back not on floor in lying	Up to .3
Push to bridge	Value .6
Lower to back lying, raised legs to vertical roll to stand	Value .4
Back not on floor	.2
Lack of extension	Up to .3
Legs not vertical	.2
Lifting back off floor prior to roll	Value .6
Handstand:	
Legs bent in handstand	.2
Body not straight	Up to .4
Feet apart	Up to .3
Lack of extension	Up to .3
Forward roll:	
Piking or tucking too early	Up to .4
Arms bent	Up to .3
Extra push	.2
Falling onto back in roll	.3
Feet not together on landing	.2
Finish	.6
<i>Deduct as for U/8</i>	

Boys U/12

Introduction and left cartwheel one quarter turn	Value .6
Lack of extension in steps and skip	Up to .4
<i>Cartwheel deduction as for U/8 and U/10</i>	
Dive forward roll	.4
<i>Deduction as for U/10</i>	
Straddle jump to stand	
<i>Deduction as for U/10</i>	

Backward roll straddle on to low straddle stand	Value .6
Legs bent in roll	.2
Extra push in roll	.2
Unsteady in straddle stand	.2
Arms or legs bent in stand	Up to .3
Hand stand	Value .6
Legs bent	.2
Unsteady in hand stand	Up to .4
Lack of extension	Up to .3
Failure to hold for 2 seconds, loss of value or part	.6
Forward roll/high jump and half turn	Value .6
Lack of speed in roll	.2
Feet not together in roll	.2
Extra push on hands	.2
Body not straight in jump	.2
Feet not together in landing	.2
Unsteady landing	.2
Lack of extension in jump or landing	.2 each
Round off, high jump	Value .6
Bad direction in round off	Up to .4
Lack of extension in round off	Up to .3
Excessive pike down in round off	Up to .3
Pause before high jump	Up to .3
Lack of height in jump	Up to .3
Body not straight in jump	Up to .3
Lack of extension in jump or landing	.2 each
Unsteady landing	Up to .3
Feet apart on landing	Up to .3
Extra steps on landing	.1 each

Girls U/12

Lift leg sideways and cartwheel	Value .6
Forward roll to back lying	.4
Push to bridge	Value .6
<i>Deduct as for U/8</i>	
Lower to back lying raise to sitting	
reach forward to grasp ankles head on knees	Value .4
Back not on floor	.2
Lack of extension in lying	Up to .3
Feet lifting off floor in raise to sit	Up to .2
Lack of extension in sit up	Up to .3
Body not flat and low	Up to .4
Backward roll tucked to stand	Value .4
Not tucked	Up to .4
Feet apart	.2
Roll too slow	.2
Extra push with hands	.2
Lack of extension in stand	.2
Kick to handstand forward roll	Value .6

<i>Deduct as for U/10</i>	
Finish	.6
<i>Deduct as for U/8</i>	
Dance	1.0
Deduct: Not fluid	Up to .3
Lack of Extension	Up to .3
Lack of expression	Up to .3
Boys U/14	
Introduction and cartwheel	Value .6
Dive forward to stand	Value .4
<i>Deduction as for U/8 and U/10</i>	
Kick to momentary hand stand	Value .6
Legs bent	
Body not straight	Up to .4
Feet apart	Up to .3
Lack of extension	Up to .3
Lower one leg to ground and half turn to stand	Value .4
Second leg below 45 degrees in turn	.2
Second leg touching floor before completing move	.2
Legs bent	.2
Feet apart on standing	.2
Cartwheel	Value .6
Bent legs	.2
Deviation in Direction	.2
Lack of extension	Up to .3
Backward roll straddle	Value .4
Backward roll tucked	Value .4
<i>Deduction as for U/10</i>	
Dive forward roll	Value .4
Straddle jump to stand	Value .4
<i>Deduction as for U/10</i>	
Girls U/14	
Raise leg sideways and cartwheel	Value .6
<i>Deduct as for U/8</i>	
Dive forward roll	Value .6
Feet apart	.2
Lack of height	.2
Lack of length	.2
Landing heavily on back	Up to .3
Forward roll to back lying	Value .4
Feet apart	.2
Legs bent	.2
Back not on floor	.2
Lack of extension	.2
Push to bridge	Value .6
<i>Deduct as for U/8</i>	
Lower to back lying raise legs to vertical	
Roll forward to stand	Value .4

<i>Deduct as for U/10</i>	
Arabesque	Value .4
Legs bent	Up to .3
At least parallel with floor:-	
Body position too low	Up to .3
Unsteady in arabesque	.3
If hand touches floor to maintain arabesque	.5
Backward to straddle	Value .4
Legs bent in roll	.2
Extra push on hands	.2
Legs bent in finish	.2
Backward roll tucked	Value .4
<i>Deduct as for U/10</i>	
Finish	.6
<i>Deduct as for U/8</i>	
Dance	1.0
<i>Deduct as for U/10</i>	

Boys U/16

As for U/14 plus the following:-

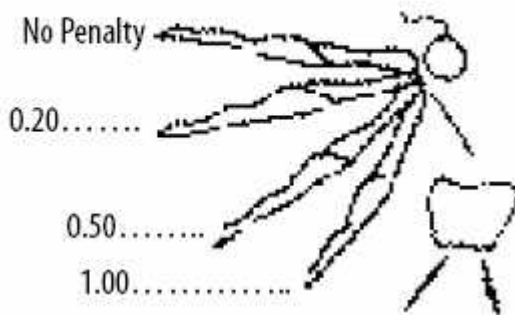
High jump half turn step into arabesque	Value.6
Lack of height in jump	.2
Body not straight	.2
Feet apart	.2
Lack of extension	Up to .3
Unsteady landing	.2
Legs bent in arabesque	Up to .3
Body position too high	Up to .3
Unsteady in arabesque	Up to .3
Dive forward roll	Value .4
Straddle jump to stand	Value .4
<i>Deductions as for U/10</i>	

Girls U/16

Handstand	.6
Not reaching handstand	Up to .4
Legs bent	.2
Body not straight	Up to .4
Feet apart	.2
Lack of extension	Up to .3
Backward roll to straddle	Value .4
<i>Deduct as for U/14</i>	
Backward roll tucked	Value .4
<i>Deduct as for U/10</i>	
Cartwheel	.6
<i>Deduct as for U/8</i>	
Dive forward roll	
<i>Deduct as for U/14</i>	
Straddle jump	Value .4
Lack of height	Up to .3

Feet apart on landing	Up to .2
Arabesque half to stand	Up to .2
<i>Deduct arabesque as for U/14</i>	
Half turn not on toes	Up to .2
Front leg touches floor too soon	.2
Finish	.6
<i>Deduct as for U/8</i>	
Dance	1.0
<i>Deduct as for U/12</i>	
Vault:- See Phase, Faults & Penalty Sheet.	

PHASE - First Flight



FAULTS

Feet above level of horse, body extended	No Penalty
Feet level with horse, body extended	0.20
Feet below horse, body extended	0.50
Feet distinctly below horse, body extended	1.00
Lack of body stretch in first flight	Up to 1.50
Lack of first flight	Up to 0.50
Legs apart	Up to 0.50

PENALTY

SUPPORT

Arms slightly/distinctly/completely bent	0.1/0.3/0.5
Insufficient thrust	Up to 0.30
Thrust too late	Up to 0.30
Feet touching horse (slightly)	Up to 0.30
Feet stopping on horse	vault invalid
Taking both legs around to one side	1.00
Alternate placing of hands	0.30

SECOND FLIGHT

Lack of height	Up to 0.50
Lack of width	Up to 0.50
Lack of body stretch before landing	Up to 0.30
Legs apart	Up to 0.30

ENDING

Deviation from a straight direction	Up to 0.30
Additional steps (as per F.I.G. Code of Points)	0.10 for Each step

GENERAL

Failure of 2nd Flight to be higher and wider than 1st Flight	Up to 0.5
--	-----------

GENERAL DIRECTIONS

All falls will be deducted	.5 each
Stops out of character	.1 each
Missing element deduct value	
Continuing to warm up after warm up period	.1 each
Leaving competition area without permission	.5 each

COACHES

Helping gymnast during exercise or dismount	.5 each
Giving signals to gymnast	.2 each
Touching apparatus during exercise	.2 each
Blocking view of judges	.2 each

TEAM EVENT (Pairs)

Routine:

No competitor may compete in 2 routines.

1. a) 2 girls perform routine
b) 2 boys perform routine
c) Mixed – 1 boy / 1 girl perform routine.
Score – Top 2 routines from (a), (b) or (c) to count.
2. One balance must be taken from each row.
i.e. One from row (A) - row (B) etc.
3. Each column is graded by a number, i.e. column (1) 1 point, (2) 2 points, (3) 3 points etc.
4. A routine must be accompanied by music which must be instrumental. (non-vocal)
- 5 A routine may not be longer than 2 minutes duration.