

Cheam Gymnastics Club
Recreational Floor & Vault Competition
Sunday 7th March 2010
COMPETITION FORMAT SHEET

Class 6 Tariffs

<u>Floor:</u>	10 moves @ 0.5	= 5.00
	Execution	= 4.00
	Bonus:	
	Amplitude & overall impression	= 0.50
	Tempo/Rhythm	= 0.50

Vault: Each gymnast is allowed two vaults. Highest score counts,

Vault/Box height: Under 11 = 100cms Over 11 = 110cms. Under 7 = 80cms*

*At the discretion of the competition organiser, depending on entry level

Permitted vaults:

Handspring	10.00	
Squat/Straddle over:	9.50	
*Squat/Straddle on, straight/star jump off:	8.00	*(“Spotting will incur a 2.00 deduction)

Class 4 & Class 5 Tariffs:

Floor:

10 valid moves @ 0.5 each:	5.00
Execution:	10.00
Bonus (EGRs)	2.50

Class 4 Valid Moves:

#Leap or jump	1stForward roll; 1stbackward roll; 1stbackward roll to front support; 2nddive roll; #1/1 turn jump;
*Strength/Flexibility	#tuck jump ½ turn; 180° circle roll; 1stcartwheel; 1stcartwheel 1 hand; 1st2 joined cartwheels;
1stAcro	1stforward walkover; 1stbackward walkover; *rear support turn to front support; *swedish fall
2ndFlighted Acro	with one leg raised; 1stvaldez; 3rdhandstand; *handstand ½ turn; *handstand 1/1 turn; 2ndround
3rdBalance	off; 2ndflic; 1stbackward roll to handstand; 3rdarabesque; 3rdfrog/elbow balance; **“V” sit; *splits; full
	spin; 3rdheadstand (from crouch to crouch); bridge*; japana*; press up*; #large leap; #split
	leap change; #scissor kick 1sthandstand forward roll; 1stbackward roll/forward roll to straddle
	stand; half lever*; 2ndhandspring; #cat leap full turn; 1½ spin; #straddle jump; 2ndfree cartwheel;
	two flics; A round off flic is counted as two moves for this competition.

Class 5 Valid moves:

#Leap or jump	1stForward roll; 1stbackward roll; 1stbackward roll to front support; 2nddive roll; #1/1 turn jump;
*Strength/Flexibility	#tuck jump ½ turn ; 180° circle roll; 1stcartwheel; 1stcartwheel 1 hand; 1st2 joined
1stAcro	cartwheels; 1stforward walkover; 1stbackward walkover; *rear support turn to front support ;
2ndFlighted Acro	*drop to front support; 1stvaldez; 3rdhandstand; *handstand ½ turn; *handstand 1/1 turn; 2ndround
3rdBalance	off; 2ndflic; 1stbackward roll to handstand; 3rdarabesque; 3rdfrog/elbow balance; **“V” sit; *splits; full
	spin; 3rdheadstand (from crouch to crouch); bridge*; japana*; press up*; #large leap; #scissor
	kick; 1sthandstand forward roll; 1stbackward roll/forward roll to straddle stand; half lever*; 2nd
	2ndhandspring; #cat leap full turn; #catleap ½ turn; 1½ spin; #straddle jump. A round off flic is
	counted as two moves for this competition.

EGRs:

2 #leaps (joined) or; 2 #jumps (joined) or; 1 #leap plus 1 #jump (joined)	= 0.5
1 1stacro move plus 1 #jump or #leap (joined)	= 0.5
*Strength or flexibility move or element	= 0.5
2ndFlighted acro move	= 0.5
3rdBalance	= 0.5

Execution:

All moves will be counted once only. Duplicate moves will be judged as links, and still attract execution marks. Deductions will be 0.1, 0.3, or 0.5 depending on severity. Lack of links, poor use of floor, and excessive use of jumps, turns and leaps will also incur “artistry” execution marks of 0.1, 0.3 or 0.5. Lack of dynamics will incur up to 1.00. All falls will be deducted 0.8.

Vault:

Vault height: Under 11: 110cms. Over 11: 120cms.

Permitted vaults:

Handspring ½ on ½ off	13.20 - Level 4 only
Handspring on ½ off	12.60
Handspring:	12.40
Layout Squat/straddle over:	11.50
Squat/Straddle over:	11.00 (NO spotted vaults allowed)

Execution:

Judges will be looking for good technique, form, action on and off vault and the landing. Any steps on landing; balance correction movements or deviation, will each incur 0.1, 0.3, or 0.5 depending on severity. All falls will be deducted 0.8.