

## **Gymnastics Ireland - Community Games**

### **Updated Routines - Boys**

**GENERAL**

- All routines have a 'Start Value' noted below the title of each exercise
- This is the 'Start Value' given if all the elements/requirements are performed as per judges deductions booklet.
- All routines on each apparatus will be judged from the stated 'Start Value'.
- Missing requirements will be subtracted from the 'Start Value'.
- Then the execution deductions will be subtracted from the actual 'Start Value'.
- Therefore, the values of the Elements will not be counted.
- All routines are set routines. If the gymnast deviates from routine as listed then 0.3 for deviation from the text can be deducted from the final score.
- The General table of Faults are to be applied along with the deductions from the FIG code of points which can be found at <http://www.fig-gymnastics.com/vsite/vnavsite/page/directory/0,10853,5187-188050-205272-nav-list,00.html>.

**Under 9 - FLOOR**

**Floor Start Value 10.00**

**Routine**

1. From standing raise one leg forwards and cartwheel  $\frac{1}{4}$  turn outwards legs apart into immediate
2. Forward roll (joining feet in roll)
3. Then Forward roll to long lie with arms above head (2 secs)
4. Place arms at side, and roll backwards up to shoulder stand (2secs)
5. Roll forwards to pike sit arms above head
6. Pike fold (2 secs)
7. Lift to back support (2 secs)
8. Turn over to front support, squat one leg in and raise to arabesque (2 secs) stand.
9. Jump  $\frac{1}{2}$  turn and immediate rebound into tuck jump to stand
10. Two to three running steps and dive forward roll to stand

**Under 11 - FLOOR**

**Floor Start Value 10.00**

**Routine**

1. Jump, skip (hurdle step), cartwheel, cartwheel, ¼ turn inwards into
2. Backward roll with straight arms to stand. (*May be performed as backward roll to handstand with straight arms without deduction/bonus*)
3. Forward roll to pike sit arms above head
4. Pike Fold (2 secs)
5. Pike Lever (2 secs)
6. Lower to pike sit and lift to back support (2secs)
7. Turn over to front support, squat one leg in and raise to arabesque (2 secs) stand.
8. Two to three running steps dive forward roll to stand

**Under 11 - VAULT**

**Vault Start Value 12.00**

**10 metre run into handspring prep to back lie on to mats set 80cm.**

**Equipment Required:** Springboard, safety/landing mats measured at 80 cm.

**Under 13 – FLOOR**

**Floor Start Value 10.00**

**Routine**

1. From standing, jump, skip, (hurdle) round off, rebound backwards into dished jump into backward roll with straight arms and straight legs to front support.
2. Turn to back support, lower to pike sit
3. Pike Lever (2 secs)
4. Touch toes and immediate backward roll to stand
5. Jump full turn
6. Step forwards and hold arabesque (2 secs) stand.
7. Two to three running steps handspring immediate rebound stretch jump to land.

**Under 13 – VAULT**

**Vault Start Value 12.00**

**10 metre run into handspring prep to back lie on to mats set 100 cm high.**

**Equipment Required:** Springboard, safety/landing mats measured at 100 cm.

## **Under 15 – FLOOR**

**Floor Start Value 13.00**

### **Element**

1. From standing take two to three running steps skip handspring into immediate dive roll to stand
2. Forward roll into tuck lift to handstand forward roll
3. Fall to prone position, stretch to long lie
4. Lift to arch hold position, arms stretched by ears (2secs)
5. Roll over to long dish position (2 secs)
6. Sit up to pike sit. Lift to pike lever (2 secs)
7. Lift feet up to half Russian lever and push out to back support
8. Lift one leg up in the air and turn to front support bringing the same leg underneath. Lift to a lunge position and lift to arabesque (2 secs)
9. Fouette making a half turn to stand (swing the back-leg forwards from the arabesque, whip through the hips making a half turn)
10. Place arms horizontal sideways, take two steps forward and scissors kick to stand
11. Two to three running steps into skip round off, stretch jump into backward roll through handstand to stand.

## **Under 15 – VAULT**

**Vault Start Value 12.00**

**10 metre run into handspring prep to back lie on to mats set 120 cm high.**

**Equipment Required:** Springboard, safety/landing mats measured at 120 cm.