

# **Gymnastics Ireland**

Updated Community Games Routines

Girls

Deduction booklet

*Sport Starts Here.*

**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.
- 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.
- If a gymnast fails to complete or fails to attempted an element/requirement they will be deducted as follows

<b>Elements/Requirements <u>attempted but not achieved</u></b>	<b>Elements/Requirements <u>not attempted</u></b>
Deduct 0.50 for gymnastics elements (g) or connections (c)	Deduct 0.5 for connections/steps that are not elements (c)
Deduct 1.00 for acrobatic elements (a) + fall deductions if applicable	Deduct 1.50 for gymnastic elements (g) or connections Deduct 2.50 for an acrobatic element (a)

- 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 13.00**

<u>Elements</u>	<u>Judging Deductions</u>	
<b>Start standing with both arms down</b>		
<b>Bring both arms up to vertical by your ears (c)</b>	Failure to do so	0.5
<b>Forward roll to straddle sit (a)</b>	Body alignment in roll (lack of extension)	0.1/0.3
	Roll not fluent	0.1
	Body alignment in straddle sit	0.1/0.3
<b>180° turnaround across your shoulders (a)</b>	Body alignment	0.1/0.3
	Roll not fluent	0.1
<b>Join legs together and show pike fold (hold 2 secs) (c)</b>	Pike fold not achieved	0.1/0.3/0.5
	Bent knees	0.1/0.3/0.5
	Not held for 2 sec	0.5
<b>Lie down, with a dish shape, roll over to front lie (c)</b>	Body alignment	0.1/0.3
	Roll not fluent	0.1
<b>Push to front support (c)</b>	Body alignment	0.1/0.3
<b>Squat feet between hands and stand up (c)</b>	Legs apart	0.1
	Poor coordination	0.1/0.3
<b>Jump ½ turn (g)</b>	Feet apart	0.1/0.3
	Lack of height	0.1/0.3
	Bent knees	0.1/0.3
	Body alignment	0.1/0.3

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	Legs apart on landing	0.1
	Steps on landing (each)	0.1/0.3
	Turn not complete	0.5
<b>Cartwheel (front to back) (a)</b>	Body alignment	0.1/0.3
	Bent knees	0.1/0.3/0.5
	Not performed in a straight line	0.1
	Finishing sideways	0.5
	Steps on landing (each)	0.1/0.3
<b>Forward roll to immediate (a), stretched high Jump (g)</b>	Body alignment in elements	0.1/0.3
	Placing hands on floor to stand up	0.3- brush/ 1.0 – support
	Jump not immediate	0.3
	Lack of height in jump	0.1/0.3
	Bent knees	0.1/0.3
	Feet apart on landing	0.1
	Steps on landing (each)	0.1/0.3

**Under 11 - FLOOR**

**Floor Start Value 13.00**

**Elements**

**Judging Deductions**

**Start standing with both arms down**

<b>Bring both arms up to vertical by your ears (c)</b>	Failure to do so	0.5
<b>Step cartwheel (front to back) (a)</b>	Body alignment	0.1/0.3
	Bent knees	0.1/0.3/0.5
	Not performed in a straight line	0.1
	Finishing sideways	0.5
	Steps on landing (each)	0.1/0.3
<b>Join feet and jump ½ turn (g)</b>	Feet apart on take-off	0.1
	Lack of height	0.1/0.3
	Bent knees	0.1/0.3
	Body alignment	0.1/0.3
	Legs apart on landing	0.1
	Steps on landing (each)	0.1/0.3
	Turn not complete	0.5
<b>Forward roll to straddle sit (a)</b>	Body alignment in roll (lack of extension)	0.1/0.3
	Roll not fluent	0.1
	Body alignment in straddle sit	0.1/0.3
<b>Fold forward, chest on the floor (hold 2 secs) (c)</b>	Straddle fold not achieved	0.1/0.3/0.5
	Bent knees	0.1/0.3/0.5
	Not held for 2 sec	0.5
<b>Sit up, join legs</b>	Bent knees	0.1/0.3/0.5

<b>Roll back to shoulder stand (c)</b> <b>(hold for 2 sec)</b>	Body alignment	0.1/0.3
	Not held for 2 seconds	0.5
<b>Roll to stand (feet together)</b>	Body alignment	0.1/0.3
	Feet not together	0.1
	Placing hands on floor to stand up	0.3- brush/ 1.0 – support
<b>Immediate tuck jump (g)</b>	Tuck jump not immediate	0.3
	Lack of height in jump	0.1/0.3
	Knees at horizontal	0.1
	Knees below horizontal	0.3
	Steps on landing (each)	0.1/0.3
<b>Step to handstand (a)</b>	Body alignment	0.1/0.3
	Bent knees	0.1/0.3/0.5
	Failure to reach vertical (10-30° off)	0.1/0.3
	Failure to reach within 30° of vertical	1.0
<b>Backward roll to straddle stand (a)</b>	Body alignment	0.1/0.3
	Lack of push from floor	0.1/0.3
	Rolling over one shoulder	0.5
<b>Replace hands on the floor and jump to join feet together to stand up (legs straight) (c)</b>	Lack of control	0.1/0.3
	Knees bent	0.1/0.3/0.5

## 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.

<u>Elements</u>	<u>Judging Deductions</u>	
<b>First flight phase</b>	Hip angle	0.1/0.3/0.5
	Arch	0.1/0.3
	Legs separated	0.1/0.3
	Knees bent	0.1/0.3/0.5
<b>Repulsion phase</b>	Staggered/alternate hand placement	0.1
	Bent arms	0.1/0.3/0.5
	Angles in shoulders closed	0.1/0.3
<b>Second flight phase</b>	Body alignment (not straight)	0.1/0.3
	Lack of height	0.1/0.3/0.5
	Lack of length	0.1/0.3
	Bent knees	0.1/0.3/0.5
	Leg or knee separations	0.1/0.3
<b>Landing</b>	Body alignment on landing	0.1/0.3
	Deviation from a straight direction	0.1
	Spotting during vault	Void

**Under 13 – FLOOR**

**Floor Start Value 13.00**

<u>Elements</u>	<u>Judging Deductions</u>	
<b>Start standing with both arms down</b>		
<b>Bring both arms up to vertical by the ears (c)</b>	Failure to do so	0.5
<b>Step into handstand forward Roll to stand (a)</b>	Body alignment	0.1/0.3
	Bent knees	0.1/0.3/0.5
	Failure to pass through vertical	0.1/0.3/1.0
	Placing hands on floor to stand up	0.3- brush/ 1.0 – support
<b>Step and show an arabesque (2 sec) (g)</b>	Insufficient leg range	0.1/0.3
	Body alignment (chest not at vertical)	0.1/0.3
	Bent knees	0.1/0.3/0.5
<b>From arabesque, (while still holding the leg up)</b>	Body alignment (Dropping leg to roll)	0.1/0.3
<b>Forward Roll to Straddle Sit (a)</b>	Body alignment in roll	0.1/0.3
	(lack of extension)	
<b>Fold Forwards, Chest on the floor (c) (hold 2 sec)</b>	Straddle fold not achieved	0.1/0.3/0.5
	Bent knees	0.1/0.3/0.5
	Not held for 2 sec	0.5
<b>Backward roll to straddle stand (a)</b>	Body alignment	0.1/0.3
	Lack of push from floor	0.1/0.3
	Rolling over one shoulder	0.5
	Bent knees	0.1/0.3/0.5
<b>Turn to Right or Left splits (g)</b>	Splits not achieved	0.1/0.3/0.5

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	Body alignment	0.1/0.3
	Placing hand on floor	0.3 – brush/ 1.0 support
<b>Turn back to straddle sit and join legs (c)</b>	Body alignment	0.1/0.3
<b>Backward roll to stand, feet together (a)</b>	Body alignment	0.1/0.3
	Lack of push from floor	0.1/0.3
	Rolling over one shoulder	0.5
	Feet apart	0.1
<b>Cartwheel, skip Cartwheel (a)</b>	Body alignment	0.1/0.3
<b>(Start forwards, do them continuously and sideways but finish facing in the direction they came from)</b>	Bent knees	0.1/0.3/0.5
	Not performed in a straight line	0.1
	Not finishing the prescribed direction	0.5
	Steps on landing (each)	0.1/0.3
<b>Join feet and Jump 1/1 turn (g)</b>	Feet not apart	0.1
	Body alignment	0.1/0.3
	Lack of height	0.1/0.3
	Bent knees	0.1/0.3/0.5
	Feet apart on landing	0.1
	Steps on landing (each)	0.1/0.3
	Turn not complete	0.5

**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.

<u>Elements</u>	<u>Judging Deductions</u>	
<b>First flight phase</b>	Hip angle	0.1/0.3/0.5
	Arch	0.1/0.3
	Legs separated	0.1/0.3
	Knees bent	0.1/0.3/0.5
<b>Repulsion phase</b>	Staggered/alternate hand placement	0.1
	Bent arms	0.1/0.3/0.5
	Angles in shoulders closed	0.1/0.3
<b>Second flight phase</b>	Body alignment (not straight)	0.1/0.3
	Lack of height	0.1/0.3/0.5
	Lack of length	0.1/0.3
	Bent knees	0.1/0.3/0.5
	Leg or knee separations	0.1/0.3
<b>Landing</b>	Body alignment on landing	0.1/0.3
	Deviation from a straight direction	0.1
	Spotting during vault	Void

**Under 15 – FLOOR**

**Floor Start Value 13.00**

<u>Elements</u>	<u>Judging Deductions</u>	
<b>Start standing with both arms down</b>		
<b>Bring both arms up to vertical by the ears (c)</b>	Failure to do so	0.5
<b>Step into handstand forward Roll to stand (a)</b>	Body alignment	0.1/0.3
	Bent knees	0.1/0.3/0.5
	Failure to pass through vertical	0.1/0.3/1.0
	Placing hands on floor to stand up	0.3- brush/ 1.0 – support
<b>Forward Roll to Straddle Sit (a)</b>	Body alignment in roll (lack of extension)	0.1/0.3
<b>Fold Forwards, Chest on the floor (c) (hold 2 sec)</b>	Straddle fold not achieved	0.1/0.3/0.5
	Bent knees	0.1/0.3/0.5
	Not held for 2 sec	0.5
<b>Backward roll to straddle stand (a)</b>	Body alignment	0.1/0.3
	Lack of push from floor	0.1/0.3
	Rolling over one shoulder	0.5
	Bent knees	0.1/0.3/0.5
<b>Turn to Right or Left splits (g)</b>	Splits not achieved	0.1/0.3/0.5
	Body alignment	0.1/0.3
	Placing hand on floor	0.3 – brush/ 1.0 -support
<b>Turn back to straddle sit and join legs (c)</b>	Body alignment	0.1/0.3

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<b>Backward roll to stand, feet together (a)</b>	Body alignment	0.1/0.3
	Lack of push from floor	0.1/0.3
	Rolling over one shoulder	0.5
	Feet apart	0.1
<b>Cartwheel, skip Cartwheel (a) (Start forwards, do them continuously and sideways but finish facing in the direction they came from)</b>	Body alignment	0.1/0.3
	Bent knees	0.1/0.3/0.5
	Not performed in a straight line	0.1
	Not finishing the prescribed direction	0.5
	Steps on landing (each)	0.1/0.3
<b>Backward roll to handstand (a) (with straight arms)</b>	Body alignment	0.1/0.3
	Bent arms	0.1/0.3/0.5
	Not passing through vertical	0.1/0.3/1.0
	Legs apart	0.1/0.3
	Bent knees	0.1/0.3/0.5
<b>Join your feet and Jump 1/1 turn (g)</b>	Feet apart	0.1/0.3
	Body alignment	0.1/0.3
	Lack of height	0.1/0.3
	Bent knees	0.1/0.3/0.5
	Feet apart on landing	0.1
	Turn not complete	0.5

**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.

<u>Element</u>	<u>Judging Deductions</u>	
<b>First flight phase</b>	Hip angle	0.1/0.3/0.5
	Arch	0.1/0.3
	Legs separated	0.1/0.3
	Knees bent	0.1/0.3/0.5
<b>Repulsion phase</b>	Staggered/alternate hand placement	0.1
	Bent arms	0.1/0.3/0.5
	Angles in shoulders closed	0.1/0.3
<b>Second flight phase</b>	Body alignment (not straight)	0.1/0.3
	Lack of height	0.1/0.3/0.5
	Lack of length	0.1/0.3
	Bent knees	0.1/0.3/0.5
	Leg or knee separations	0.1/0.3
<b>Landing</b>	Body alignment on landing	0.1/0.3
	Deviation from a straight direction	0.1
	Spotting during vault	Void