



**DRIVING PARTICIPATION  
IN GYMNASTICS**

# **GymSTART Floor and Vault Competition 2024**

# GymSTART Floor & Vault Competition

## 2024 Guidelines

(Updated January 2024)

This 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. Unless stated otherwise, Gymnastics Ireland Events Policy will apply.

### UPDATES

- **PLEASE NOTE: ANY UPDATES TO THE ROUTINES OR GUIDELINES FOR 2023/ 2024 ARE IN RED.**
- **PLEASE NOTE: GYMABLE UPDATES FOR 2023/2024 ARE IN GREEN**

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## GENERAL INFORMATION 2024

Disciplines & Membership Type	<p>GymSTART Floor &amp; Vault Competition 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:</b> Gymnasts with competitive membership may enter Level 6 upward only for girls and Level 4 for boys.</p>
	<p><b>GymABLE:</b> New introductory routines are currently being piloted at our national events. Only GymABLE gymnasts can enter these GymABLE Introductory Levels.</p> <p>Any club who is entering gymnasts with a disability in this event must fill out the entry form with as much detail as possible and contact GI in relation to any supports required, and/ or any adaptations or additional equipment that the gymnast(s) may be using.</p>
Medical Information	<p>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.</p>
	<p><b>GymABLE:</b> All GymABLE gymnasts must disclosed medical information on the entry form regardless of the level the gymnasts are entering.</p>
EVENT ENTRIES	
Entry Requirements	<ul style="list-style-type: none"> <li>- All participants must be GI members</li> <li>- All membership types welcome</li> </ul>

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	<ul style="list-style-type: none"><li>- Age limit: Must turn 6 years in year of competition</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 may compete the same level after receiving a 1<sup>st</sup> 2<sup>nd</sup> or 3<sup>rd</sup> place medal ONLY in the same 12-month period (E.g., Gymnast receives a 1<sup>st</sup> place medal at GymSTART Competition, Dublin, they can then compete the same level in GymSTART Competition, Limerick)</b></li><li>- <b>If a gymnast competes at only one GymSTART competition per year and receives a medal they MUST move up a level the following year.</b></li></ul>
	<b>GymABLE:</b> <ul style="list-style-type: none"><li>- <b>GymABLE gymnasts can remain at the same level until it is safe to progress to the next level.</b></li><li>- <b>All gymnasts who previously entered can join at any stage along the GymABLE pathway during their first year of competition.</b></li></ul>
Entry Deadlines	Entries due 6 weeks before the event, as per event policy  <b>Late entries date:</b> Late entries will be accepted up to <u>5 weeks</u> before the event, however standard late fees will be applied. There will be no additional entries after the late entry date. Withdrawals as per standard events policy.
<b>SPECIFIC RULES &amp; REGULATIONS</b>	
Coaches	There must be at least one coach from each club present at the event – and at least one coach with a <u>level 2</u> qualification.  All coaches must be members of Gymnastics Ireland.

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	<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>
<b>Club Chaperone</b>	<p>Clubs may bring chaperones to help assist with club organisation. Chaperones must not be involved in coaching gymnasts during the event. Please click the below link to access the National Events Policy web page where you can see the most up-to-date Event's Policy and Chaperone Code of Conduct:</p> <p><a href="https://www.gymnasticsireland.com/about/structure-policy/national-events-policy">https://www.gymnasticsireland.com/about/structure-policy/national-events-policy</a></p> <p>Please note: Chaperones must wear appropriate clothing for the role and be clearly identifiable with their club</p>
<b>Registration</b>	<p>Only coaches are permitted to register gymnasts. Gymnasts cannot warm up until they have been registered.</p>
<b>Apparatus</b>	<p>Floor - 12m x 2m Floor Strip (flat) <b>Level 1 – 7</b></p> <p><b>Floor – 12m x 2m Air Track - Girls Level 8-10 &amp; Boys Level 4. Routine must be performed in its entirety on the air track. Safety mats will be provided at both ends.</b></p> <p>Vault - as per routine description</p>
<b>Routines Skills and Vault requirements</b>	<ul style="list-style-type: none"><li>• All skills are based on the GymSTART Floor and Group &amp; Apparatus Awards.</li><li>• All floor 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.</li><li>• There are separate floor routines &amp; vaults for girls and boys.</li></ul>

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### LEVELS

There are 10 levels for girls and 4 levels for boys.

- ❖ Girls: Level 1-10 Floor & Vault *\*Level 9 and 10 are new for 2023/2024*
- ❖ Boys: Level 1-4 Floor & Vault

**Please note:** Gymnasts with competitive membership can enter Level 6 or higher for girls, and Level 4 for boys.

### AGE GROUPS

*\*Age is based on 1<sup>st</sup> January*

#### GIRLS

- Level 1-2: U6; U7; U8; U9; U10; O10
- **Level 3 & 4: U7, U8, U9, U10, U11, O11**
- Level 5 & 6: U8; U9; U10; U11; O11
- Level 7 & 8: U10; U11; U12; U13; O13
- **Level 9 & 10: U11, U12, U13, U14, O14**

#### BOYS

- **Level 1-2: U6; U7, U8, U9, U10, U11, O11**
- Level 3-4: U9, U11, U13, O13

Please note: As per previous GymSTART competitions, these may change depending on entry levels/ numbers.

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	<b>**Please ensure DOB are put into the Entry form as requested**</b>
<b>Awarding</b>	<ul style="list-style-type: none"> <li>All gymnasts will receive a bespoke GymSTART Participation medal</li> <li>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 <u>overall</u> floor and vault competition</li> <li>There will also be highly commended for 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> placings</li> <li><b>CLUB AWARD – For each session, the top three scores from each club across all ages and levels will be added together to get a Club Champion *NEW FOR 2023/2024</b></li> </ul>
<b>Judging</b>	<p>Each club must provide qualified judges (fines as per NS events).</p> <p><b>JUDGING CRITERIA FOR 2023/2024</b>  Number of judges required per club:</p> <ul style="list-style-type: none"> <li>1 - 5 gymnasts per day - 1 judge (for the whole day)</li> <li>5 - 20 gymnasts per day - 2 judges (for the whole day)</li> <li>20 + gymnasts per day - 3 judges (for the whole day)</li> </ul> <p><b>Judging Qualifications:</b>  All judges must;</p> <ul style="list-style-type: none"> <li>Hold a WAG or MAG Level 1 judging qualification or above</li> <li>Hold the new GymSTART Judging Qualification*</li> </ul> <p><i>*All current Acro, RG, TRA and TUM judges must complete the GymSTART Judging course and exam (both online). Brevet judges in these disciplines are required to attend the course only. For new judges, this GymSTART judging qualification only qualifies judges to judge at the GymSTART Floor and Vault Competition. Please see the National Competition Policy for more details.</i></p>

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	<p>In addition, all judges must:</p> <ul style="list-style-type: none"><li>- Be a member of GI</li><li>- Be aged 16+</li><li>- Have Garda Vetting and Safeguarding completed</li></ul> <p><b>Judging Attire:</b> Please ensure that all judges wear correct judging attire – black or navy trousers/ skirt, white shirt, and navy jacket 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>
<b>Attire</b>	<p><b>Gymnasts:</b></p> <ul style="list-style-type: none"><li>- Leotard (any type), 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><a href="mailto:sarah@gymnasticsireland.com">sarah@gymnasticsireland.com</a> <a href="mailto:chloehegarty@hotmail.com">chloehegarty@hotmail.com</a> (Chloe O'Toole - Head of Judging for GymSTART)</p>

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## 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. Each routine contains bonus skills, each worth 0.3 **or 0.50**. These will be added to the start value if achieved (SV) Please note – no bonus will be awarded if there is a fall on the element.
3. Deviation from text (i.e., doing the routine in the wrong order/ doing incorrect skills etc.) will incur a deduction of 0.3.  
*NB. Gymnasts who reach the end of the strip and need to do a ½ turn to complete their routine will not be penalised.*
4. Non-performance of a skill will incur a deduction of 1.0, taken from the start value (SV)
5. Each routine, and vault, will start and finish with a salute to the judges.
6. No score is to go below 5.00 on vault or 3.00 on Floor. Base scores will apply to all levels and age groups.

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# GIRLS

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LEVEL 1 FLOOR - GIRLS		
Floor Routine	Technical Description	Judging deductions
2 bonuses available – worth 0.30 each		
Salute to judges to start		No salute – 0.30
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>	Lack of balance - 0.10/0.30 Body alignment - 0.10/0.30 Not held for 3 seconds – 0.50
2. Straight jump	<ul style="list-style-type: none"> <li>Show high straight jump with a momentary pause on landing (show stability)</li> </ul>	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. 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>	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 (not achieved)
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>	Lack of height - 0.10/0.30 Lack of amplitude – 0.1/0.3 Direction - 0.10
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>	Body alignment - 0.10/0.30 Legs bent in pike sit – 0.10/0.30/0.50

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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>	Not high on shoulders – 0.10 Final position not shown – 0.1/0.30/0.50 Legs bent in straddle sit – 0.10/0.30/0.50
7. Fold to touch toes (3 seconds) <b><u>0.30 Bonus – Chest on the mat</u></b>	<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>	Legs bent – 0.10/0.30/0.50 Fold not held – 0.3 Toes not pointed – 0.10
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>	Body alignment – 0.10/0.30 Lack of balance/ uncontrolled – 0.10/0.30 Legs apart or bent- 0.10/0.3/0.50
9. <b>Four</b> 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>	Lack of rhythm – 0.10 Body alignment – 0.10/0.30 Height – 0.10/0.30
10. Cartwheel front to back <b><u>0.30 Bonus – Excellent Cartwheel</u></b>	<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>	Direction – 0.10 Body alignment – 0.10/0.30 Bent legs – 0.10/0.30/0.50 Unsteady landing 0.1/0.3
Salute to judges to finish		No salute – 0.30

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LEVEL 1 VAULT - GIRLS		
<b>Vault</b> Vault Value 10.00.	<b>Equipment Set-up</b> 10 m run up Springboard Stack of mats – U6, U7 - 40cm landing mats, plus 10cm mat on the top U8, U9, U10, O10 – 60cm landing mats, plus 10cm mat on top Landing – 20cm landing mat	<b>Judging deductions</b> Any coach assistance – 2.00 deduction.
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	Incorrect use of springboard – 1.00 Height – 0.10/0.30/0.50 Tuck Shape – 0.10/0.30/0.50 Distance – 0.10/ 0.30 Direction – 0.10 Steps on landing (tuck jump) – 0.10/0.30 Lack of balance/steps on landing (star jump) – 0.10/0.30/0.50 Fall – 1.00

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LEVEL 2 FLOOR - GIRLS		
Floor Routine 2 bonuses available – worth 0.30 each	Technical Description	Judging deductions
Salute to judges to start		No salute – 0.30
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>	Lack of balance - 0.10/0.30 Body alignment - 0.10/0.30 Not held for 3 seconds – 0.50
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>	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
3. Side Chasse (side gallop skips) x 2	<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>	Lack of height - 0.10/0.30 Lack of amplitude – 0.1/0.30 Direction - 0.10
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>	Body alignment - 0.10/0.30 Using hands to stand up – 0.30 Legs apart – 0.10/ 0.30 Legs crossed – 0.10
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> <li>Arm position optional in straddle sit</li> </ul>	Body alignment – 0.10/0.30 Legs bent – 0.10/0.30/0.50

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6. 180° teddy bear roll/ side shoulder roll	<ul style="list-style-type: none"> <li>Roll performed high on shoulders</li> <li>Legs stay in a straddle position throughout</li> <li>Arm position optional</li> </ul>	Not high on shoulders - 0.10 Lack of rhythm - 0.10 Legs bent - 0.1/0.30/0.50 Using arms on floor - 0.30
7. Join legs and pike fold to touch toes (3 seconds) <b>0.30 bonus for chest on knees</b>	<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>	Fold not held for 3 seconds - 0.50 Legs bent - 0.10/0.30/0.50 Body alignment - 0.10/0.30
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>	Body alignment - 0.10/0.30 Not held for 3 seconds - 0.50 Using hands to stand up - 0.30 Legs apart - 0.10/ 0.30 Legs crossed - 0.10
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 in a lunge position</li> </ul>	Direction - 0.10 Body alignment - 0.10/0.30 Bent legs - 0.10/0.30/0.50
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>	Not reaching 30° - 0.50 (not achieved) Body alignment - 0.10/0.30 Bent legs - 0.10/0.30/0.50 Lack of balance - 0.10/0.30 Fall forward out of handstand - 1.00 (fall)
Salut to judges to finish		No salute - 0.30

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LEVEL 2 VAULT - GIRLS		
Vault	Equipment Set-up	Judging deductions
Vault Value 10.00.	10 m run up Springboard U6, U7 - 40cm landing mats, plus 10cm mat on the top U8, U9, U10, O10 - 60cm landing mats, plus 10cm mat on top Landing - 20cm landing mat	Any coach assistance - 2.00 deduction.
From springboard, tuck jump onto stack of mats Walk to end of mat Straddle jump off stack of mats to land	<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	Incorrect use of springboard - 1.00 Height - 0.10/0.30/0.50 Body alignment - 0.10/0.30 Bent arms - 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 landing - 0.10/0.30/0.50 Fall - 1.00

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LEVEL 3 FLOOR - GIRLS		
Floor Routine 2 bonuses available – worth 0.30 each	Technical Description	Judging deductions
Salute to judges to start		No salute - 0.30
1. Arabesque (3 seconds)	<ul style="list-style-type: none"> <li>Back leg held at horizontal</li> <li>Chest held high; does not have to be vertical</li> <li>Arm position optional</li> </ul>	Lack of balance - 0.10/0.30 Body alignment - 0.10/0.30 Not held for 3 seconds - 0.50
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>	Lack of height - 0.10/0.30 Lack of amplitude - 0.10/0.30 Direction - 0.10
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>	Height - 0.10/0.30 Steps on landing - 0.10 each Full turn not completed - 0.50
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 - performed keeping front leg straight</li> </ul>	Body alignment - 0.10/0.30 Lack of rhythm - 0.10 Lack of balance - 0.10/0.30
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 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>	Body alignment - 0.10/0.30 Using hands on floor to complete the roll - 0.30

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6. Bridge <u>0.30 Bonus Excellent Bridge</u>	<ul style="list-style-type: none"> <li>▪ <b>All entries accepted into the bridge</b></li> <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>	Shoulder angle – 0.10/0.30/0.50 Any steps/small movements – 0.10 each Bent arms – 0.10/0.30/0.50 Legs apart – 0.10/0.30 Legs bent – 0.10/0.30/0.50
7. Shoulder stand (3 seconds) <u>0.30 Bonus No hand support in shoulder stand</u>	<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>	Body alignment – 0.10/0.30 Not held for 3 seconds – 0.50 Body control – 0.10/0.30
8. Roll (from shoulder stand) to stand up, immediate half turn jump to land	<ul style="list-style-type: none"> <li>▪ Jump must be immediate (from the roll)</li> <li>▪ Momentary landing</li> </ul>	Using hands to stand up – 0.30 Legs apart – 0.10/0.30 Legs crossed – 0.10 Height – 0.10/0.30 Jump not immediate – 0.50 Half turn not achieved – 0.50
9. Cartwheel chasse cartwheel	<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>	Body alignment – 0.10/0.30 Bent legs – 0.10/0.30/0.50 Direction – 0.10 Stop between cartwheels – 0.50
10. Handstand (Momentary hold)	<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>	Body alignment – 0.10/0.30 Legs apart in handstand – 0.10 Legs bent – 0.10/0.30/0.50 Not reaching vertical – 0.50 Fall forward out of handstand – 1.00 (fall)
Salute to judges to finish		No salute – 0.30

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LEVEL 3 VAULT - GIRLS		
Vault	Equipment set up	Judging deductions
Vault Value 10.00.	10 m run up Springboard U6, U7 - 40cm landing mats, plus 10cm mat on the top U8, U9, U10, O10 - 60cm landing mats, plus 10cm mat on top Landing - 20cm landing mat	Any coach assistance - 2.00 deduction.
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	Incorrect use of springboard - 1.00 Height of dive roll - 0.10/0.30/0.5 Body alignment - 0.10/0.30 Distance - 0.10/ 0.30 Direction - 0.10 Using hands to stand up -0.30 Steps on landing - 0.10/0.30 Poor shape in straddle jump - 0.10/0.30 Height of legs in straddle jump - 0.10/0.30 Lack of balance on landing - 0.10/0.30/0.50 Fall - 1.00

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LEVEL 4 FLOOR - GIRLS		
Floor Routine <b>1 bonus available</b> – worth 0.30 each	Technical Description	Judging deductions
Salute to judges to start <b>** Start in the centre of the strip**</b>		No salute – 0.30
1. Arabesque (3 seconds) <b><u>0.30 Bonus leg above horizontal (with chest at vertical)</u></b>	<ul style="list-style-type: none"> <li>▪ Back leg at horizontal</li> <li>▪ Chest at vertical</li> <li>▪ Arm position optional</li> </ul>	Lack of balance - 0.10/0.30 Body alignment - 0.10/0.30 Not held for 3 seconds – 0.50
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>	Body alignment in roll – 0.10/0.30 Legs bent in roll – 0.10/0.30/0.50 Legs bent – 0.10/0.30/0.50 Body alignment in straddle fold – 0.10/0.30
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>	Body alignment – 0.10/0.30 Legs bent – 0.10/0.30/0.50 Roll over shoulder 0.50 (not achieved) Loss of balance on stand – 0.10/0.30
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>	Body alignment -0.10/0.30 Roll over shoulder 0.50 (not achieved)
5. Forward Chasse x 2, immediate Straight, Tuck and Star Jumps	<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> </ul>	Height – 0.10/0.30 Jumps not immediate – 0.50 Body alignment – 0.10/0.30

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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>	Direction – 0.10 Body alignment – 0.10/0.30 Bent legs – 0.10/0.30/0.50
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>	Lack of rhythm – 0.10 Bent legs – 0.10/0.30/0.50 Dish not held – 0.5
8. Lie down flat, push to bridge (3 seconds) <u>0.30 Bonus for kick over</u>	<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>	Shoulder angle – 0.10/0.30/0.50 Any steps/small movements – 0.10 each Bent arms – 0.10/0.30/0.50 Bent legs in bridge – 0.10/0.30/0.50 Body alignment – 0.10/0.30 Using hands to stand up after shoulder stand - 0.30 Bent legs in kick over - 0.10/0.30/0.50
9. Handstand forward roll	<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>	Not passing through handstand – 0.30 Body alignment – 0.10/0.30 Legs apart – 0.10/0.30 Using hands to stand up – 0.30 Legs crossed standing up – 0.10 Half turn not completed – 0.50 Steps on landing – 0.10/0.30
Salute to judges		No salute – 0.30

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LEVEL 4 VAULT - GIRLS		
<b>Vault</b> Vault Value 10.00.	<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	<b>Judging deductions</b>  Any coach assistance – 2.00 deduction.
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	Incorrect use of springboard – 1.00 Height – 0.10/0.30/0.50 Body alignment (pike) – 0.10/0.30/0.50 Distance – 0.10/ 0.30 Direction – 0.10

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LEVEL 5 FLOOR - GIRLS		
Floor Routine 2 bonuses available – worth 0.30 each	Technical Description	Judging deductions
Salute to judges to start		No salute – 0.30
1. Handstand (momentary hold), step down <i>0.30 bonus – held for 3 seconds</i>	<ul style="list-style-type: none"> <li>Straight handstand to be shown</li> <li>Entry and finish position optional</li> </ul>	Body alignment – 0.10/0.30 Not reaching vertical – 0.50 Fall forward from handstand – 1.00 (fall)
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>	Direction – 0.10 Body alignment – 0.10/0.30 Bent legs – 0.10/0.30/0.50
3. Half turn jump (180°)	<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>	Height – 0.10/0.30 Landing steps – 0.10 each Body alignment – 0.10/0.30 Half turn not achieved – 0.50
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>	Legs bent – 0.10/0.30/0.50 Lack of rhythm – 0.10
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>	Lack of split – 0.10/0.30/0.50 Legs bent – 0.10/0.30/0.50 Lack of balance in splits (touching floor) – 0.10/0.30

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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>	Legs bent - 0.10/0.30/0.50 Lack of split in kickover - 0.10/0.30 Body alignment - 0.10/0.30
7. Forward chasse x 2, immediate <b>tuck</b> jump and jump half turn	<ul style="list-style-type: none"> <li>▪ Legs must come together in chasses</li> <li>▪ Toes pointed</li> <li>▪ Arm positional optional</li> <li>▪ Jumps must be immediate</li> </ul>	Height - 0.10/0.30 Body alignment - 0.10/0.30 Jump not immediate - 0.50
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>	Body alignment - 0.10/0.30 Direction - 0.10 Backward roll not immediate - 0.50
9. Handstand into forward roll <u><b>0.30 bonus - straight arms</b></u>	<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>	Not passing through handstand - 0.30 Body alignment - 0.10/0.30 Legs apart - 0.10/0.30 Using hands to stand up - 0.30 Legs crossed - 0.10
Salute to judges		No salute - 0.30

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LEVEL 5 VAULT - GIRLS		
<b>Vault</b> Vault Value 10.00.	<b>Equipment set up</b> 10 m run up Springboard U8, U9 – Table vault set at 100cm U10, U11, O11 – Table vault 110cm  Landing – 20cm landing mat plus 10cm mat on top.	<b>Judging deductions</b> Any coach assistance – 2.00 deduction.
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	Incorrect use of springboard – 1.00 Height – 0.10/0.30/0.50 Body alignment – 0.10/0.30 Distance – 0.10/ 0.30 Direction – 0.10 Straight jump not immediate -0.30 Steps on landing – 0.10/0.30 Lack of balance on landing – 0.10/0.30/0.50 Fall – 1.00

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LEVEL 6 FLOOR - GIRLS		
Floor Routine <u>2 bonuses available - worth 0.30 each - add to start value</u>	Technical Description	Judging deductions For any skills not performed deduct 1.0 from the Start Value Routine performed in the wrong order - 0.30 deduction - Deviation from text.
Salute to judges to start		No salute - 0.30
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>	Bent legs either of both) - 0.10/0.30/0.50 Lack of balance _ 0.10/0.30/0.50 Not held for 3 seconds - 0.50
2. Handstand into forward roll	<ul style="list-style-type: none"> <li>All entries into handstand accepted</li> <li>Arms may be bent</li> </ul>	Body alignment - 0.10/0.30 Not passing through handstand - 0.30 Legs apart - 0.10/0.30 Using hands to stand up - 0.30
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>	Direction - 0.10 Pause/stop/step before 2 <sup>nd</sup> cartwheel - 0.50 Legs bent - 0.10/0.30/0.50
4. Immediate backward roll to front support <i>0.30 bonus - straight arms</i>	<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>	Roll not immediate - 0.50 Body alignment - 0.10/0.30 Legs apart - 0.10/0.30

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5. Squat in, <b>Stand up</b>	▪	Steps on landing - 0.10 each
6. Forward roll to straddle stand	<ul style="list-style-type: none"> <li>▪ Forward roll, straddle stand with straight legs</li> <li>▪ Hands may be used to stand up</li> </ul>	Body alignment - 0.10/0.30 Not reaching 30° in handstand - 0.50 Legs apart - 0.10/0.30 Loss of balance - 0.10/0.30 Legs bent - 0.10/0.30/0.50
7. Turn to splits (left or right), return to pike sit <b>0.30 Bonus – Excellent splits</b>	<ul style="list-style-type: none"> <li>▪ Lower to splits slowly with arms optional but not supporting on the floor</li> </ul>	Lack of split - 0.10/0.30/0.50 Legs bent - 0.10/0.30/0.50 Using hands on the floor in splits/ lack of balance - 0.10/ 0.30
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>	Legs bent - 0.10/0.30/0.50 Lack of split in kickover - 0.10/0.30 Body alignment - 0.10/0.30
9. Hurdle step roundoff, straight jump	<ul style="list-style-type: none"> <li>▪ No run permitted into roundoff (hurdle step only)</li> </ul>	Direction - 0.10 Body alignment - 0.10/0.30 Height - 0.10/0.30
Salute to judges at the end		No salute - 0.30

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LEVEL 6 VAULT - GIRLS		
<b>Vault</b> Vault Value 10.00.	<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	<b>Judging deductions</b> Any coach assistance - 2.00 deduction.
Handstand flat back onto stack of mats Walk to end of mats Pike jump off stack of mats to land	<b>Technical requirements</b> 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.	Incorrect use of springboard - 1.00 Height - 0.10/0.30/0.50 Body alignment(pike) - 0.10/0.30/0.50 Bent arms - 0.10/0.30/0.50 Bent legs - 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 landing - 0.10/0.30/0.50 Fall - 1.00

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LEVEL 7 FLOOR - GIRLS		
Floor Routine 2 bonuses available – worth 0.30 each	Technical Description	Judging deductions
Salute to judges to start		No salute – 0.30
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>	Not held for 3 seconds – 0.50 Loss of balance – 0.10/0.30/0.50 Bent legs – 0.10/0.30/0.50
2. Handstand forward roll	<ul style="list-style-type: none"> <li>Arms may be bent in roll</li> </ul>	Body alignment – 0.10/0.30 Legs bent – 0.10/0.30/0.50
3. Cartwheel immediate one arm cartwheel <i>0.3 Bonus if leg is held up between cartwheels</i>	<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>	Direction – 0.10 Body alignment – 0.10/0.30 Legs bent – 0.10/0.30/0.50
4. Chasse, split leap, chasse catleap <b>0.30 Bonus if split leap is at 180 degrees</b>	<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> </ul>	Lack of split – 0.10/0.30/0.50 Legs bent – 0.10/0.30/0.50 Height – 0.10/0.30
5. 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>	Arms bent – 0.10/0.30/0.50 Lack of rhythm -0.10 Legs bent – 0.10/0.30/0.50
6. Roll back to shoulder stand, stand up immediate jump full turn (360°)	<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>	Body alignment – 0.10/0.30 Height – 0.10/0.30 Jump not immediate – 0.50

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		Full turn not completed - 0.50
7. 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>	Direction - 0.10 Body alignment - 0.10/0.30 Jump not immediate - 0.50 Height - 0.10/0.30
8. Dive roll (10cm mat will be available to use)	<ul style="list-style-type: none"> <li>All entries to dive roll permitted</li> </ul>	Legs bent - 0.10/0.30/0.50 Body alignment - 0.10/0.30 Height - 0.10/ 0.30
Salute to judges		No salute - 0.30

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LEVEL 7 VAULT - GIRLS		
<p><b>Vault</b> Vault Value 10.00.</p>	<p><b>Equipment set up</b> 10 m run up Springboard Stack of mats – 60cm landing mats plus 10cm mat on the top 20cm landing mat behind the stack of mats for safety</p>	<p><b>Judging deductions</b>  Any coach assistance – 2.00 deduction.</p>
<p>Handspring to two feet <u>(land onto the stack of mats)</u></p>	<p><b>Technical Requirements</b> One jump from springboard Ideally, the handspring should finish with open hips</p>	<p>Incorrect use of springboard – 1.00 Height – 0.10/0.30/0.50 Body alignment(pike) – 0.10/0.30/0.50 Bent arms – 0.10/0.30/0.50 Bent legs – 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 landing – 0.10/0.30/0.50 Fall – 1.00</p>

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LEVEL 8 FLOOR - GIRLS		
Floor Routine 2 bonuses available – worth 0.30 each	Technical Description <b>NEW – TO BE PERFORMED ON THE AIR TRACK</b>	Judging deductions
Salute to judges to start		No salute – 0.30
1. Horizontal leg hold x 2 (3 secs each leg) <b>To be performed on the air track or additional mat provided</b>	<ul style="list-style-type: none"> <li>This is to be performed on both legs, in any order</li> </ul>	Leg hold or arabesque not held – 0.50 Lack of balance – 0.10/0.30/0.50 Legs bent – 0.10/0.30/0.50
2. Arabesque	<ul style="list-style-type: none"> <li>Chest at vertical and leg at horizontal</li> <li>Arm position optional</li> </ul>	Body alignment – 0.10/0.30 Legs bent – 0.10/0.30/0.50 Lack of balance – 0.10/0.30
3. Immediate Handstand roll (straight arms)	<ul style="list-style-type: none"> <li>Keep leg raised from arabesque before entering the handstand roll</li> </ul>	Handstand roll not immediate – 0.50 Body alignment – 0.10/0.30 Straight arms – 0.10/0.30/0.50 Lack of split – 0.10/0.30/0.50 Height – 0.10/0.30 Legs bent – 0.10/0.30/0.50
4. Chasse split leap <b><u>0.30 bonus – 180 degrees in split leap</u></b>		
5. One arm cartwheel	<ul style="list-style-type: none"> <li>All entries accepted.</li> </ul>	Lack of split – 0.10/0.30 Body alignment – 0.10/0.30 Bent legs – 0.10/0.30/0.50
6. Hurdle skip, roundoff straddle jump	<ul style="list-style-type: none"> <li>No run up permitted</li> <li>Arm position optional in straddle jump</li> </ul>	Lack of split in straddle– 0.10/0.30/0.50 Height – 0.10/0.30 Steps on landing – 0.10 each

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7. Backward walkover	<ul style="list-style-type: none"> <li>All entries accepted</li> </ul>	Body alignment - 0.10/0.30 Lack of split - 0.10/0.30 Bent legs - 0.10/0.30/0.50
8. Front handspring	<ul style="list-style-type: none"> <li>Handspring must land on two feet</li> <li>Any amount of steps permitted</li> </ul>	Body alignment - 0.10/0.30 Bent legs - 0.10/0.30/0.50
<p><i><b>BONUS - 0.50 - Performing a front somersault at the end of the routine.</b></i></p> <p><i><b>Please note : No bonus will be awarded if there is a fall on the skill</b></i></p>		
Salute to judges		No salute - 0.30

<b>LEVEL 8 VAULT - GIRLS</b>		
<b>Vault</b> Vault Value 10.00.	<b>Equipment set up</b> 12 m run up (15m where space allows) Springboard Table vault set at 100cm Landing - 20cm landing mat plus 10cm mat on top.	<b>Judging deductions</b> Any coach assistance - 2.00 deduction.
Full Handspring over table vault to land	<b>Technical requirements</b> One jump from springboard Handspring to feet over 100cm table vault	Incorrect use of springboard - 1.00 Height - 0.10/0.30/0.50 Body alignment - 0.10/0.30 Distance - 0.10/ 0.30 Direction - 0.10 Steps on landing - 0.10/0.30 Lack of balance on landing - 0.10/0.30/0.50 Fall - 1.00

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LEVEL 9 FLOOR – GIRLS		
Floor Routine 2 bonuses available – worth 0.30 each	Technical Description <b>NEW – TO BE PERFORMED ON THE AIR TRACK</b>	Judging deductions
Salute to judges to start		No salute – 0.30
1. Horizontal leg hold 3 seconds each – move each leg back to arabesque hold for 3 seconds <b>Performed on the air track or on additional floor mat provided.</b>	<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> <li>Chest at vertical and leg at horizontal</li> <li>Arm position optional</li> </ul>	Leg hold or arabesque not held – 0.50 Lack of balance – 0.10/0.30 Legs bent – 0.10/0.30/0.50
2. Forward roll tuck or straddle to handstand into roll	<ul style="list-style-type: none"> <li>Tuck or straddle to handstand must come immediately from the roll</li> <li>Arms must be straight throughout</li> </ul>	Body alignment – 0.10/0.30 Legs bent – 0.10/0.30/0.50 Arms bent – 0.10/0.30/0.50
3. Chasse split leap <b>0.50 bonus – Split Change Performed</b>	<ul style="list-style-type: none"> <li></li> </ul>	Lack of split – 0.10/0.30/0.50 Body alignment – 0.10/0.30 Height – 0.10/0.30 Legs bent – 0.10/0.30/0.50
4. Tic Toc	<ul style="list-style-type: none"> <li>All entries accepted.</li> <li>Leg must not drop in between the skill</li> </ul>	Lack of split – 0.10/0.30 Body alignment – 0.10/0.30 Bent legs – 0.10/0.30/0.50 Rhythm – 0.10

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5. Jump connection; Split jump, wolf jump, jump half turn	<ul style="list-style-type: none"> <li>No stop between the jumps</li> </ul>	Lack of split - 0.10/0.30/0.50 Height - 0.10/0.30 Body alignment - 0.10/0.30 Steps on landing - 0.10 each
6. Roundoff Back handspring (flic) <i>(0.50 Bonus 2 flics performed)</i>	<ul style="list-style-type: none"> <li>All entries accepted</li> <li>Must be connected</li> </ul>	Body alignment - 0.10/0.30 Stop between skills - 0.50 Bent legs - 0.10/0.30/0.50 Legs separated - 0.10/0.30
7. Front handspring	<ul style="list-style-type: none"> <li>Handspring must land on two feet</li> <li>Any amount of steps permitted</li> </ul>	Body alignment - 0.10/0.30 Bent legs - 0.10/0.30/0.50
8. Tuck front Somersault	<ul style="list-style-type: none"> <li>Must take off on two feet and land on two feet</li> </ul>	Height - 0.10/0.30 Body shape - 0.10/0.30
Salute to judges		No salute - 0.30

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LEVEL 9 VAULT - GIRLS		
<b>Vault</b> Vault Value 10.00.	<b>Equipment set up</b> 12 m run up (15m where space allows) Springboard Table vault set at 100cm Landing - 20cm landing mat plus 10cm mat on top.	<b>Judging deductions</b>  Any coach assistance - 2.00 deduction.
Full Handspring over table vault to land	<b>Technical requirements</b> One jump from springboard Handspring to feet over 100cm table vault	Incorrect use of springboard - 1.00 Height - 0.10/0.30/0.50 Body alignment - 0.10/0.30 Distance - 0.10/ 0.30 Direction - 0.10 Steps on landing - 0.10/0.30 Lack of balance on landing - 0.10/0.30/0.50 Fall - 1.00

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LEVEL 10 FLOOR – GIRLS		
Floor Routine 2 bonuses available – worth 0.30 each	Technical Description <b>NEW – TO BE PERFORMED ON THE AIR TRACK IT IS A VOLUNTARY ROUTINE AND CAN BE DONE IN ANY ORDER</b>	Judging deductions
Salute to judges to start		No salute – 0.30
1. Dance Passage (as per FIG)	<ul style="list-style-type: none"> <li>Two leaps (One to show 180 degree split) must be performed in a sequence and both leaps must take off from one foot.</li> </ul>	Dance passage not achieved – 0.50 Lack of split – 0.10/0.30/0.50 Height – 0.10/0.30
2. 3 Jump Connection	<ul style="list-style-type: none"> <li>Any 3 jumps (off two feet) to be connected</li> <li>Including tuck, straddle, pike, split, wolf, half turn, full turn</li> </ul>	Body alignment – 0.10/0.30 Legs bent – 0.10/0.30/0.50 Height – 0.10/0.30 Not connected – 0.50
3. Any <b>one</b> of the hold elements from the list	<ul style="list-style-type: none"> <li>Arabesque</li> <li>Y Balance</li> <li>Handstand (leg position optional)</li> <li>Straddle Level</li> <li>Pike Lever</li> </ul>	Lack of split – 0.10/0.30/0.50 Body alignment – 0.10/0.30 Legs bent – 0.10/0.30/0.50 Lack of balance – 0.10/0.30
4. Free Cartwheel, Free walkover or side somi	<ul style="list-style-type: none"> <li>All entries accepted.</li> <li>Choose one only</li> </ul>	Body alignment – 0.10/0.30 Bent legs – 0.10/0.30/0.50

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5. Roundoff 2 flics <i>(0.50 Bonus - replace the 2<sup>nd</sup> flic with a back somersault)</i>	<ul style="list-style-type: none"> <li>No stop between the skills</li> <li>Any shape permitted in the back somersault</li> </ul>	Height - 0.10/0.30 Body alignment - 0.10/0.30 Steps on landing - 0.10 each
7. Front handspring	<ul style="list-style-type: none"> <li>Handspring must land on two feet</li> <li>Any amount of steps permitted</li> </ul>	Body alignment - 0.10/0.30 Bent legs - 0.10/0.30/0.50
8. Tuck front Somersault <i>(0.50 Bonus - Connect the handspring and the Front somersault)</i> <i>Please note - no bonus will be awarded if there is a fall on the skill.</i>	<ul style="list-style-type: none"> <li>Must take off on two feet and land on two feet</li> </ul>	Height - 0.10/0.30 Body shape - 0.10/0.30
9. Any B element from the Code of Points	<ul style="list-style-type: none"> <li>May be an acro or dance skill</li> </ul>	
Salute to judges		No salute - 0.30

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LEVEL 10 VAULT – GIRLS		
<b>Vault</b> Vault Value 10.00.	<b>Equipment set up</b> 12 m run up (15m where space allows) Springboard Table vault set at 125cm Landing – 20cm landing mat plus 10cm mat on top.	<b>Judging deductions</b>  Any coach assistance – 2.00 deduction.
<b>Any Vault from the Code of Points</b>  (Group 1 only – NO SOMERSAULT VAULTS PERMITTED)	<b>Technical requirements</b>	Incorrect use of springboard – 1.00 Height – 0.10/0.30/0.50 Body alignment – 0.10/0.30 Distance – 0.10/ 0.30 Direction – 0.10 Steps on landing – 0.10/0.30 Lack of balance on landing – 0.10/0.30/0.50 Fall – 1.00



# BOYS

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## LEVEL 1 FLOOR - BOYS

Floor Routine 2 bonuses available - worth 0.30 each	Technical Description	Judging deductions
Salute to judges to start		No salute - 0.10
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>	Lack of balance - 0.10/0.30/0.50 Not held for 3 seconds - 0.50
2. Straight jump	<ul style="list-style-type: none"> <li>Show high straight jump with a momentary pause on landing</li> </ul>	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. 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>	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
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>	Body alignment - 0.10/0.30 Legs bent - 0.10/0.30/0.50
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>	Legs bent - 0.10/0.30/0.50 Body alignment - 0.10/0.30 Toes not pointed - 0.10
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> </ul>	Body alignment - 0.10/0.30 Lack of balance - 0.10/0.30/0.50 Legs apart - 0.10

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	<ul style="list-style-type: none"> <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)	<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> <li>▪ Knees at or above horizontal in tuck jump</li> <li>▪ Momentary landing position shown</li> </ul>	Height in jumps – 0.10/0.30 Tuck jump not immediate – 0.30 Steps on landing – 0.10 each Tuck shape not achieved – 0.50 Jump half turn not achieved – 0.50
8. <b>Jump half turn</b>	<ul style="list-style-type: none"> <li>▪ Jump half turn does not need to be immediate</li> </ul>	Body alignment – 0.10/0.30 Height – 0.10/0.30
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>	Direction – 0.10 Body alignment – 0.10/0.30 Bent legs – 0.10/0.30/0.50
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>	Body alignment – 0.10/0.30 Legs apart – 0.10/0.30 30 °not achieved – 0.50
Salute to judges to finish		No salute – 0.10

LEVEL 1 VAULT - BOYS		
<b>Vault</b> Vault Value 10.00.	<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	<b>Judging deductions</b> Any coach assistance - 2.00 deduction.
Tuck Jump to land on stack of mats Walk to end of mat Tuck jump off stack of mats to land	<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	Incorrect use of springboard - 1.00 Height - 0.10/0.30/0.50 Tuck 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 landing - 0.10/0.30/0.50 Fall - 1.00

LEVEL 2 FLOOR - BOYS		
Floor Routine 2 bonuses available – worth 0.30 each	Technical Description	Judging deductions
Salute to judges to start		No salute – 0.10
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>	Lack of balance - 0.10/0.30/0.50 Body alignment - 0.10/0.30 Not held for 3 seconds - 0.50
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>	Not immediate – 0.50 Body alignment - 0.10/0.30 Direction – 0.10 Bent legs – 0.10/0.30/0.50
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>	Not immediate – 0.50 Landing on knees – 0.30 Body alignment – 0.10/0.30
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>	Height – 0.10/0.30 Steps on landing – 0.10 each Full turn not completed – 0.50
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>	Body alignment – 0.10/0.30 Legs bent – 0.10/0.30/0.50
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>	Legs bent – 0.10/0.30/0.50 Body alignment – 0.10/0.30

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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>	Arms bent - 0.10/0.30/0.50 Lack of balance - 0.10/0.30/0.50 Support not held - 0.50
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>	Body alignment - 0.10/0.30 Jumps not connected - 0.50 Heights - 0.10/0.30
9. One arm cartwheel	<ul style="list-style-type: none"> <li>Any entry to cartwheel accepted</li> <li>Land in a lunge</li> </ul>	Body alignment - 0.10/0.30 Bent legs - 0.10/0.30/0.50 Direction - 0.10 Using second hand on the floor - 0.50
10. Handstand (momentary hold) <u>0.30 Bonus - Excellent handstand</u>	<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>	Body alignment - 0.10/0.30 Legs apart in handstand - 0.10 Legs bent - 0.10/0.30/0.50 Not reaching vertical - 0.50 Fall forward out of handstand - 1.00 (fall)
Salute to judges to finish		No salute - 0.10



LEVEL 2 VAULT - BOYS		
<b>Vault</b> Vault Value 10.00.	<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	<b>Judging deductions</b> Any coach assistance - 2.00 deduction.
Dive roll to stand on stack of mats Walk to end of mat Straddle jump off stack of mats to land	<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.	Incorrect use of springboard - 1.00 Height - 0.10/0.30/0.50 Body alignment - 0.10/0.30 Distance - 0.10/ 0.30 Direction - 0.10 Using hands to stand up -0.30 Steps on landing - 0.10/0.30 Poor shape in straddle jump - 0.10/0.30 Lack of balance on landing - 0.10/0.30/0.50 Fall - 1.00

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### LEVEL 3 FLOOR - BOYS

Floor Routine 2 bonuses available - worth 0.30 each	Technical Description	Judging deductions
Salute to judges to start	10cm mat must be available at the end of the strip for the dive roll.	No salute - 0.10
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>	Lack of balance - 0.10/0.30/0.50 Body alignment - 0.10/0.30 Not held for 3 seconds - 0.50
2. 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>	Body alignment - 0.10/0.30 Legs bent - 0.10/0.30/0.50
3. Shoulder Stand (3 seconds), tuck roll to stand up <i>0.30 Bonus - arms on the floor during shoulder stand</i>	<ul style="list-style-type: none"> <li>Roll into shoulder stand</li> <li>Must be held for 3 seconds</li> <li>Roll to stand up</li> </ul>	No held for 3 seconds - 0.50 Body alignment - 0.10/0.30 Using hands to stand up - 0.30
4. Cartwheel, immediate cartwheel	<ul style="list-style-type: none"> <li>All entries to cartwheel accepted</li> <li>Cartwheels must be connected</li> </ul>	Not immediate - 0.50 Body alignment - 0.10/0.30 Direction - 0.10 Bent legs - 0.10/0.30/0.50
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>	Not immediate - 0.50 Body alignment - 0.10/0.30 Weak front support shape - 0.1/0.3/0.5

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	<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>	Height – 0.10/0.30 Steps on landing – 0.10 each Full turn not completed – 0.50
7. Rebound straight, tuck, pike jump	<ul style="list-style-type: none"> <li>Rebound jumps must be connected</li> </ul>	Body alignment – 0.10/0.30 Jumps not connected – 0.50 Heights – 0.10/0.30
8. Handstand into Forward Roll <b><u>0.30 Bonus – straight arms</u></b>	<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>	Body alignment – 0.10/0.30 Using hands on the floor to stand up– 0.30
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>	Body alignment – 0.10/0.30 Jump not immediate– 0.50 Bent legs – 0.10/0.30/0.50 Poor height in jump - 0.10/0.30/0.50
10. Dive roll (10cm mat can be used – this mat will at the end of the strip throughout the routine)	<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>	Body alignment – 0.10/0.30 Legs bent – 0.10/0.30/0.50 Height – 0.10/0.30 Using hands on the floor to stand up – 0.30
Salute to judges to finish		No salute – 0.10

### LEVEL 3 VAULT - BOYS

Vault Vault Value 10.00.	Equipment set up 10 m run up Springboard Table vault set at 100cm U9 Table vault set at 110cm U11, U13, O13 Landing – 20cm landing mat plus 10cm mat on top.	Judging deductions  Any coach assistance – 2.00 deduction.
Squat on, immediate straight jump off	Technical requirements 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	Incorrect use of springboard – 1.00 Height – 0.10/0.30/0.50 Body alignment – 0.10/0.30 Distance – 0.10/ 0.30 Direction – 0.10 Straight jump not immediate -0.30 Steps on landing – 0.10/0.30 Lack of balance on landing – 0.10/0.30/0.50 Fall – 1.00

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### LEVEL 4 FLOOR - BOYS

Floor Routine 2 bonuses available – worth 0.30 each	Technical Description	Judging deductions.
Salute to judges to start		No salute – 0.10
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>	Bent legs – 0.10/0.30/0.50 Lack of balance – 0.10/0.30/0.50 Not held for 3 seconds – 0.50
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 <u>straight arms</u></li> </ul>	Body alignment – 0.10/0.30 Not passing through handstand – 0.30 Arms bent – 0.10/0.30/0.50 Legs apart – 0.10/0.30 Using hands to stand up – 0.30
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 IMMEDIATE ROLL FROM LUNGE?</li> </ul>	Direction – 0.10 Pause/stop/step before 2 <sup>nd</sup> cartwheel – 0.50 Legs bent – 0.10/0.30/0.50
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> </ul>	Roll not immediate – 0.50 Body alignment – 0.10/0.30 Legs apart – 0.10/0.30

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	<ul style="list-style-type: none"> <li>Shoulders must be over the wrists in front support and a straight back</li> </ul>	
5. Squat in, immediate <b>tuck</b> jump	<ul style="list-style-type: none"> <li>Jump must be immediate</li> </ul>	Height - 0.10/0.30 Steps on landing - 0.10 each Body alignment - 0.10/0.30
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>	Body alignment - 0.10/0.30 Legs bent - 0.10/0.30/0.50 Lack of rhythm - 0.10 Dish not held - 0.5
<b>7.</b> Dive roll (10cm mat to be used - this mat will at the end of the strip throughout the routine)	<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>	Body alignment - 0.10/0.30 Legs bent - 0.10/0.30/0.50 Height - 0.10/0.30 Using hands on the floor to stand up - 0.30
8. Optional Skill 9. Optional Skill 10. Optional Skill 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.  If coach assistance is needed 1.00 deduction will apply	<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> </ul>	



	▪ Round off, jump ½ turn, roundoff	
Salute to judges at the end		No salute - 0.10

LEVEL 4 VAULT - BOYS		
Vault	Equipment set up	Judging deductions
Vault Value 10.00.	10 m run up Springboard Stack of mats - 60cm landing mats plus 10cm mat on the top Landing - 20cm landing mat	Any coach assistance - 2.00 deduction.
Handspring to two feet OR Tucked front somersault ( <u>to land onto the stack of mats</u> )	One jump from springboard Ideally, the handspring should finish with open hips. (if performed)	Incorrect use of springboard - 1.00 Height of somersault- 0.10/0.30/0.50 Body alignment(pike) - 0.10/0.30/0.50 Bent arms - 0.10/0.30/0.50 Bent legs - 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 landing - 0.10/0.30/0.50 Fall - 1.00



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