



**INCLUSIVE GYMNASTICS FOR
PEOPLE WITH DISABILITIES**

GymABLE Introductory Levels A, B, C Boys & Girls 2024

NEW: GymABLE introductory levels ABC

These floor and vault routines are designed for gymnasts currently enrolled in GymABLE programs, who are starting out on the competition pathway. They are recommended for gymnasts who are still working towards the existing Floor and Vault routines within the current GymSTART Competition framework.

Gymnasts who have previously competed in Level 1 or higher can enter Level A, B, or C for this event if they were previously adapting the routines to remove skills or make modifications to the existing Floor and Vault set up.

NOTE: Gymnasts who are able, can enter higher levels either through the existing GymSTART Floor and Vault Boys and Girls Levels or by requesting a disability specific adaptation.

GymABLE Age Category

- Under 8
- Under 12
- Under 16
- Over 16
- Over 21
- Over 30

*Age groups may be combined if there are either less than 3 gymnasts or to reduce the variance between the highest and lowest scores in a division.

This means that there are now 3 pathways for GymABLE gymnasts:

- Introductory routines Levels A, B, C. Open to both Boys and Girls.
- GymSTART Floor and Vault, Boys Levels 1-4, and Girls Levels 1-10 with no adaption
- GymSTART Floor and Vault, Boys Levels 1-4, and Girls Levels 1-10 with adaptations. **All adaptations of the routines must be submitted via video for approval prior to competition.**

LEVEL A FLOOR - SAMPLE/GYMABLE		
Floor Routine	Technical Description	Judging deductions
1. Salute to judges to start.	<ul style="list-style-type: none"> Optional Style Can be signalled by the coach (no deduction) 	No salute - 0.10
2. 4 x Locomotive Movements	<ul style="list-style-type: none"> Type of Movement based on Ability of Gymnast for example: <ul style="list-style-type: none"> Crawling Walking/ running. Soft Steps Skipping Arm position optional 	Lack of Balance/Control - 0.10/0.30 Lack of Fluidity/Rhythm - 0.10/0.30
3. Stretch & Hold (1 Second) then Lay Flat & Hold (1 Second)	<ul style="list-style-type: none"> Show Stretch with a 3 second pause (show stability) Can be standing or seated based on Locomotive Movement Must show strong straight shape when lying flat 	Lack of Stretch - 0.10/0.30 Lack of Balance - 0.10/0.30 Not held - 0.10
4. Pencil (Log) Roll 360°	<ul style="list-style-type: none"> Show straight shape throughout the roll. Show smooth consistency in roll with good tension and coordination 	Body Alignment - 0.10/0.30 Lack of amplitude - 0.1/0.3 Direction - 0.10
5. Lift Legs to Show L then Straddle then return to L	<ul style="list-style-type: none"> Legs must lift together to 90° - Legs must be straight at 90° Full stretch of legs, with toes pointed to Straddle. Arm action optional. Back Remains Flat on Floor 	Lack of Stretch - 0.10/0.30 Lack of amplitude - 0.1/0.3
6. Tuck Knees and Roll to Tuck Sit	<ul style="list-style-type: none"> Immediate Rock Back requires Hip Lift (Legs Position is optional in Roll Back (Tuck or Pike)) Legs are to be tucked in final position. Arm position optional & Hand Support is Allowed 	Lack of control on roll - 0.10/0.30 Final position not shown - 0.10/0.30/0.50age

7. Show Straddle Sit & Stretch (1 seconds)	<ul style="list-style-type: none"> Stretch legs into straddle sit – hold final straddle position. Arms position optional 	Not held – 0.10 Legs bent in straddle sit – 0.10/0.30/0.50 Toes not pointed – 0.10
8. Join Legs to Pike Sit then Fold to touch knees (1 second)	<ul style="list-style-type: none"> Reach and touch knees with straight arms and legs. Full fold not required – just to touch Knees 	Legs bent – 0.10/0.30/0.50 Final position not shown – 0.1/0.30/0.50 Not held – 0.10 Toes not pointed – 0.10
9. Ending Pose	<ul style="list-style-type: none"> Optional Shape 	Not Performed – 0.10
10. Salute to judges to finish	<ul style="list-style-type: none"> Can remain seated. Arms position optional 	No salute – 0.10

LEVEL A VAULT - SAMPLE/GYMABLE		
Vault Vault Value 10.00.	Equipment set up. NO run up Springboard Stack of mats – same height as springboard (Approx 20cm)	Judging deductions Any coach assistance – 2.00 deduction.
Stand on Springboard to Salute “Jump” or Alternative Locomotive Movement to transition from Springboard to Mat Show “Stick It” Landing Shape Salute	Technical requirements Any movement to get onto springboard is OK (i.e. Walk or Run) Should show good amplitude in transition from Springboard to Mat – ideally 1 x Straight Jump but can also Hop or take a ‘Big Step’. The walk to the end of the mat will not be judged. Must show momentary/static landing after ‘jump’	Failure to use/stop on springboard – 1.00 Amplitude – 0.10/0.30/0.50 Distance – 0.10/ 0.30 Direction – 0.10 Steps on landing– 0.10/0.30 Failure to Hold Landing Shape - 0.10 Fall – 1.00

LEVEL B FLOOR - SAMPLE/GYMABLE		
Floor Routine	Technical Description	Judging deductions
2 bonuses available – worth 0.30 each		
1. Salute to Judges to Start	<ul style="list-style-type: none"> Optional Style Can be signalled by the coach (no deduction) 	No salute – 0.10
2. Straight jump	<ul style="list-style-type: none"> Show high straight jump with a momentary pause on landing (show stability) 	Lack of Height - 0.10/0.30 Steps on landing - 0/10/0/30 Lack of balance on landing - 0.10/0.30/0.50
3. <i>Locomotive Sequence: ¼ Turn to Slow Side Chassé (side gallop skips) x 3 in Both Directions</i> <i>.3 Bonus for Full Chassé</i>	<ul style="list-style-type: none"> Legs must come together in Chassé. Can be broken down into Side Steps Full stretch of arms & legs, with toes pointed. Arm action optional – but must be controlled. Finish in Straddle Stand then Bring Legs Together 	Lack of height – 0.10/0.30 Lack of amplitude – 0.1/0.3 Direction - 0.10 Lack of control on roll from Straddle Stand to Stand - 0.10/0.30
4. Jump ½ Turn	<ul style="list-style-type: none"> Start facing sideways from the end of Chassé and Jump ½ Turn (Direction optional) to remain sideways on strip. Should show Arm Swing and precision in turn. Momentary Pause in Landing Shape 	Lack of Height - 0.10/0.30 Steps on landing - 0/10/0/30 Lack of balance on landing - 0.10/0.30/0.50 Failure to achieve ½ Turn - 0.30
5. Squat Down, Jump to Front Support, Controlled Lower to Lay Flat on tummy and 360 Pencil (Log) Roll	<ul style="list-style-type: none"> Lower to Squat Shape with hands flat, can be on toes. Can modify the Jump to a step into Front Support but should maintain strong core shape. Should show control when lowering and arms by ears in straight shape on stomach. 	Lack of Fluency- 0.10 Body Alignment - 0.10/0.30 Direction - 0.10 Lack of amplitude – 0.10/0.30

	<ul style="list-style-type: none"> Arms by ears and legs together in 360 rotations Hips and shoulders rotate together. 	
6. Push Up to Kneeling Balance (2 Knees) - Optional Arm Pose into Back Body Wave and Stand to feet in parallel	<ul style="list-style-type: none"> Pause on Knees in Stretched Balance Lean Back with Hips pressing forward into Backwards Arch On contraction Forward Step up to Stand Hand Support is OK and can stand on leg first. Sequence should show control and balance throughout 	Lack of Fluency- 0.10 Lack of amplitude - 0.10 /0.30 Additional Steps to Stand - 0.10 each. Lack of Balance - 0.10 / 0.30
7. <u>Step Lunge to T Balance Kick</u>	<ul style="list-style-type: none"> From Standing Lift Arms to Ears and Show Straight Shape Step Forward into Lunge Shape and Kick Back Leg transferring weight onto Front Leg Momentary T Balance (1second) Return to Lunge Finish 	Lack of Fluency- 0.10 Lack of amplitude - 0.1/0.3 Body Alignment - 0.10/0.30 Not held - 0.10 Lack of balance on landing - 0.10/0.30/0.50
8. <i>Locomotive Sequence: 3 x Slow FWD Chassé (R) then ½ Pivot Turn and 3 x Slow FWD Chassé (L)</i> <i>.3 Bonus for Full Chassé</i>	<ul style="list-style-type: none"> Order of L/R can be reversed. Try to Show Weight Transfer in Each Step Can Perform Full Chassé or Gallop step for Bonus. Lift and Hold Relevé in Pivot Turn 	Lack of height - 0.10/0.30 Lack of amplitude - 0.1/0.3 Direction - 0.10 Lack of Relevé in Pivot Turn - 0.10
9. 360 Relevé Turn	<ul style="list-style-type: none"> Arm Position Optional - but must be controlled/held. Lift to Relevé Can connect to Chaîne Turn or Turn on the Spot. Minimum step shown must be encourage/performed. Gymnasts should show control throughout turn. 	Lack of Fluency- 0.10 Lack of Relevé - 0.10 Lack of amplitude - 0.1/0.3
10. Salute to Finish	<ul style="list-style-type: none"> 	No salute - 0.10

LEVEL B VAULT - SAMPLE/GYMABLE		
Vault	Equipment set up.	Judging deductions
Vault Value 10.00.	10 m run up. Springboard Stack of mats – same height as springboard (Approx 20cm) Landing – 20cm landing mat.	Any coach assistance – 2.00 deduction.
Walk or Run to Springboard Stand on Springboard to Salute “Jump” or Alternative Locomotive Movement to transition from Springboard to Mat Show “Stick It” Landing Shape Walk to Edge and Straight Jump Dismount Salute	Technical requirements Any type of locomotive movement to get onto Springboard is OK Should show two feet take off from board. One jump from springboard (i.e. not multiple bounces) Should Show Good Height and Straight Legs in Straight Jumps The walk to the end of the mat will not be judged. Must show momentary/static landing after both jumps	Incorrect use of springboard – 1.00 Height – 0.10/0.30/0.50 Straight Shape – 0.10/0.30/0.50 Distance – 0.10/ 0.30 Direction – 0.10 Steps on landing – 0.10/0.30 Lack of balance on landings– 0.10/0.30/0.50 Fall – 1.00

LEVEL C FLOOR - SAMPLE/GYMABLE		
Floor Routine	Technical Description	Judging deductions
Salute to Judges to Start		No salute - 0.10
1. Step Kick into $\frac{3}{4}$ Handstand. <i>.3 Bonus: If L Handstand Top Leg Reaches Vertical</i>	<ul style="list-style-type: none"> Should Show Lunge and Pass-through T Balance Shape Landing in Lunge Shape for momentary pause before returning to stand position 	Lack of Fluency- 0.10 Lack of amplitude - 0.1/0.3 Body Alignment - 0.10/0.30 Lack of balance on landing - 0.10/0.30/0.50
2. Tuck Jump	<ul style="list-style-type: none"> Arms Action Optional Knees must come above Horizontal. Strong Landing Shape Jumps not connected 	Lack of height - 0.10/0.30 Steps on landing - 0.10/0.30 Lack of balance on landing - 0.10/0.30/0.50 Knees below 90°- 0.50
3. Star Jump	<ul style="list-style-type: none"> Arms should be in and feet together at the start. Show high star jump. Legs and feet must land together. Strong Landing Shape 	Lack of Height - 0.10/0.30 Body alignment - 0.10/0.30 Steps on landing - 0.10/0.30 Lack of balance on landing - 0.10/0.30/0.50

4. Squat Down into Tucked Back Rock to Shoulder Stand (not held) and roll to stand	<ul style="list-style-type: none"> Show Control in Squat Arms/elbows in tight to ears Hands must touch mat with chin tucked into chest. Smooth Roll to Stand with Arms Forward 	Lack of Fluency- 0.10 Lack of amplitude - 0.10/0.30 Failure to Touch Hands in rock - 0.30 Using hands to stand up - 0.30 Legs apart - 0.10 Legs crossed - 0.10 Steps on landing - 0.10/0.30
5. Body Wave	<ul style="list-style-type: none"> Start by bending the knees and rounding the back with the arms by the ears. Push the Hips Forward rolling through the stomach as the arms swing down. Lift arms Backwards through the arch and return to Stand 	Lack of Fluency- 0.10 Lack of amplitude - 0.10/0.30
6. 3 x Running Steps into Hurdle Step connected Straight Jump	<ul style="list-style-type: none"> Strong Running steps Arm Swing into Punch Straight Jump Long Hurdle encouraged and High Straight Jump Must be Connected. Hold Landing Shape (2sec) 	Direction - 0.10 Lack of amplitude - 0.10/0.30 Body alignment - 0.10/0.30 Height in Jump - 0.10/0.30 Unsteady landing 0.1/0.3
7. 4 x Quick Steps in Relevé & 180 Pivot Turn (Relevé)	<ul style="list-style-type: none"> Arms position Optional - but arms must be controlled. High Relevé should be maintained. Steps & Pivot Turn Connected 	Lack of amplitude - 0.10/0.30 Poor Posture - 0.10 Lack of balance - 0.10/0.30/0.50

		Not connected – 0.50
<p>8. Mobility Sequence: Starting with feet in a parallel position, Lift leg forward (max 45°) pause and show control when returning to, starting position, Small Plie then lift leg behind into Arabesque position (max 45°) and return to stand – momentary plie to simulate landing.</p> <p>Repeat Sequence on other Leg</p>	<ul style="list-style-type: none"> Arms Optional - but arms must be controlled. Should show fluid motion in legs and pause in Plie like landing a jump. Leg lift Forward and Backward to a maximum (45°) to maintain good posture while showing strong hip mobility. Both Legs should be straight, hips square and head in a neutral position. 	<p>Lack of balance - 0.10/0.30/0.50</p> <p>Lack of amplitude - 0.10/0.30</p> <p>Poor Posture - 0.10</p> <p>Failure to show both legs - 0.50</p> <p>Bent Legs - 0.10/0.30/0.50</p>
<p>9. Passe Balance (Toe to Ankle) (HOLD)</p>	<ul style="list-style-type: none"> Arm Position Optional - but arms must be controlled and different from Mobility Sequence. Toe must come to side of the ankle and heel must be also touching supporting leg. Hold for 2sec 	<p>Lack of balance - 0.10/0.30/0.50</p> <p>Toe not at ankle - 0.10</p> <p>Not held for 2 seconds – 0.50</p>
<p>10. Side Bunny Hop or Cartwheel</p> <p><i>.3 Bonus: Cartwheel</i></p>	<ul style="list-style-type: none"> (Optional Start & Finish) Does not need to pass through vertical. Can go Hand - Hand – Foot – Foot Bonus cartwheel 	<p>Direction - 0.10</p> <p>Body alignment/body shape) - 0.10/0.30</p> <p>Bent legs - 0.10/0.30/0.50</p> <p>Unsteady landing 0.10/0.30</p>
<p>Salute to judges to finish.</p>		<p>No salute - 0.10</p>

LEVEL C VAULT - SAMPLE/GYMABLE		
Vault Vault Value 10.00.	Equipment set up 10 m run up Springboard Stack of mats – 40cm landing mats, plus 10cm mat on the top Landing – 20cm landing mat.	Judging deductions Any coach assistance – 2.00 deduction.
Walk or Run to Springboard Hurdle Step onto Springboard (Momentary Pause OK) Straight Jump (from the springboard) to land on stack of mats Walk to end of stack of mat. Tuck jump off stack off stack of mats to land on landing mats.	Technical requirements Any type of locomotive movement to get onto Springboard is OK Should show two feet take off from board. One jump from springboard (i.e. not multiple bounces) Should Show Good Height and Straight Legs in Straight Jump Knees must be above 90° in tuck jump. The walk to the end of the mat will not be judged. Must show momentary/static landing after both jumps	Incorrect use of springboard – 1.00 Height – 0.10/0.30/0.50 Straight Shape – 0.10/0.30/0.50 Distance – 0.10/ 0.30 Direction – 0.10 Steps on landing (Straight jump) – 0.10/0.30 Tuck Shape – 0.10/0.30/0.50 Lack of balance/steps on landing (Tuck jump) – 0.10/0.30/0.50 Fall – 1.00



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