

# **GYMSTART**

**DRIVING PARTICIPATION  
IN GYMNASTICS**

## **GymSTART Competition 2022 Guidelines**

**GYMNASTICS**  
IRELAND 

# GymSTART Competition

## 2022 Guidelines

The GymSTART Competition is a national competitive event based on our GymSTART Awards. The event aims to provide our Recreational Members with an opportunity to experience competition within a fun and relaxed environment while celebrating personal achievement.

Please find all the information below that clubs require for taking part in this recreational-based competitive event.

These routines have been updated for 2022.

*\*Unless stated otherwise, Gymnastics Ireland Competition Policy will apply*

**GENERAL INFORMATION 2021**

<b>Disciplines &amp; Membership Type</b>	<p><b>GymSTART Competition</b> This is a Floor and Vault Competition. It is aimed specifically at our Recreational members; however, it is open to all membership types.</p> <p><b>Please note: Gymnasts with competitive membership may enter Level 6 upward only for girls and Level 4 for boys.</b></p>
<b>Venue</b>	National Indoor Arena (NIA), National Sports Campus, Dublin
<b>Medical Information</b>	Clubs should ensure that they have received all medical information in relation to any participant, with or without a disability, to ensure that they are well enough physically, intellectually, and emotionally to take part in this event.
<b>EVENT ENTRIES</b>	
<b>Entry Requirements</b>	<ul style="list-style-type: none"> <li>- All participants must be GI members</li> <li>- All membership types welcome</li> <li>- <b>Age limit: Must turn 5 years in year of competition (updated for 2022)</b></li> <li>- Clubs may enter as many gymnasts as they wish per level</li> <li>- Gymnasts may only enter one level, and one age group per event</li> <li>- All entries must be submitted to using the official entry form provided</li> <li>- <b>Gymnasts must move up a level if they medalled at the last competition</b></li> </ul>
<b>Event Date</b>	Saturday 5 <sup>th</sup> & Sunday 6 <sup>th</sup> March 2022
<b>Entry Deadlines</b>	<p>Friday 28<sup>th</sup> January 2022</p> <p><b>Late entries date:</b> Late entries will be accepted up to <u>5 weeks</u> before the event, standard late fees will be applied. No additional entries after the late entry date. Withdrawals as per standard competition policy.</p>

**SPECIFIC RULES & REGULATIONS**

<p><b>Coaches</b></p>	<p>There must be at least one coach from each club present at the event – and at least one coach with a <b>level 2</b> qualification.</p> <p>All coaches must be members of Gymnastics Ireland.</p> <p><u>Coach: Gymnast ratio:</u> The club and head coach in charge must always assess each situation and must determine the ratio of participant to coach(es) that is reasonable, safe, and effective.</p> <p><b>PLEASE NOTE:</b> In line with our Code of Ethics and Good Practise for Youth Sport, and to ensure that a safe and effective coaching situation is maintained, Gymnastics Ireland recommends the following reasonable ration of participants to coach 16:2. This is with a view to both safety and organisation.</p>
<p><b>Club Chaperone</b></p>	<p>Clubs may bring chaperones to help assist with club organisation. Chaperones must not be involved in coaching gymnasts during the event.</p> <p>All club chaperones must:</p> <ol style="list-style-type: none"> <li>1. Be vetted by their clubs via their Club Children’s Officer  <b>ROI</b> – club ensures that the E-vetting and ID Validation form is completed and forwarded to GI Policy Welfare Manager with the appropriate ID as per GI procedures  <a href="http://www.gymnasticsireland.com/structure-policy/garda-vetting">http://www.gymnasticsireland.com/structure-policy/garda-vetting</a>  <b>NI</b> – club ensures that the AccessNI process is carried out as per the procedures outlines at  <a href="http://gymnasticsireland.com/structure-policy/access-ni">http://gymnasticsireland.com/structure-policy/access-ni</a> </li> <li>2. Be over 18 years or older</li> <li>3. Complete a GI Code of Conduct and submit with entry</li> <li>4. Wear appropriate clothing for the role and be clearly identifiable with their club</li> </ol>

<b>Registration</b>	<p>Only coaches are permitted to register gymnasts.</p> <p>Gymnasts cannot warm up until they have been registered.</p>
<b>Apparatus</b>	<p>Floor - 12m x 2m Floor Strip (flat)</p> <p>Vault - as per routine description</p>
<b>Routines Skills and Vault requirements</b>	<p>All skills are based on the GymSTART Floor and Group &amp; Apparatus Awards.</p> <p>All routines (prescribed skills) and vaults, including technical information and judging deduction, are listed below and are available on the GI website in the GymSTART Programme section.  <a href="https://www.gymnasticsireland.com/programmes/gymstart/get-involved-g">https://www.gymnasticsireland.com/programmes/gymstart/get-involved-g</a></p> <p><b>There are separate routines &amp; vaults for girls and boys.</b></p> <p><b>LEVELS</b></p> <p>There are 8 levels for girls and 4 levels for boys;</p> <ul style="list-style-type: none"> <li>❖ <b>Girls: Level 1-8 Floor &amp; Vault</b></li> <li>❖ <b>Boys: Level 1-4 Floor &amp; Vault</b></li> </ul> <p><b><u>Please note:</u> Gymnasts with competitive membership can enter Level 6, 7 &amp; 8 for girls, and Level 4 for boys.</b></p>

	<p><b>AGE GROUPS</b> <i>*Age is based on 1<sup>st</sup> January</i></p> <p><u>GIRLS</u></p> <ul style="list-style-type: none"> <li>- Level 1-2: U/6*; U7; U8; U9; U10; O10</li> <li>- Level 3: U7; U8; U9; U10; O10</li> <li>- Level 4-6: U8; U9; U10; U11; O11</li> <li>- Level 7 &amp; 8: U10; U11; U12; U13; O13</li> </ul> <p><u>BOYS</u></p> <ul style="list-style-type: none"> <li>- Level 1: U/6*; U7, U9, U11; U13, O13</li> <li>- Level 2-4: U7, U9, U11; U13, O13</li> </ul> <p><b>*New age group for 2022</b> <b>Please note: These may change depending in entry levels.</b> <b>Please ensure DOB are put into the Entry form as requested.</b></p>
<p><b>Awarding</b></p>	<p>All gymnasts will receive a bespoke GymSTART Competition Participation medal.</p> <p>There will be medals for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> at each level, in each age group, for <b>overall</b> floor and vault competition.</p> <p>There will also be highly commended certificates for 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> placings.</p>
<p><b>Judging</b></p>	<p>Each club <b>must</b> provide 2 judges (fines as per competitive events) – all level of qualification welcome for WAG, MAG and ACRO (to judge floor only). TRAM and RHY judges may be used as developmental judges.</p>

	<p>As part of judging development, clubs may submit <b>one</b> 'developmental Judge' as part of their entry who ...</p> <ul style="list-style-type: none"> <li>- is a member of GI</li> <li>- is over the age of 16</li> <li>- has been Garda Vetted, with Safeguarding completed</li> <li>- has a genuine interest in judging</li> <li>- may have done a course &amp; is awaiting the exam</li> <li>- is planning on doing a course soon</li> <li>- is confident &amp; very familiar with the routines &amp; skills</li> </ul> <p>These judges will be placed with a very experienced judge for the competition. Please ensure that all judges wear correct judging attire. Please refer all judging queries to our Head of Judging for this event, Chloe O'Toole. <a href="mailto:chloehegarty@hotmail.com">chloehegarty@hotmail.com</a></p> <p><b>*There will be an online workshop prior to the event. All judges MUST attend this.</b></p>
<p><b>Attire</b></p>	<p><b>Gymnasts:</b></p> <ul style="list-style-type: none"> <li>- Leotard (any type) is preferable</li> <li>- Leggings, shorts, and tight t-shirt also accepted</li> <li>- If gymnasts are only wearing t-shirt and shorts, please ensure that they wear some sort of under garment or that the T-shirt is firmly tucked in</li> <li>- Bare feet preferable</li> <li>- No jewellery. If this is not possible, they must be taped</li> <li>- Hair must be tied back neatly (including boys with long hair)</li> </ul>

	<p><b>Coaches:</b></p> <ul style="list-style-type: none"><li>- Suitable coaching attire – must wear club attire</li><li>- All hair to be tied back</li><li>- No jewellery. If this is not possible, they must be taped.</li></ul>
<b>Main point of contact</b>	<p><b>Email:</b> <a href="mailto:ask@gymnasticsireland.com">ask@gymnasticsireland.com</a> <a href="mailto:daniel@gymnasticsireland.com">daniel@gymnasticsireland.com</a></p> <p><b>Phone:</b> +353 1 6251125</p>



## Floor & Vault Routines

### Routine Notes:

- 1. Each floor routine has a value of 12.00 and each vault has a value of 10.00**
2. There are 10 skills per routine, each worth 1.0
3. Each routine contains bonus skills, each worth 0.3. These will be added to the start value (SV)
4. Deviation from text (i.e., doing the routine in the wrong order/ doing incorrect skills etc.) will incur a deduction, however gymnasts who reach the end of the strip and need to do a ½ turn to complete their routine will not be penalised.
5. Each routine, and vault, will start and finish with a salute to the judges
- 6. No score is to go below 5.00. This is the Base Score for floor and vault routines in all levels**

# GIRLS

**LEVEL 1 FLOOR - GIRLS**

Floor Routine	Technical Description
Routine Start Value <b><u>12.00.</u></b>  10 skills. Each worth <b><u>1.0.</u></b>  <b><u>2 bonuses available – worth 0.30 each – add to start value</u></b>	
Salute to judges to start	
1. Standing Balance on toes (3 seconds)	<ul style="list-style-type: none"> <li>▪ Legs &amp; feet together in balance</li> <li>▪ Arm position optional</li> </ul>
2. Straight jump	<ul style="list-style-type: none"> <li>▪ Show high straight jump with a momentary pause on landing (show stability)</li> </ul>
3. Tuck Jump	<ul style="list-style-type: none"> <li>▪ Show high tuck jump with a momentary pause on landing (show stability)</li> <li>▪ Knees must be at or above 90°</li> <li>▪ Arm action optional</li> </ul>
4. Side Chasse (side gallop skips) x 3	<ul style="list-style-type: none"> <li>▪ Legs must come together in chasses</li> <li>▪ Full stretch or arms &amp; legs, with toes pointed</li> <li>▪ Arm action optional</li> </ul>
5. Forward Roll to Pike Sit	<ul style="list-style-type: none"> <li>▪ Show a controlled forward roll to finish in pike sit - hold final pike position</li> <li>▪ Legs are to be straight in final position</li> <li>▪ Arm position optional</li> </ul>

6. Rock & roll to straddle sit	<ul style="list-style-type: none"> <li>▪ Roll back onto shoulders with knees tucked into chest – roll forward into straddle sit – hold final straddle position</li> <li>▪ Arms position optional</li> </ul>
7. Fold to touch toes (3 seconds) <i>0.30 Bonus – Chest on the mat</i>	<ul style="list-style-type: none"> <li>▪ Reach and touch toes with straight arms and legs</li> <li>▪ Full fold not required – just to touch toes</li> </ul>
8. Join legs, perform Back support, turn to front support, squat in to stand.	<ul style="list-style-type: none"> <li>▪ Momentary hold in each support</li> <li>▪ Keep legs straight and together throughout</li> </ul>
9. Forward rebounding straight jumps	<ul style="list-style-type: none"> <li>▪ Must be rebounding / continuous</li> <li>▪ Arm position optional</li> <li>▪ Show strong position throughout</li> </ul>
10. Cartwheel front to back <i>0.30 Bonus – Excellent Cartwheel</i>	<ul style="list-style-type: none"> <li>▪ All different entries accepted into cartwheel</li> <li>▪ Show nice wide separation of the legs</li> <li>▪ Controlled landing, shape optional</li> <li>▪ Bonus is to be awarded if <b>no deductions</b> taken on cartwheel</li> </ul>
Salute to judges to finish	

<b>LEVEL 1 VAULT – GIRLS</b>	
<b>Vault</b>	<b>Equipment set up</b>
Vault Value <b>10.00.</b>	10 m run up Springboard Stack of mats – 60cm landing mats, plus 10cm mat on the top Landing – 20cm landing mat
Tuck Jump (from the springboard) to land on stack of mats Walk to end of stack of mat Star jump off stack off stack of mats to land on landing mats	<b>Technical requirements</b> One jump from springboard 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

LEVEL 2 FLOOR - GIRLS	
Floor Routine	Technical Description
Routine Start Value <b>12.00.</b>	
10 skills. Each worth <b>1.0.</b>	
<b>2 bonuses available – worth 0.30 each – add to start value</b>	
Salute to judges to start	
1. One-foot balance stand (3 seconds) <i>0.30 Bonus – holding a straight leg forward or to the side, at horizontal</i>	<ul style="list-style-type: none"> <li>▪ One knee should be bent in the balance, held forwards or to the side at 90°</li> <li>▪ Support leg is straight</li> <li>▪ Performed on a flat foot, with arms optional</li> <li>▪ Bonus awarded if the free leg is straight</li> </ul>
2. Star Jump	<ul style="list-style-type: none"> <li>▪ Show high star jump, with a momentary pause on landing</li> <li>▪ Legs and feet must land together</li> <li>▪ Arm shape optional</li> </ul>
3. Side Chasse (side gallop skips) x 3	<ul style="list-style-type: none"> <li>▪ Legs must come together in chasses</li> <li>▪ Full stretch or arms &amp; legs, with toes pointed</li> <li>▪ Arm action optional</li> </ul>
4. Forward roll to stand	<ul style="list-style-type: none"> <li>▪ Roll is to be performed smoothly with bent or straight arms</li> <li>▪ Legs may be bent in this roll</li> <li>▪ Arms not to be used on the mat to stand up</li> </ul>
5. Forward roll to sit in straddle	<ul style="list-style-type: none"> <li>▪ Roll is to be performed smoothly, arms straight or bent</li> <li>▪ Legs are to be straight in final position</li> </ul>

6. 180° teddy bear roll/ side shoulder roll	<ul style="list-style-type: none"> <li>▪ Arm position optional in straddle sit</li> <li>▪ Roll performed high on shoulders</li> <li>▪ Legs stay in a straddle position throughout</li> <li>▪ Arm position optional</li> </ul>
7. Join legs and pike fold to touch toes (3 seconds) <i>0.30 bonus for chest on knees</i>	<ul style="list-style-type: none"> <li>▪ Holds pike fold for 3 seconds</li> <li>▪ Arm position optional</li> <li>▪ Legs must be straight in order to get the bonus</li> </ul>
8. Shoulder stand (3 seconds), then tuck roll to stand up	<ul style="list-style-type: none"> <li>▪ Shoulder stand should be very high on shoulders, straight body shape</li> <li>▪ Arms may be used to support the back, or resting on the floor</li> <li>▪ Smooth roll to stand</li> </ul>
9. Cartwheel Front to Back	<ul style="list-style-type: none"> <li>▪ All different entries accepted into front/back cartwheel</li> <li>▪ Must be performed front to back</li> <li>▪ Land feet together in a lunge</li> </ul>
10. Handstand to 30° of vertical or above	<ul style="list-style-type: none"> <li>▪ Within 30° of vertical or above</li> <li>▪ Does not need to be held – just shown momentarily</li> <li>▪ All different entries into handstand accepted</li> </ul>
Salut to judges to finish	

LEVEL 2 VAULT - GIRLS	
<b>Vault</b>  Vault Value <b>10.00.</b>	<b>Equipment set up</b>  10 m run up Springboard Stack of mats – 60cm landing mats plus 10cm mat on the top Landing – 20cm landing mat
From springboard, <b>Straddle</b> squat onto stack of mats <b>Keep hands on the mat, join legs with straight or bent legs and stand up.</b> Walk to end of mat Tuck jump off stack of mats to land	<b>Technical requirements</b>  One jump from springboard <b>Reach onto stack of mats with hands and straddle squat up onto feet with straight legs. (feet either side of hands)</b> <b>Keep hands on the mat, join legs with straight or bent legs and stand up.</b> The walk to the end of the mat stack will not be judged Must show momentary landing after tuck jump dismount



**LEVEL 3 FLOOR - GIRLS**

Floor Routine	Technical Description
Routine Start Value <b>12.00</b> . 10 skills. Each worth <b>1.0</b> . <b>2 bonuses available – worth 0.30 each – add to start value</b>	
Salute to judges to start	
1. Arabesque (3 seconds)	<ul style="list-style-type: none"> <li>▪ Back leg held at horizontal</li> <li>▪ Chest held high, but does not have to be vertical</li> <li>▪ Arm position optional</li> </ul>
2. Forward chasse x 2	<ul style="list-style-type: none"> <li>▪ Legs must come together in chasses</li> <li>▪ Toes pointed</li> <li>▪ Arm positional optional</li> </ul>
3. Jump full turn (360°)	<ul style="list-style-type: none"> <li>▪ Jump must be high, with a momentary landing showing control</li> <li>▪ Arm position optional in the jump &amp; landing</li> </ul>
4. Forward roll to finish in kneeling position, ¼ turn to prepare for side straddle roll	<ul style="list-style-type: none"> <li>▪ Roll can be performed with straight or bent arms</li> <li>▪ Finish the roll in kneeling position, one leg in front</li> <li>▪ Arm position optional</li> <li>▪ ¼ turn to be performed keeping the front leg straight</li> </ul>
5. Side straddle roll , ¼ turn back to kneeling position , stand up	<ul style="list-style-type: none"> <li>▪ Side roll is to start and finish kneeling (gluts/rear away from heels – kneeling up high)</li> <li>▪ Straddle position is to be shown in the middle of the roll</li> <li>▪ Arm position optional but hands must not be used on floor to complete roll</li> </ul>

<p>6. Bridge <i>0.30 Bonus Excellent Bridge</i></p>	<ul style="list-style-type: none"> <li>▪ Bring legs together in sitting and lie down</li> <li>▪ Push to bridge</li> <li>▪ Bridge to be performed with legs together</li> <li>▪ Shoulders are to be on top of/over the wrists or more</li> <li>▪ Bonus awarded if no deductions on bridge</li> </ul>
<p>7. Shoulder stand (3 seconds) <i>0.30 Bonus No hand support in shoulder stand</i></p>	<ul style="list-style-type: none"> <li>▪ Lower from bridge, and lift to shoulder stand</li> <li>▪ Shoulder stand to be performed high on shoulders</li> <li>▪ Bonus is awarded if hands are not used to support the back</li> </ul>
<p>8. Roll (from shoulder stand) to stand up, immediate half turn jump to land</p>	<ul style="list-style-type: none"> <li>▪ Jump must be immediate (from the roll)</li> <li>▪ Momentary landing</li> </ul>
<p>9. Cartwheel chasse cartwheel</p>	<ul style="list-style-type: none"> <li>▪ Any entry to cartwheel accepted</li> <li>▪ Skills must be connected (no stopping)</li> <li>▪ Second cartwheel to be performed <u>front to back</u>, finish in lunge</li> </ul>
<p>10. Handstand (Momentary hold)</p>	<ul style="list-style-type: none"> <li>▪ All handstand entries accepted</li> <li>▪ Handstand must reach vertical</li> <li>▪ Momentary hold – 1 second</li> </ul>
<p>Salute to judges to finish</p>	

<b>LEVEL 3 VAULT - GIRLS</b>	
<b>Vault</b>	<b>Equipment set up</b>
Vault Value <b>10.00.</b>	10 m run up Springboard Stack of mats – 60cm landing mats plus 10cm mat on the top Landing – 20cm landing mat
Dive roll (from springboard) to stand on stack of mats Walk to end of stack of mat Straddle jump off stack of mats to land on landing mats	<b>Technical requirements</b>
	One jump from springboard (into dive roll) <u>Hands must be used in dive roll</u> Dive roll must finish standing up (and balanced) The walk to the end of the mat will not be judged Must show momentary landing after straddle jump

**LEVEL 4 FLOOR - GIRLS**

Floor Routine	Technical Description
Routine Start Value <b>12.00.</b> 10 skills. Each worth <b>1.0.</b> <b>2 bonuses available – worth 0.30 each – add to start value</b>	
Salute to judges to start <b>** Start in the centre of the strip</b>	
1. Arabesque (3 seconds) <i>0.30 Bonus leg above horizontal (with chest at vertical)</i>	<ul style="list-style-type: none"> <li>▪ Back leg at horizontal</li> <li>▪ Chest at vertical</li> <li>▪ Arm position optional</li> </ul>
2. Forward roll to Straddle sit, fold forward with chest on Floor	<ul style="list-style-type: none"> <li>▪ Roll is to be performed smoothly with straight or bent arms</li> <li>▪ Legs are to be straight during the roll, and in straddle sit/fold</li> <li>▪ Arm position optional</li> </ul>
3. Backward Roll to Straddle Stand (from straddle fold position)	<ul style="list-style-type: none"> <li>▪ This roll is to come immediately from the straddle fold (previous skill)</li> <li>▪ Arms may be bent or straight</li> <li>▪ Momentary pause here, before next skill</li> </ul>
4. Backward roll tucked to stand	<ul style="list-style-type: none"> <li>▪ Arms may be bent or straight</li> <li>▪ Knees to be tucked throughout the roll</li> </ul>
5. Forward Chasse x 2, immediate Straight, Tuck and Star Jumps  <i>Half turn on two feet</i>	<ul style="list-style-type: none"> <li>▪ Legs must come together in the chasses</li> <li>▪ Jumps to be immediate (rebound in between)</li> <li>▪ Momentary landing after the star jump (final jump)</li> <li>▪ <b>Half Turn to be performed on toes.</b></li> </ul>

6. Cartwheel, immediate Cartwheel	<ul style="list-style-type: none"> <li>▪ Cartwheels must be connected</li> <li>▪ Any entry accepted</li> <li>▪ 2<sup>nd</sup> cartwheel must be front to back</li> <li>▪ Land in a lunge</li> </ul>
7. Forward roll to dish position	<ul style="list-style-type: none"> <li>▪ Roll to be performed slowly &amp; controlled to finish in dish position with arms, shoulders &amp; feet off the floor</li> <li>▪ Dish hold to be held momentarily - 1 second</li> </ul>
8. Lie down flat, push to bridge (3 seconds) <i>0.30 Bonus for kick over</i>	<ul style="list-style-type: none"> <li>▪ Bridge to be performed with legs together</li> <li>▪ Shoulders are to be on top of/ over the wrists or more</li> <li>▪ Hold 3 seconds</li> <li>▪ Option 1: Bridge kick over - Bonus to be awarded for kick over (deductions still incurred if performed poorly)</li> <li>▪ Option 2: Lie down, lift to shoulder stand, roll to stand</li> </ul>
9. Handstand forward roll, half turn (180 <sup>0</sup> ) jump	<ul style="list-style-type: none"> <li>▪ All different entries into handstand accepted</li> <li>▪ Handstand must reach vertical before roll</li> <li>▪ Arms may be bent in the roll</li> <li>▪ Momentary landing must be shown after jump half turn</li> </ul>
10. Hurdle Skip, roundoff straight Jump	<ul style="list-style-type: none"> <li>▪ Perform a hurdle step into a round off</li> <li>▪ Immediate straight jump after roundoff</li> <li>▪ Show momentary landing</li> </ul>
Salute to judges	

**LEVEL 4 VAULT - GIRLS**

Vault	Equipment set up
Vault Value <b>10.00.</b>	10 m run up Springboard Stack of mats – 60cm landing mats plus 10cm mat on the top Landing – 20cm landing mat
Handstand flat back on stack of mats, from two feet take off from springboard,	<b>Technical requirements</b>  One jump from springboard, two feet take off Show strong handstand shape Finish the handstand flat back completely flat on stack of mats

**LEVEL 5 FLOOR - GIRLS**

Floor Routine	Technical Description
Routine Start Value <b>12.00.</b>  10 skills. Each worth <b>1.0.</b>  <u><b>2 bonuses available – worth 0.30 each – add to start value</b></u>	
Salute to judges to start	
1. Handstand (momentary hold), step down <b>0.30 bonus – held for 3 seconds</b>	<ul style="list-style-type: none"> <li>▪ Straight handstand to be shown</li> <li>▪ Entry and finish position optional</li> </ul>
2. One arm cartwheel	<ul style="list-style-type: none"> <li>▪ All entries to cartwheel accepted</li> <li>▪ Cartwheel is to be performed front to back</li> <li>▪ Finish in a lunge</li> </ul>
3. Half turn jump (180 <sup>0</sup> )	<ul style="list-style-type: none"> <li>▪ Start with feet together</li> <li>▪ High jump, with a ½ turn</li> <li>▪ Show a momentary landing</li> </ul>
4. Forward roll straddle to stand	<ul style="list-style-type: none"> <li>▪ Hands can be used on the floor to stand up in straddle</li> <li>▪ Arms can be straight or bent in roll</li> <li>▪ Legs straight during the roll, and in the straddle stand</li> </ul>
5. Turn to right or left leg splits; then	<ul style="list-style-type: none"> <li>▪ Lower to splits slowly with straight legs, arms optional but not supporting on the floor</li> </ul>
6. Turn to pike from splits, lie down, push to bridge (3 seconds), and bridge kickover	<ul style="list-style-type: none"> <li>▪ Bridge must be held for 3 seconds before kickover</li> <li>▪ Legs together in bridge</li> <li>▪ Shoulders to be on top of or above wrists</li> <li>▪ Splits to be shown in kick over</li> </ul>

7. Forward chaise x 2, immediate straddle jump and jump half turn	<ul style="list-style-type: none"> <li>▪ Legs must come together in chaises</li> <li>▪ Toes pointed</li> <li>▪ Arm positional optional</li> <li>▪ Jumps must be immediate</li> </ul>
8. Cartwheel one-two (i.e. land feet together) immediate tucked backward roll	<ul style="list-style-type: none"> <li>▪ Backward roll must be immediate</li> <li>▪ Arms may be bent in roll</li> <li>▪ Knees to be tucked into chest</li> </ul>
9. Handstand into forward roll <i>0.30 bonus – straight arms</i>	<ul style="list-style-type: none"> <li>▪ All different entries into handstand accepted</li> <li>▪ Handstand must reach vertical before roll</li> <li>▪ Arms may be bent in the roll</li> <li>▪ Bonus will be given if arms are straight</li> </ul>
10. Dive roll <b>(10cm mat can be used – this will be available at the end of the strip)</b>	<ul style="list-style-type: none"> <li>▪ Optional number of steps in the run up</li> <li>▪ Jump from two feet</li> <li>▪ Dive roll to stand</li> <li>▪ Show control on landing</li> </ul>
Salute to judges	



LEVEL 5 VAULT - GIRLS	
<b>Vault</b>	<b>Equipment set up</b>
Vault Value <b>10.00.</b>	10 m run up Springboard Table vault set at <b>110cm</b> Landing – 20cm landing mat plus 10cm mat on top.
Squat on, immediate straight jump off	<b>Technical requirements</b> One jump from springboard Hands reach forward onto table vault and squat on Straight jump must be immediate Must show momentary landing after straight jump

**LEVEL 6 FLOOR - GIRLS**

Floor Routine	Technical Description
Routine Start Value <b>12.00.</b> 10 skills. Each worth <b>1.0.</b> <b>2 bonuses available – worth 0.30 each – add to start value</b>	
Salute to judges to start	
1. Y- stand hold (3 seconds)	<ul style="list-style-type: none"> <li>▪ Leg to be held to the side</li> <li>▪ Any part of the foot may be held with hand</li> </ul>
2. Handstand into forward roll	<ul style="list-style-type: none"> <li>▪ All entries into handstand accepted</li> <li>▪ Roll must be performed with straight arms</li> </ul>
3. Cartwheel immediate cartwheel	<ul style="list-style-type: none"> <li>▪ All entries to cartwheel accepted</li> <li>▪ Second cartwheel must be immediate</li> </ul>
4. Immediate backward roll to front support <b>0.30 bonus – straight arms</b>	<ul style="list-style-type: none"> <li>▪ Roll must be immediate from cartwheel</li> <li>▪ Arms may be bent but bonus will be given for straight arms</li> <li>▪ Shoulders must be over the wrists in front support and a straight back</li> </ul>
5. Squat in jump full turn	<ul style="list-style-type: none"> <li>▪ Gymnast may pause momentarily before jump</li> </ul>
6. Forward roll tuck to handstand (30° to handstand or more) lower to straddle stand	<ul style="list-style-type: none"> <li>▪ <b>After forward roll, reach forward and jump to a tucked handstand shape</b></li> <li>▪ <b>Lower to straddle stand slowly with straight legs</b></li> </ul>
7. Turn to splits (left or right), return to pike sit	<ul style="list-style-type: none"> <li>▪ Lower to splits slowly with arms optional but not supporting on the floor</li> </ul>
8. Lie down, bridge kickover	<ul style="list-style-type: none"> <li>▪ Bridge must be held for 3 seconds before kickover</li> <li>▪ Legs together in bridge</li> <li>▪ Shoulders to be on top of or above wrists</li> <li>▪ Legs straight in kick over and show splits</li> </ul>
9. Forward chasse X 2, immediate wolf jump, half turn jump	<ul style="list-style-type: none"> <li>▪ All skills must be connected</li> <li>▪ Optional arm positions in chasses and jumps</li> </ul>

10. Hurdle step roundoff, jump half turn, jump into dive roll ( <b>10cm mat to be used – this mat will at the end of the strip throughout the routine</b> ) <i>0.30 bonus – if all three skills are connected</i>	<ul style="list-style-type: none"><li>▪ Skills may be performed in sequence for bonus or on their own</li><li>▪ No run permitted into roundoff (hurdle step only)</li></ul>
Salute to judges at the end	

LEVEL 6 VAULT - GIRLS	
<p><b>Vault</b></p> <p>Vault Value <b>10.00.</b></p>	<p><b>Equipment set up</b></p> <p>10 m run up Springboard Stack of mats – 60cm landing mats plus 10cm mat on the top Landing – 20cm landing mat</p>
<p>Handstand flat back onto stack of mats Walk to end of mats Pike jump off stack of mats to land</p>	<p><b>Technical requirements</b></p> <p>One jump from springboard Finish the handstand flat back completely flat The stand up and walk to the end of the mat will not be judged. Must show momentary landing after pike jump.</p>

**LEVEL 7 FLOOR - GIRLS**

Floor Routine	Technical Description
Routine Start Value <b>12.00.</b>  10 skills. Each worth <b>1.0.</b>  <b><u>2 bonuses available – worth 0.30 each – add to start value</u></b>	
Salute to judges to start	
1. Horizontal leg hold x 2 (x 3 seconds each leg)	<ul style="list-style-type: none"> <li>▪ Legs to be held forward at horizontal for 3 seconds each (right and left leg)</li> </ul>
2. Arabesque (x 3 seconds)	<ul style="list-style-type: none"> <li>▪ Arabesque is to be held with chest at vertical</li> <li>▪ Leg at horizontal at the back</li> </ul>
3. Immediate handstand forward roll (from arabesque)	<ul style="list-style-type: none"> <li>▪ Handstand forward roll to be performed from the arabesque (leg does not drop to floor)</li> <li>▪ Arms must be straight in roll</li> </ul>
4. Cartwheel immediate one arm cartwheel <b>0.3 Bonus if leg is held up between cartwheels</b>	<ul style="list-style-type: none"> <li>▪ No stop between the cartwheels</li> <li>▪ Bonus if leg is held up in between</li> <li>▪ One arm cartwheel may finish in a lunge</li> </ul>
5. Chasse, split leap	<ul style="list-style-type: none"> <li>▪ Chasse to be performed high on toes</li> <li>▪ Arm position optional in leaps</li> <li>▪ Must be connected</li> <li>▪ Legs to reach full 180° split in jump</li> </ul>

6. Backward walkover <i>0.30 bonus leg at horizontal at the beginning</i>	<ul style="list-style-type: none"> <li>Leg may start at the floor, but bonus will be awarded if leg is at horizontal before walkover</li> </ul>
7. Backward roll straight arms to straddle stand	<ul style="list-style-type: none"> <li>Roll must be performed with straight arms to finish in straddle stand with chest up</li> </ul>
8. Roll back to shoulder stand, stand up immediate jump full turn (360 <sup>0</sup> )	<ul style="list-style-type: none"> <li>Arm position optional in shoulder stand</li> <li>Jump full turn must be immediate</li> <li>Momentary hold on landing</li> </ul>
9. Round off, straddle jump	<ul style="list-style-type: none"> <li>All entries to roundoff permitted</li> <li>Immediate rebound into straddle jump</li> </ul>
10. Handspring – may finish on one or two legs	<ul style="list-style-type: none"> <li>All entries to handspring permitted</li> </ul>
Salute to judges	

**LEVEL 7 VAULT - GIRLS**

<b>LEVEL 7 VAULT - GIRLS</b>	
<b>Vault</b>	<b>Equipment set up</b>
Vault Value <b>10.00.</b>	10 m run up Springboard Stack of mats – 60cm landing mats plus 10cm mat on the top Landing – 20cm landing mat
Handspring to two feet	<b>Technical Requirements</b>
	One jump from springboard Ideally, the handspring should finish with open hips

**LEVEL 8 FLOOR - GIRLS**

Floor Routine	Technical Description
Routine Start Value <b>12.00.</b>  10 skills. Each worth <b>1.0.</b>  <u><b>2 bonuses available – worth 0.30 each – add to start value</b></u>	
Salute to judges to start	
1. Horizontal leg <b>hold (3 seconds)</b> , move leg to back to arabesque (3 seconds).	<ul style="list-style-type: none"> <li>▪ This is to be performed on both legs, in any order</li> <li>▪ Leg must not touch the ground on the way to arabesque</li> </ul>
2. <b>Forward roll tuck/ straddle up to handstand into roll</b>	<ul style="list-style-type: none"> <li>▪ <b>2 entry options to the handstand</b></li> <li>- Tuck</li> <li>- Straddle</li> <li>▪ <b>Arms are to be straight in the rolls</b></li> </ul>
3. Chasse split leap <b>0.30 bonus – split change performed</b>	<ul style="list-style-type: none"> <li>▪ Chasse into Split leap – full splits must be shown</li> <li>▪ Bonus for split change</li> </ul>
4. Tic Toc	<ul style="list-style-type: none"> <li>▪ All entries accepted.</li> <li>▪ <b>Leg must be held higher than horizontal in the middle</b></li> </ul>
5. Split Jump (not leap)	<ul style="list-style-type: none"> <li>▪ Must be performed from two feet and land on two feet</li> <li>▪ Arm position optional</li> </ul>
6. Backward roll to within 30° of handstand <b>0.30 bonus – Vertical handstand is achieved</b>	<ul style="list-style-type: none"> <li>▪ All entries accepted</li> <li>▪ Backward roll to handstand is to be performed</li> <li>▪ Arms can be bent or straight</li> <li>▪ 30° tolerance</li> </ul>



<p>7. OPTIONAL SKILL        8. OPTIONAL SKILL        9. OPTIONAL SKILL        10. OPTIONAL SKILL</p> <p><b>Please note – 4 optional skills are to be chosen from the list to finish the routine. Any steps, chasses, turns or extra rolls are permitted between the skills to present a smooth flow to the routine.</b></p>	<ul style="list-style-type: none"> <li>▪ Bonus awarded if vertical handstand is shown</li> <li>▪ Free cartwheel</li> <li>▪ Free walkover</li> <li>▪ Roundoff back flic</li> <li>▪ Standing tuck back</li> <li>▪ Standing flic to 1 (flic walkout)</li> <li>▪ Cartwheel, flic to 1 (flic walkout)</li> <li>▪ Handspring to 1 immediate, handspring to 2</li> <li>▪ Forward walkover</li> <li>▪ Backward walkover</li> <li>▪ Valdez</li> <li>▪ Handstand full pirouette</li> <li>▪ Handstand roll with straight legs to stand up</li> <li>▪ Handstand walk x 8 steps</li> <li>▪ Elephant press to handstand (press from straddle stand) – must show handstand</li> <li>▪ Straddle or pike lever (5 seconds)</li> </ul>
<p>Salute to judges</p>	

**LEVEL 8 VAULT - GIRLS**

<b>LEVEL 8 VAULT - GIRLS</b>	
<b>Vault</b>	<b>Equipment set up</b>
Vault Value <b>10.00.</b>	10 m run up Springboard Table vault set at 100cm Landing – 20cm landing mat plus 10cm mat on top.
Full Handspring over table vault to land	<b>Technical requirements</b>
	One jump from springboard Handspring to feet over 100cm table vault

# BOYS

**LEVEL 1 FLOOR - BOYS**

Floor Routine	Technical Description
Routine Start Value <b>12.00.</b>  10 skills. Each worth <b>1.0.</b>  <b>2 bonuses available – worth 0.30 each – add to start value</b>	
Salute to judges to start	
1. One-foot balance (3 seconds)	<ul style="list-style-type: none"> <li>▪ Bent leg to be held at the front or side, knee to horizontal</li> <li>▪ Arm position optional</li> </ul>
2. Straight jump	<ul style="list-style-type: none"> <li>▪ Show high straight jump with a momentary pause on landing</li> </ul>
3. Tuck Jump	<ul style="list-style-type: none"> <li>▪ Show high tuck jump with a momentary pause on landing.</li> <li>▪ Knees must be at or above 90°</li> </ul>
4. Forward Roll to Pike Sit	<ul style="list-style-type: none"> <li>▪ Show a controlled forward roll to finish in pike</li> <li>▪ Legs must be straight in pike sit</li> <li>▪ Arm position optional</li> </ul>
5. Fold to touch toes (3 seconds) <i>0.30 Bonus – Chest on knees</i>	<ul style="list-style-type: none"> <li>▪ Reach and touch toes with straight arms and legs</li> </ul>
6. Back support, turn to front support, squat position	<ul style="list-style-type: none"> <li>▪ From front fold, sit up, put hands behind and lift to back support</li> <li>▪ Move to front support (without sitting down in between)</li> <li>▪ Momentary hold in each support</li> <li>▪ Legs must stay straight throughout</li> </ul>
7. Tuck jump (immediate from squat position), jump half turn	<ul style="list-style-type: none"> <li>▪ Tuck jump must be immediate from the squat in previous skill</li> <li>▪ Jump half turn does not have to be immediate</li> </ul>

	<ul style="list-style-type: none"> <li>▪ Knees at or above horizontal in tuck jump</li> <li>▪ Momentary landing position shown</li> </ul>
8. Forward rebounding jumps	<ul style="list-style-type: none"> <li>▪ Must be rebounding / continuous</li> <li>▪ Show strong straight shape</li> <li>▪ Arm position optional</li> </ul>
9. Cartwheel front to back <i>0.30 Bonus – Excellent Cartwheel</i>	<ul style="list-style-type: none"> <li>▪ All different entries accepted into cartwheel</li> <li>▪ Must be performed front to back</li> <li>▪ Land in a lunge</li> <li>▪ Bonus is to be awarded if <b>no deductions</b> taken on cartwheel</li> </ul>
10. Handstand to within 30° of vertical	<ul style="list-style-type: none"> <li>▪ Handstand does not need to be held, but must be shown</li> <li>▪ Handstand must reach 30° of vertical or more</li> </ul>
Salute to judges to finish	

**LEVEL 1 VAULT - BOYS**

Vault	Equipment set up
Vault Value <b>10.00.</b>  Tuck Jump to land on stack of mats Walk to end of mat Tuck jump off stack of mats to land	10 m run up Springboard Stack of mats – 60cm landing mats plus 10cm mat on the top Landing – 20cm landing mat  <b>Technical requirements</b> One jump from springboard Knees must be above 90° in tuck jumps The walk to the end of the mat will not be judged. Must show momentary landing after both jumps

**LEVEL 2 FLOOR - BOYS**

Floor Routine	Technical Description
Routine Start Value <b>12.00.</b>  10 skills. Each worth <b>1.0.</b>  <u><b>2 bonuses available – worth 0.30 each – add to start value</b></u>	
Salute to judges to start	
1. Arabesque (3 seconds)	<ul style="list-style-type: none"> <li>▪ Back leg at horizontal</li> <li>▪ Chest held upright but does not have to be vertical</li> <li>▪ Arm position optional</li> </ul>
2. Cartwheel immediate cartwheel <i>0.30 Bonus – Leg held up in between cartwheels</i>	<ul style="list-style-type: none"> <li>▪ All entries to cartwheel accepted</li> <li>▪ Cartwheels must be connected – no stopping</li> </ul>
3. Immediate tucked backward roll to stand	<ul style="list-style-type: none"> <li>▪ Roll must be immediate from the cartwheel</li> <li>▪ Arms and legs may be bent</li> </ul>
4. Jump full turn (360°)	<ul style="list-style-type: none"> <li>▪ Jump must be high, with a momentary landing</li> <li>▪ Arm position optional</li> </ul>
5. Forward roll to pike sit	<ul style="list-style-type: none"> <li>▪ Controlled forward roll to finish in pike sit</li> <li>▪ Legs are to be straight in final position</li> <li>▪ Arm position optional</li> </ul>
6. Reach to touch toes (3 seconds)	<ul style="list-style-type: none"> <li>▪ Minimum requirement is to touch toes with straight legs in pike position</li> </ul>
7. Back support (3 seconds), side support (3 seconds), front support (3 seconds)	<ul style="list-style-type: none"> <li>▪ All support phases must be held for 3 seconds each (front, side, back support)</li> </ul>

8. Rebound straight, tuck, star jump	<ul style="list-style-type: none"> <li>▪ From front support, jump legs into squat to stand,</li> <li>▪ Perform the 3 rebound jumps</li> <li>▪ Jumps must be connected</li> <li>▪ Show momentary landing shape on final jump</li> </ul>
9. One arm cartwheel	<ul style="list-style-type: none"> <li>▪ Any entry to cartwheel accepted</li> <li>▪ Land in a lunge</li> </ul>
10. Handstand (momentary hold) <i>0.30 Bonus – Excellent handstand</i>	<ul style="list-style-type: none"> <li>▪ All handstand entries accepted</li> <li>▪ Handstand must reach vertical</li> <li>▪ Momentary hold = 1 second</li> <li>▪ Bonus will be awarded if <b>no deductions</b> are taken</li> </ul>
Salute to judges to finish	



**LEVEL 2 VAULT - BOYS**

Vault	Equipment set up
Vault Value <b>10.00.</b>  Dive roll to stand on stack of mats Walk to end of mat Straddle jump off stack of mats to land	10 m run up Springboard Stack of mats – 60cm landing mats plus 10cm mat on the top Landing – 20cm landing mat  <b>Technical requirements</b> One jump from springboard Hands must be used in dive roll Dive roll must finish standing up The walk to the end of the mat will not be judged Must show momentary landing after straddle jump.

**LEVEL 3 FLOOR - BOYS**

Floor Routine	Technical Description
Routine Start Value <b>12.00</b> .  10 skills. Each worth <b>1.0</b> .  <u><b>2 bonuses available – worth 0.30 each – add to start value</b></u>	10cm mat must be available at the end of the strip for the dive roll.
Salute to judges to start	
1. Arabesque (3 seconds)	<ul style="list-style-type: none"> <li>▪ Back leg at horizontal</li> <li>▪ Chest at vertical</li> <li>▪ Arm position optional</li> </ul>
2. Swedish fall, swing leg in front to perform splits <i>0.30 bonus – excellent splits</i>	<ul style="list-style-type: none"> <li>▪ Fall forward to bent arms with leg raised behind</li> <li>▪ Straighten arms &amp; swing leg forward to splits (right or left)</li> <li>▪ Arms may rest on the floor in splits if needed</li> <li>▪ Bonus is awarded if <b>no deductions</b> are taken from the splits</li> </ul>
3. Shoulder Stand (3 seconds), tuck roll to stand up	<ul style="list-style-type: none"> <li>▪ Return legs to pike sit from splits</li> <li>▪ Roll into shoulder stand</li> <li>▪ Optional arms in shoulder stand</li> <li>▪ Must be held for 3 seconds</li> <li>▪ Roll to stand up, no hands on floor to assist stand up</li> </ul>
4. Cartwheel, immediate cartwheel	<ul style="list-style-type: none"> <li>▪ All entries to cartwheel accepted</li> <li>▪ Cartwheels must be connected</li> </ul>
5. Immediate backward roll to front support	<ul style="list-style-type: none"> <li>▪ Join legs at end of the second cartwheel and sit back into the roll - roll must be immediate</li> </ul>

	<ul style="list-style-type: none"> <li>▪ Arms may be bent, but legs must be straight</li> <li>▪ Roll to finish in front support position</li> <li>▪ Momentary hold required in front support</li> </ul>
6. Squat in, immediate jump full turn (360°)	<ul style="list-style-type: none"> <li>▪ Jump must be immediate from squat in</li> <li>▪ Jump must be high</li> <li>▪ Must show a momentary hold on landing</li> <li>▪ Arm position optional</li> </ul>
7. Rebound straight, tuck, pike jump	<ul style="list-style-type: none"> <li>▪ Rebound jumps must be connected</li> </ul>
8. Handstand into Forward Roll <i>0.30 Bonus – straight arms</i>	<ul style="list-style-type: none"> <li>▪ Any entry to handstand accepted</li> <li>▪ Arms may be bent in roll</li> <li>▪ Bonus is available if roll is performed with straight arms</li> </ul>
9. Round-off, rebound straight jump	<ul style="list-style-type: none"> <li>▪ Any entry to round-off accepted</li> <li>▪ Straight jump must be immediate</li> </ul>
10. Dive roll <b>(10cm mat can be used – this mat will be at the end of the strip throughout the routine)</b>	<ul style="list-style-type: none"> <li>▪ All entries accepted</li> <li>▪ Dive roll must come off 2 feet and return to stand</li> </ul>
Salute to judges to finish	

**LEVEL 3 VAULT - BOYS**

<p><b>Vault</b></p> <p>Vault Value <b>10.00.</b></p>	<p><b>Equipment set up</b></p> <p>10 m run up</p> <p>Springboard</p> <p>Table vault set at 100cm</p> <p>Landing – 20cm landing mat plus 10cm mat on top.</p>
<p>Squat on, immediate straight jump off</p>	<p><b>Technical requirements</b></p> <p>One jump from springboard</p> <p>Hands reach forward onto table vault and squat on</p> <p>Straight jump must be immediate</p> <p>Must show momentary landing after straight jump</p>

**LEVEL 4 FLOOR – BOYS**

Floor Routine	Technical Description
Routine Start Value <b>12.00.</b>  10 skills. Each worth <b>1.0.</b>  <u><b>2 bonuses available – worth 0.30 each – add to start value</b></u>	
Salute to judges to start	
1. Y- stand hold (3 seconds)	<ul style="list-style-type: none"> <li>▪ Must be performed for 3 seconds</li> <li>▪ Any part of the foot may be held with hand</li> <li>▪ Both legs must be straight</li> </ul>
2. Handstand into forward roll	<ul style="list-style-type: none"> <li>▪ All entries into handstand accepted</li> <li>▪ Roll is to be performed with <b>straight arms</b></li> </ul>
3. Cartwheel, immediate one arm cartwheel	<ul style="list-style-type: none"> <li>▪ All entries to cartwheel accepted</li> <li>▪ Second cartwheel must be immediate</li> <li>▪ Finish in lunge HOW DO YOU DO AN IMMEDIET ROLL FROM LUNGE?</li> </ul>
4. Immediate backward roll to front support with straight arms	<ul style="list-style-type: none"> <li>▪ Roll must be immediate</li> <li>▪ Arms must be straight</li> <li>▪ Shoulders must be over the wrists in front support and a straight back</li> </ul>
5. Squat in, immediate straddle jump	<ul style="list-style-type: none"> <li>▪ Jump must be immediate</li> </ul>
6. Forward roll to dish hold (3 seconds), roll to arch (3 seconds) push to front support (3 seconds)	<ul style="list-style-type: none"> <li>▪ Forward roll slowly to dish hold</li> <li>▪ Dish hold is with arms, shoulders, and feet off the floor</li> <li>▪ Each skill must be held for 3 seconds</li> </ul>

<p>7. Dive roll (10cm mat to be used – this mat will at the end of the strip throughout the routine)</p>	<ul style="list-style-type: none"> <li>▪ Squat in with straight legs to stand up from previous skill</li> <li>▪ Perform dive roll (using mat provided)</li> <li>▪ Dive roll must come off 2 feet &amp; return to stand</li> </ul>
<p>8. Optional Skill 9. Optional Skill 10. Optional Skill</p> <p>Please note – 3 optional skills are to be chosen from the list to finish the routine. Any steps, chasses, turns or extra rolls are permitted between the skills to present a smooth flow to the routine.</p> <p>If coach assistance is needed 1.00 deduction will apply</p>	<ul style="list-style-type: none"> <li>▪ Roundoff back-flic</li> <li>▪ Standing flic</li> <li>▪ Standing tuck back</li> <li>▪ Handspring to two</li> <li>▪ Handstand half pirouette</li> <li>▪ Handstand full pirouette</li> <li>▪ Handstand roll with straight legs to stand up</li> <li>▪ Handstand walk x 8 steps</li> <li>▪ Elephant press to handstand (press from straddle stand)</li> <li>▪ Handstand lower to lever</li> <li>▪ Straddle or pike lever (5 seconds)</li> <li>▪ Round off, jump ½ turn, roundoff</li> </ul>
<p>Salute to judges at the end</p>	

**LEVEL 4 VAULT - BOYS**

<b>LEVEL 4 VAULT - BOYS</b>	
<b>Vault</b>	<b>Equipment set up</b>
Vault Value <b>10.00.</b>	10 m run up Springboard Stack of mats – 60cm landing mats plus 10cm mat on the top Landing – 20cm landing mat
	<b>Technical Description</b>
Handspring to two feet <b>OR</b> tucked front somersault	One jump from springboard Ideally, the handspring should finish with open hips (if performed)



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