

Gymnastics Ireland/Community Games

Updated Routines - Girls

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

Elements/Requirements <u>attempted but not achieved</u>	Elements/Requirements <u>not attempted</u>
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

Routine

1. Start standing with both arms down
2. Bring both arms up to vertical by your ears
3. Forward roll to straddle sit
4. 180° turnaround across your shoulders
5. Join legs together and show pike fold (hold 2 secs)
6. Lie down, with a dish shape, roll over to front lie
7. Push to front support
8. Squat jump feet between hands and stand up
9. Jump ½ turn
10. Cartwheel (front to back)
11. Forward roll to immediate stretched high jump

Under 11 - FLOOR

Floor Start Value 13.00

Routine

1. Start standing with both arms down
2. Bring both arms up to vertical by your ears
3. Step cartwheel (front to back)
4. Join feet and jump $\frac{1}{2}$ turn (g)
5. Forward roll to straddle sit (a)
6. Fold forward, chest on the floor (hold 2 secs)
7. Sit up, join legs
8. Roll back to shoulder stand (hold for 2 sec)
9. Roll to stand (feet together)
10. Immediate tuck jump
11. Step to handstand (momentary hold)
12. Backward roll to straddle stand
13. Replace hands on the floor and jump to join feet together to stand up (legs straight)

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 13.00

Routine

1. Start standing with both arms down, and bring both arms up to vertical by the ears
2. Step into handstand forward Roll to stand
3. Step and show an arabesque (2 sec)
4. From arabesque, (while still holding the leg up), Forward Roll to Straddle Sit
5. Fold Forwards, Chest on the floor (hold 2 sec)
6. Backward roll to straddle stand
7. Turn to Right or Left splits
8. Turn back to straddle sit and join legs
9. Backward roll to stand, feet together
10. Cartwheel, skip Cartwheel (Start forwards, do them continuously and sideways but finish facing in the direction they came from)
11. Join feet and Jump 1/1 turn

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. Start standing with both arms down
2. Bring both arms up to vertical by the ears
3. Step into handstand forward Roll to stand
4. Forward Roll to Straddle Sit
5. Fold Forwards, Chest on the floor (hold 2 sec)
6. Backward roll to straddle stand
7. Turn to Right or Left splits
8. Turn back to straddle sit and join legs
9. Backward roll to stand, feet together
10. Cartwheel, skip Cartwheel (Start forwards, do them continuously and sideways but finish facing in the direction they came from)
11. Backward roll to handstand (with straight arms)
12. Join your feet and Jump 1/1 turn

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.